

The Present Situation and Analysis of the Development of Volleyball Sport in Colleges and Universities

Yan Fu

Jiangxi Vocational Technical College of Industry & Trade, Nanchang, Jiangxi, 330038, China

Keywords: college volleyball; Development level; influence factor

Abstract: Volleyball is one of the important courses in college physical education, which plays a positive role in improving the will quality of students such as unity and cooperation, tenacity and hard work. However, the current situation of college volleyball is not optimistic. This paper analyzes the factors that affect the development of college volleyball, and puts forward the countermeasures for the development of college volleyball, It can provide guidance for promoting the development of college volleyball and improving the teaching quality.

1. Preface

Volleyball is one of the three major sports in colleges and universities, and an important part of campus sports. In the 1980s and 1990s, volleyball was one of the most important physical education courses in colleges and universities. With the increasing popularity of sports in colleges and universities, the current situation of volleyball in colleges and universities is not optimistic. It also clearly points out that the popularity of volleyball in schools is not enough, and the basis for mass development is weak. Therefore, this paper summarizes the current situation of the development of volleyball in colleges and universities, This paper analyzes the factors influencing the development of volleyball in colleges and universities, so as to provide guidance for promoting the development of volleyball in colleges and universities and improving the teaching quality.

2. The importance of developing volleyball in colleges and universities

1) Cultivate students' quality. At the 2016 Olympic Games in Brazil, the Chinese volleyball team went through hardships and fought hard to win the last championship. For a time, the "Women's Volleyball Spirit" not only inspired the Chinese people's fighting spirit, volleyball is not only a sport, but also reflects a spirit of unity and cooperation, hard work, self-improvement and selfless dedication. These spirits are indispensable for the formation of a complete personality. Students are in the personality stage and in the "three outlooks". Volleyball, with its unique sports spirit, infects, educates and inspires students, and promotes higher education to complete the comprehensive training of talents.

2) Pupils' awareness of "lifelong sports". Volleyball is a sport with strong athletic ability. Popularization of volleyball in colleges and universities and the masses requires a certain technical foundation. Lifelong physical education. As one of the three early ball games in the school, volleyball has an unshirkable responsibility for students' healthy lifestyle, such as "lifelong sports".

3. The current situation of college volleyball

1) The equipment and facilities are insufficient. The standard volleyball court is 18 meters long and 9 meters wide, and there must be a buffer zone of at least 3 meters wide. If the infield needs an obstacle free space of at least 7 meters high, in recent years, colleges and universities have built stadiums and gymnasiums. As the comprehensive function of stadiums and gymnasiums, it is necessary to consider the development of various sports events in many aspects. Therefore, the indoor volleyball courts are very limited, although the problems of outdoor venues can be solved, However, as the venue is mainly cement ground, it will damage the mesh belt. The development of

sports has brought certain obstacles to the development of college volleyball traffic.

2) Students' enthusiasm for participation is not high. At present, there are many kinds of physical education courses in colleges and universities, such as badminton, aerobics, yoga, taekwondo, etc. These courses are offered in schools and universities to provide traditional campus sports activities.

According to the survey, the course selection rate of volleyball is only 7%, while the course selection rate of badminton and other courses can reach 27%. It seems that the interest and participation in this course are relatively low.

3) Lack of volleyball teachers. According to the survey, the number of volleyball teachers in colleges and universities is insufficient. Some teachers, due to the needs of the curriculum, teach by themselves or through temporary training. Due to the lack of professional training and sports knowledge

However, the methods to ensure the quality of classroom teaching cannot well mobilize students' enthusiasm for learning. Physical education is dominated by outdoor sports, and volleyball is no exception. It requires interaction between teachers and students. If some technical measures are not taken, teachers need to correct them in time. They can also discuss and interact with each other. The classroom atmosphere is active, and the classroom atmosphere has not been fully understood. In traditional volleyball teaching, the basic movements of volleyball, such as serving, passing, hitting and clearing, are mainly performed by teachers and practiced by students themselves. With the help of multimedia technology, from the perspective of hearing and vision, from decomposition to coherence, students can intuitively explain the technical movements of volleyball, so that students can deepen their impression and improve their understanding. Especially, students with poor foundation can master them skillfully through repeated practice to improve the teaching quality.

4) The teaching methods are lack of innovation. Volleyball has a strong form of expression. In teaching, teachers focus on subjects. In the teaching process, teachers use the traditional demonstration teaching mode. Teachers practice actively and students accept passively. The evaluation method takes the common teaching content as the evaluation goal, and participation as the auxiliary reference, that is, the lack of theoretical and multifaceted comprehensive evaluation, and the students are not interested in the learning process. The single evaluation mode makes the students feel the pressure of the examination, and cannot make the students think about the learning effect.

4. Analysis of influencing factors of college volleyball

1) Factors of volleyball. Compared with other sports, volleyball technology

In addition, volleyball is hard. Especially in cold weather, students usually respond to arm pain during learning and sports participation, especially girls.

2) Factors for students to participate in sports activities: First, the overall health of students is declining. Volleyball sports have high requirements for students' physical quality, and students feel difficult in the process of learning and participating, which makes students' confidence in volleyball sports increased and their learning frustrated; Secondly, due to the overall structure of the sports venues in colleges and universities, girls often choose the interior design that can shade the sun when participating in sports activities. However, due to the limited interior design, it can not meet the requirements of these students for course selection. Finally, the entertainment of volleyball is weak. In addition to the large venue, high tennis net and lack of technology, it is difficult for students to develop their technical foundation smoothly, which also limits the development of volleyball in colleges and universities to a certain extent.

3) Strengthen volleyball. On the one hand, the participation rate of volleyball is low, and the school project strength is not strong; On the other hand, volleyball lacks advertising and campus atmosphere, Volleyball rarely appears in front of students, which also makes volleyball in a depressed state. In order to attract more students, we must work hard in hardware, software and other aspects. Teachers must provide solid teaching equipment. Students must create a superior learning environment. In college volleyball teaching, especially the purchase, distribution,

management and maintenance of multimedia technology equipment. In addition to increasing the investment in multimedia technology and equipment, it is also necessary to introduce professionals, do a good job in installation, management, maintenance and other work, and make any link run smoothly and orderly. Ensure that multimedia technology for college volleyball education to provide a strong guarantee.

4) Inadequate attention to volleyball. Starting from the school, the lack of facilities and funds reflects that the school does not pay enough attention to the development of volleyball and the importance of volleyball to the cultivation of students' physical and mental health.

From the perspective of students, students lack patience and trust in high-tech sports, do not fully realize the requirements of "life support sports" for mastering sports skills, and stay more in the process and experience, which hinders the development and popularization of college volleyball.

5. Conclusion

Although there are many problems and factors affecting the development of volleyball in colleges and universities, the positive role of volleyball in student training cannot be ignored. School leaders and physical education teachers should enhance their understanding of the importance of volleyball and promote the strong development of volleyball in colleges and universities.

References

- [1] Gao Menglong. Research on the Development Status of College Volleyball in Henan Province [J] Sports, 2017, 19:46-47
- [2] Teng Suge. Research on the development status and influencing factors of college volleyball in Jilin Province [J] Intelligence, 2012, 12:311
- [3] He Jiankang, Pu Chunwang. Analysis on the development and current situation of college volleyball courses [J] Contemporary Sports Science and Technology, 2017, 23:59-61
- [4] Xu Mingwei. The Application of Multimedia Technology in College Volleyball Teaching [J]. Journal of Chifeng University: Natural Science Edition, 2016, 32 (22): 120-121
- [5] Li Yongle. A Brief Analysis of the Application of Modern Information Technology to College Volleyball Teaching in the Internet Era [J]. Youth Sports, 2016 (10): 8,85-86
- [6] Ye Huacong, Ma Zhongli. New Thoughts on the Teaching of Physical Education Major in Colleges and Universities in the Internet Era [J]. Sports Science and Technology Literature Bulletin, 2018, 26 (9): 25, 73