

## **Research on the Application of Multimedia Teaching Method in Table Tennis Teaching in Colleges and Universities**

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**Abstract:** With the growth of science and technology along with the development of society, all sectors of society have made remarkable progress under the impetus of science and technology. The same is true of teaching. Multimedia is widely used in teaching process, and multimedia teaching has won the favor of educators because of its vivid and intuitive characteristics. Most colleges and universities in our country have applied multimedia teaching not only to the teaching of cultural courses, but also to Table tennis sports, which have achieved good teaching results. But after all, there is a big difference between physical education and cultural courses, so the application of multimedia in the teaching process still needs to be studied in depth. Only in this way can the role of multimedia be really played. This paper mainly studies the application of multimedia teaching in Table tennis teaching, in order to be propitious to the development of Table tennis teaching in colleges and universities in China.

### **1. Introduction**

Our country's position in the international Table tennis field is obvious to all. As a very representative sports item in our country, Table tennis is quite popular among many people. In many colleges and universities in our country, Table tennis teaching has been set up in the physical education class, which greatly enriches the extracurricular life of college students in our country, and perfectly conforms to the concept of talents training in the all-round development of morality, intelligence and physique. But as a competitive sports activity, Table tennis has a relatively fixed pattern in the teaching process, which leads to relative dullness of the class and the actual Table tennis teaching in colleges and universities cannot achieve good teaching effects. With the continuous progress of science and technology, traditional Table tennis teaching has been changed a lot by integrating modern information technology. Therefore, it is of great necessity to study the application of multimedia teaching method in college Table tennis teaching.

### **2. Significance of Multimedia Teaching**

Multimedia technology is a new technology developed on the basis of modern information technology, which combines words, pictures, videos and other forms. The technology processes the corresponding information machine by computer, thus vividly displaying various kinds of information to people. This vivid and intuitive form of information presentation provides people with great convenience in work, life, learning and so on. Multimedia technology has covered many aspects of society after many years of development, especially in the field of education. By multimedia technology, China's education has made a tremendous development. Through the use of videos, pictures and other elements, the traditional classroom teaching becomes particularly vivid, the original boring theories which are difficult have also become easier to understand, and under the condition that students can understand theoretical knowledge more easily, they also have a higher interest in learning, so the effect of classroom teaching will also be significantly improved [1]. In addition, in the process of making multimedia courseware, teachers are able to learn more and newer teaching methods and teaching skills. With the development of both teachers and students, education is also progressing gradually.

Table tennis has been introduced as a competitive sport in the previous part. Its teaching process

also has a relatively fixed set of procedures and its technical and tactical training is relatively boring. Moreover, combined with its more professional terms, it easily leads to problems that college students do not understand or are not interested in. Through the application of multimedia technology, students will have more ways to understand Table tennis. With video and pictures in multimedia, students are able to not only understand professional terms more easily, but also get to know tactical skills and training methods in detail by playing multimedia content repeatedly, which greatly improves the teaching effect of Table tennis. The application of multimedia technology to Table tennis teaching in colleges and universities has many advantages, while there are still some shortcomings in the process of Table tennis teaching in our country at present. Therefore, it is necessary to conduct an in-depth research on the application of multimedia technology, so as to effectively improve the teaching effect of Table tennis in colleges and universities in our country.

### **3. Present Situation of Table Tennis Teaching in Colleges and Universities in China**

Because our country's Table tennis enjoys a very high position in the world and has made countless achievements which has attracted worldwide attention, so great importance has been attached to Table tennis in our country. Many colleges and universities have set up Table tennis teaching in their physical education classes, so Table tennis is widely recognized by more people, which is also fully in line with our country's training of comprehensive talents of morality, intelligence and physique. However, as the author introduced in the previous part, Table tennis is a relatively competitive sport, therefore, its training and learning content are relatively boring. Besides, many physical education teachers in China do not have high-level Table tennis teaching qualifications while teaching environment and teaching equipment are relatively backward, all of which make Table tennis teaching in many colleges and universities fail to achieve particularly good results <sup>[2]</sup>. In addition, due to the limitation of the number of teachers, many colleges and universities have adopted the one-to-many teaching mode in the process of Table tennis teaching. Under this mode, teachers can only explain the technical and tactical knowledge of Table tennis for all students as a whole, but fail to teach according to the specific characteristics of individual students, which easily leads to quick progress of students with strong acceptance ability but slow progress of students with poor acceptance ability. Eventually the overall level of development is unbalanced. If this situation continues to develop, colleges and universities will be limited to have lower and lower level of Table tennis teaching, which is of no benefit to the development of Table tennis in colleges and universities in China.

### **4. Application Strategies of Multimedia Teaching Method to Table Tennis Teaching in Colleges and Universities**

#### **4.1 Highlight Important and Difficult Points of Teaching by Using Multimedia**

In the traditional teaching mode in our country, teachers play an absolute leading role. All processes and methods of classroom teaching are formulated by teachers. Students are totally in the passive position in the process of learning, especially for Table tennis teaching in colleges and universities. Usually in traditional Table tennis teaching, teachers mostly explain the skills and tactics of Table tennis teams and demonstrate some basic movements for students, and students can only absorb and strengthen the knowledge of Table tennis taught by teachers through repeated practice. Students taught in this way can only be regarded as those who understand Table tennis or who can play Table tennis, but it is difficult for them to get a better level of improvement. With the application of multimedia teaching method, students are allowed to watch intuitively and vividly Table tennis skills and tactics repeatedly through multimedia courseware. Through methods such as pictures, texts and slow-down playing of videos, students are capable of better understanding the knowledge of Table tennis in each movement. The knowledge of Table tennis that they learned is no longer limited by teachers. When encountering some difficult movements, they can try to understand through repeated viewing of multimedia courseware. After students have learned the

knowledge of Table tennis through multimedia courseware, they can form teams to practice and strengthen knowledge they have learned. Teachers are able to observe and understand the shortcomings of each student in this process and then adjust them, so that all students will be really promoted, and the Table tennis teaching in colleges and universities will also achieve a good development.

#### **4.2 Enhance Students' Interest through Pictures, Words and Videos**

Interest is the best teacher, which is known by everyone. Only when students have enough interest in learning can they take the initiative to learn and get better learning results. For Table tennis teaching in colleges and universities, the traditional teaching of Table tennis is very boring. It is difficult for those students who lost interest in the initial contact with Table tennis to produce interest again in learning Table tennis, which is also an important reason of the poor teaching effect of Table tennis. Therefore, it is very important to improve and keep students' interest in Table tennis<sup>[3]</sup>. With the application of multimedia teaching method, students are allowed to learn Table tennis knowledge through pictures and words, as well as through Table tennis game videos to understand the actual battle. After the experience of exciting contents, students will maintain their interest in Table tennis for a long time, so as to practice Table tennis more actively and improve their level of Table tennis more willingly.

#### **4.3 Improve Students' Tactical Literacy through Actual Competition Videos**

Tactics plays a very important role in Table tennis competition. In addition to the level of players, tactics is also a core factor to determine the outcome of the competition. Tactical training is also a major difficulty in Table tennis teaching in colleges and universities, because tactical knowledge is quite professional. The explanation of knowledge can only make students understand the basic tactical theory while the ability to really apply Table tennis tactics is constantly refined in the actual combat, so the improvement of students' tactical ability is limited by the level of teachers, let alone tactical literacy. Through multimedia teaching method, teachers are capable of making students have a deeper understanding of tactics by combining different tactical knowledge into actual competition. Students are able to understand the application of various tactical knowledge by watching actual competition videos, and discuss with their classmates in class after they come into contact with tactical knowledge, and their mastery of corresponding tactical knowledge will be greatly improved through reciprocal exercises after class.

#### **4.4 Decompose Teaching to Reduce Difficulty**

Experts have studied the efficiency of human knowledge acquisition. According to the research, people usually only have 15% of the knowledge acquisition efficiency if they only rely on hearing, but if vision is combined, the number will rise to 65%. In traditional Table tennis teaching in colleges and universities, teachers usually firstly explain the knowledge of Table tennis, then demonstrate corresponding actions, and finally let students master them through decomposition and combination. This teaching method reduce the difficulty of Table tennis teaching indeed and students can also understand each action, but one thing worth out attention is that each action of Table tennis is completed by two persons in a very short time, and in the actual application process there will be other changes. This has caused another problem, that is, teachers can not carefully teach every Table tennis action to students through decomposition, and students fail to understand more detailed changes through teachers' decomposition action<sup>[4]</sup>. Through multimedia teaching, teachers will let students know skills by repeating a batting action and they also can slow down videos to let students know specific changes of each action. This way helps students effectively absorb Table tennis knowledge, and let students truly improve through repeated observation of each action.

## **5. Matters Needing Attention in Applying Multimedia Teaching to Table Tennis Teaching in Colleges and Universities**

Through analysis of the foregoing, we can know that the application of multimedia teaching method to Table tennis teaching in colleges and universities can help students effectively improve their understanding of Table tennis knowledge and various techniques and tactics, and can also enable students to enhance their interest in Table tennis, so that the level of Table tennis teaching in colleges and Universities will be significantly improved. However, in the process of using multimedia teaching method, it is essential to pay attention to the following. First of all, multimedia cannot be used as the main teaching means and cannot be used for use. Relevant educators are expected to understand the truth that multimedia can only be used to help teachers better carry out teaching, but cannot dominate the classroom. Teachers are still required to actively improve their level of Table tennis, so that under the condition of combining multimedia, we can get better teaching effect. Secondly, multimedia is based on computer technology, so if we want to better use multimedia for teaching, we must have a certain level of computer, in order to have a better use of multimedia. Finally, teachers should not only show students multimedia courseware, but also let students participate in classroom teaching through multimedia, so as to create a more positive atmosphere in the classroom.

## **6. Conclusion**

In summary, many colleges and universities in our country have developed Table tennis teaching, which is very helpful to the development of Table tennis in our country, and more in line with the teaching concept of training comprehensive quality talents in our country. Under this background, through multimedia teaching method, colleges and universities can get better teaching effect. Therefore, it still needs continuous efforts of relevant educators to contribute to the development of Table tennis cause in our country. Development contributes.

## **Reference**

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