

The Research on Current Situation and Innovation Strategy of Badminton Teaching in Colleges and Universities

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Abstract—At present, China's college badminton teaching is facing new development opportunities, but also urgent need for reform. Especially with the rapid development of the society and college education reform, badminton teaching has been attracting more and more attention, and its importance is recognized by the society. However, at the present stage, there are many problems in badminton teaching in colleges and universities in China. Therefore, this paper starts from the current situation of badminton teaching in colleges and universities, analyzes the existing problems, and finally comes up with innovative reform measures, so as to further improve the effect of badminton teaching in colleges and universities in China and to promote the reform of higher education.

Keywords—colleges and universities; badminton teaching; the status quo; innovation strategy

I. INTRODUCTION

The badminton sport, as one of important sports of national fitness, is of strong entertainment and high interest, with fashionable and simple sports modes, and it can strengthen the heart and lung, bones and muscles and can also relieve pressure. Carrying out badminton teaching in colleges and universities can not only improves the badminton skills of college students, but also cultivates their awareness of loving sports. Therefore, it is of great significance to study how to better carry out the badminton sport in universities by starting from the teaching staff, curriculum setting, teaching methods and teaching infrastructure of badminton elective courses. Therefore, the author analyzes the current situation of badminton elective courses in colleges and universities, and puts forward innovative strategies for existing problems.

II. THE SIGNIFICANCE OF DEVELOPING BADMINTON IN COLLEGES AND UNIVERSITIES

A. *It is Helpful to Improve the Physical Quality of College Students*

Exercise physiology studies have found that people who play badminton regularly have heart rates of 150-170 beats per minute. Heart rates can reach 100-130 beats per minute even when playing badminton occasionally. Therefore, badminton sports have good physiological value. Needless to say, playing badminton for a long time can make the heart

beat stronger and improve the lung capacity. In addition, playing badminton for a long time can improve the strength of college students. It is not hard to find that all the players who hit the ball powerfully, move the footwork fast, swing the racket fast and have good elasticity have excellent strength quality. College students can improve their strength through playing badminton, which is of great benefit to enhance their physical fitness.

B. *It is Helpful to Improve the Ideological Realm of College Students*

Playing badminton involves rich and various skills, which makes the badminton sport very attractive and interesting. In the process of appreciating badminton games, college students can always produce a kind of empathy and realize spiritual satisfaction and sublimation. The frustration and forbearance after failure, the cheers and happiness in victory, especially the exciting moments when the national anthem is played and the national flag is raised, all of those affect the hearts of college students and give them a strong spiritual incentive.

C. *It is Helpful to Improve the Psychological Quality of College Students*

College students often play badminton, which can improve their psychological quality. In badminton, all kinds of unexpected situations often occur, so college students must be calm in the face of danger, so as to deal with all kinds of adversities calmly. And the formation of this psychological quality can equip college students with a good and stable state of mind, healthy and correct outlook on life to face the ups and downs in life.

III. PROBLEMS EXISTING IN BADMINTON TEACHING IN COLLEGES AND UNIVERSITIES

A. *The Poor Application of Classified Teaching Method*

Most physical education programs in colleges and universities are elective. Among the students who choose to study badminton, there are freshmen and seniors. The psychological characteristics and physical conditions of the students are different, and students of different grades have different degrees of understanding of badminton learning. Therefore, there are great differences in badminton teaching in colleges and universities, which brings some difficulties to

teaching. Through analyzing the situation of badminton teaching in colleges and universities, it can be seen that the badminton teaching in colleges and universities, the teachers who teach different grade students choose the same, because the student's own psychological characteristic and the cognitive level gap, which creates a good sports literacy students cannot learn more knowledge, the sports quality a little poor students can't keep up with the teaching rhythm.

B. Lack of Professional Teachers

Influenced by traditional teaching concepts, colleges and universities pay more attention to the education of liberal arts and sciences, so there are relatively enough teachers. However, physical education is often neglected, and the teaching force is weak. Besides, most physical education teachers are lecturers, and the proportion of professors and associate professors is seriously insufficient, which restricts the development of badminton public course in colleges and universities. There are even badminton teachers teaching other subjects while teaching badminton. This leads to the lack of professional guidance personnel in badminton teaching, which seriously hinders the long-term development of badminton in colleges and universities. At the same time, the lack of strength in the construction of teachers makes students unable to have enough trust in the teaching quality, resulting in their loss of confidence in badminton public courses in colleges and universities.

C. Outdated Infrastructure Construction of Badminton Game

As most badminton courses have become optional courses in colleges and universities at the present stage, many students are attracted to this sport with simple rules and low requirements on venues, and their enthusiasm to participate is gradually increasing. However, there are still such problems at the present stage, that is, the lack of infrastructure, and the pace of construction is also lagging behind. It has become a common phenomenon that schools do not have special badminton courts. Therefore, the shortage of badminton infrastructure seriously restricts the development of badminton in colleges and universities.

D. Lack of Teaching Materials and Clear Teaching Objectives

Currently, there is a lack of unified teaching materials for badminton courses in colleges and universities. In terms of the selection of versions, teachers basically choose teaching materials according to their own schools' objectives, and the teaching contents are not unified among different schools. Some of them are even not suitable for the development of society. At the same time, some teachers teach students more basic theoretical knowledge for lack of practical skills. On the contrary, some teachers only pay attention to the training of practical courses without the teaching of theoretical knowledge, which results in less effort. Students' understanding of badminton is not comprehensive.

IV. INNOVATIVE UNIVERSITY BADMINTON TEACHING STRATEGY

A. The Reform of Curriculum Planning of Badminton Teaching in Colleges and Universities

Currently, badminton teaching in colleges and universities lacks targeted planning and guidance, and students lack professional guidance in the learning process. They only receive the superficial knowledge of badminton major, but are not influenced by real art teaching, which results in the lack of further sublimation of badminton teaching. In order to further improve the planning and design of badminton teaching, the development planning and design of badminton teaching should be comprehensively arranged and designed from the top-level design based on the characteristics of badminton, and the teaching time of badminton should be appropriately increased to ensure that students can get better sports experience in the learning process. At the same time, the teaching plan should also increase the guidance of specific teaching methods, strengthen the evaluation and supervision of the teaching process and teaching effect, to ensure that the reform measures of this movement can be implemented effectively, and improve the pertinence of the education reform.

B. The Further Strengthenment of the Ranks of Teachers

To realize the comprehensive development and reform of badminton teaching in colleges and universities, a team of badminton teachers with high level and high quality is indispensable. Therefore, it is very important to establish a badminton teacher team with professional foundation, which is also an important prerequisite for the development of badminton in colleges and universities. First of all, the selection of high-level teachers needs the cooperation of all departments in colleges and universities. Secondly, a badminton teacher needs to keep pace with the times, constantly receiving new teaching theory knowledge, constantly improving my knowledge level and teaching level, and enriching the teaching experience. At the same time, teaching contents should be reasonably planned, and entertainment teaching should be introduced into classroom teaching according to students' personality and needs, so as to stimulate students' interest in learning and create a relaxed and pleasant teaching atmosphere.

C. The Attachment of More Importance to the Inculcation of Students' Aesthetics of Badminton

As a popular sport with a long history, badminton has unique characteristics of sports art. However, for most college students, they have a superficial understanding of badminton, so it is difficult for them to have sustained interest in it. Therefore, it is necessary to guide students in the process of teaching and to understand the aesthetic history of badminton sports. In particular, it can make full use of multimedia teaching means, through audio, video display, more profound understanding of badminton, letting the students understand the badminton, feel the true content of the badminton and numerous benefits, improve the students' interest in learning badminton and actively participate in badminton exercise motivation.

D. Targeted Competition in Badminton

By organizing a badminton game, students and teachers can be encouraged to participate in it, and a good badminton atmosphere can be formed on campus. At the same time, a debate on the aesthetics of badminton can be organized. For example, the topic of “which is more important, the fitness value or the aesthetic value of badminton” can be formulated, and students can debate about it. In short, we can carry out a variety of sports that are beneficial to physical and mental health and spread around badminton, so as to popularize badminton knowledge and promote students to better understand badminton.

E. The Attention to the Publicity of Badminton Culture

From the investigation, it can be seen that college students' cognition of badminton is still in the shallow stage, and they only regard it as a pure sports. Full of rich and colorful culture, in fact, colleges and universities should be advocated to integrate the unique sports culture into the badminton teaching process, plan and design the badminton teaching in accordance with the students' cognitive interests. The psychological elements involved in the course can be cultivated to let the students have a deeper emotional knowledge for badminton, for example, respect for the competition consciousness, self-esteem and confidence in the process of game, the establishment of the learning ability and so on. These contents are the benefits the badminton sport can give students, so it is necessary to strengthen the publicity of the badminton culture, and let more people know and understand the badminton sport.

V. CONCLUSION

When carrying out badminton teaching, teachers in colleges and universities should strictly define the subject status of students and take “serving for the comprehensive development of students” as the main teaching goal. When designing badminton teaching activities, PE teachers should understand the actual situation of students in detail and choose appropriate teaching methods according to the general physical and mental development characteristics of college students. At the same time, we should make full use of our own professional theoretical knowledge and teaching experience to cultivate students' badminton theoretical knowledge and sports consciousness. In addition, modern teaching methods are full of recreational, systematic, scientific, interesting and healthy features, which can be used to make students fully feel the charm of badminton teaching class, so as to improve the teaching quality of college sports class. In the continuous teaching practice, teachers should summarize experience constantly, adjust and improve the teaching mode timely and reasonably, build a good innovative teaching mode, and contribute to the construction of physical education classes in colleges and universities.

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