

Analysis of university table tennis teaching reform

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Abstract: table tennis originated in the UK, and then to China, the United States, central Europe and other places, and gradually from the original entertainment activities gradually developed into the world of sport. In our country, ping-pong as a competitive sport has become a strong fitness program for Chinese people, and it has brought unparalleled honor to the Chinese people in the world. As the basis of education theory, table tennis is very important for the teaching of table tennis and the cultivation of table tennis. Table tennis in colleges and universities, this paper studies the teaching reform, first of all, the analysis of the reform of college table tennis teaching guiding ideology, think "lifelong learning" the thought of ", lifelong exercise "should guide the college table tennis teaching reform; Secondly, analyze the theoretical basis for the reform of college table tennis teaching, the "awareness" theory ", the implicit theory "", action theory" constitute a theoretical system of table tennis teaching reform; Finally, analysis of concrete practice, the reform of college table tennis teaching thought from the theoretical teaching table tennis teaching reform in colleges and universities, consciousness and will develop, interests, stimulate, cooperative learning, student analysis and the technical and tactical teaching links such as in order to develop.

Keywords: table tennis; Sports; The teaching reform; Cooperative learning; Colleges and universities

1.The idea of the reform of table tennis teaching in colleges and universities

Since the new course has been changed, the idea of education has been gradually accepted and accepted. Table tennis teaching in colleges is the implementation of the real foundation and important part of lifelong education thought, influence on student's learning thought and learning behavior is important, in the process of college sports teaching reform, need step by step implementation of the thought, the students life-long benefit as the fundamental starting point of teaching reform, and strengthen students' physical exercise consciousness, trains the student to form the thought of lifetime sports, lifelong exercise, in the process of improve students physical fitness and physical quality to improve students' ideology.

2.The theoretical basis of the reform of table tennis in universities

2.1The theory of awareness of the reform of table tennis in universities

learning table tennis skills and learning table tennis is the application process of a particular goal in under the guidance of a more automatic process, is also under the guidance of a particular goal in a more natural process. Polanyi proposed "awareness" theory, thought on the hand, the feeling of movement is a tool for attention, action target is a target for attention. At the same time, polanyi give "the nail with a hammer" example "awareness" theories, namely the palm and finger play a role of vigilance, guide people effectively drove the nail. "Awareness" theory can effectively explain table tennis teaching into a process skills generated automatically, which can be the application of learning table tennis skills and learning table tennis into a under the guidance of the specific target more automatic, more let nature take its course.

2.2The implicit theory of the reform of table tennis teaching in universities

Rob finds and proposes "implicit theories". "Implicit theories" and "explicit learning" with opposite learning attitude, "explicit learning" emphasized in consciousness under the action of force, through subjective efforts constantly learning and progress, and "implicit theories" believe learning is a process of osmosis, the process of the subjective with do not know or do not clear incentives unconsciously learned a knowledge content. "Implicit theories" refers to the needs of table tennis teaching reform under the guide of teaching process changes into a student osmosis, unconsciously can learn knowledge, skills, process.

2.3The action theory of the reform of table tennis teaching in universities

In the application of learning table tennis skills and learning table tennis, two of the most important factor is the accuracy and speed of the relationship, the relationship between stimulus and response. The laws of the Philippines' action theory - "speed, accuracy" relations, explained how to deal with the relationship between the speed and accuracy when it hits the table tennis, accuracy and speed can coexist, but its foundation is repeated technical practice. The reform of ping-pong teaching under the guidance of action theory calls for the transformation of teaching into a strategy, tactic, technique, connection and so on.

3.The concrete practice of the reform of table tennis teaching in universities

3.1Pay attention to the teaching of theoretical teaching

For a long time, the reputation, achievements and interests, under the impetus of competitive sports is huge, the manifestation in the sports teaching practice for explaining attaches great importance to the technology and technology, and ignore the theoretical teaching. This is also evident in table tennis. Table tennis practice teaching

reform in colleges and universities needs to attach importance to the phenomenon of correction and improve, strengthen technology two aspects of practice and theoretical study content, forming technology practice and theoretical study auxiliary learning mode. Promote the healthy development of students' bodies through technical training, and improve students' proficiency in technical skills. Through theoretical study, the accumulation of theoretical knowledge is promoted, and the comprehensive quality of students is improved. Flat block in learning, for example, "table tennis ball technology", teachers need to explain the theoretical knowledge: "the proper direction of flat against the ball can be ready for the attack of the next board, also can transfer the opponent, flat against the ball is the key to grasp the good to the rotation of the ball type, wrist is not strength or slightly with a little force, more advanced requirements are at the same time observe the opponent's position and characteristics of the play, the flat against the ball the ball line try to adjust to the opponent's most uncomfortable position, for their next administering the paving, this is the ultimate goal of flat against the ball", "table tennis flat against the ball technology point: two legs parallel to stand, the body is near the table. Putt, knees peg-leg, chest belly in. Hit the ball, racket by forward, after the racket contact surface and the mesa nearly vertical, in the middle of the rising shot, with the help of the other party to rebound the ball back to the way of the ball. Hit the ball, quick reduction, ready for the next shot". Through the theoretical knowledge, the application of ping-pong technique is better.

3.2 Focus on the teaching link of consciousness and will culture

Students on the one hand, table tennis teaching is still a single model of some basic table tennis movement, did not rise to grasp the level of ping pong movement and the use of table tennis movement, such as table tennis combined action and series is difficult, many students are not in a short period of time will learn techniques applied to actual combat game. Table tennis practice teaching reform in colleges and universities needs to attach importance to this phenomenon of the revision and improvement, pay attention to cultivate the students' table tennis consciousness, the implementation techniques and application of technology to grasp the digest. On the other hand a sport more important is to cultivate the students' strong will, and in every round of the table tennis movement in the process of the war, all is one of skill and the will of the participants. Table tennis practice teaching reform in colleges and universities needs to attach importance to the cultivation of the students will quality, it is not only beneficial to the students to participate in table tennis match the fierce confrontation, more conducive to students' future development.

For example: before any training, the teacher asked the students to round from weak to strong warm-up: "upper limb movement", "enlarge bosom movement", "with arm movement" - "leg press movement" - "side movement" - "body movement" - "movement". In order to improve the training intensity of the media, promote the students' awareness of table tennis and the cultivation of strong will.

3.3 Pay attention to the teaching link that the interest motivates

Heated table tennis brings great pressure to the student, and to eliminate and compensate for pressure is the best way to make the sport game students huge interest. Table tennis practice teaching reform in colleges and universities need to put the cultivation of the students' interest in the key position, improve the confidence of the students to overcome difficulties, make students to experience the real enjoyment of table tennis.

For example: in the process of learning "play table tennis", teachers can work in a practice of all kinds of "table tennis playing" one by one, all the students can in accordance with the "table tennis playing" after learning, looping fast-break game play, loop combination of fast-break game, rushing loop style, give priority to in order to cut the attack player, slice and combination of the player (six dozen groups, students through their interests form they are good at play, the teacher can also be in the form of a table tennis match test students grasp of the "table tennis play").

3.4 Focus on the teaching part of cooperative learning

Since the new class has been changed, the teaching model with cooperative learning has been gradually put on the agenda. Cooperative learning requires teachers in teaching process, students undertake team by team, team members according to the teacher give learning tasks, learning, to teach, and learn each other to discuss and evaluate each other, encourage each other. Cooperative learning can cultivate and maintain students' interest in learning, promote students' progress in activities, and facilitate the students' ability to form cooperative work quickly. In college table tennis teaching reform concrete practice needs to pay attention to "cooperative study" teaching link. For example: after studying "the forehand to go to the ball", the student group practice, the competition, the test; For example, in the "table tennis match rule", the teacher may the contents of the packet to let the students collect relevant rules of table tennis match, under the guide of teachers and students can be summarized including table (rectangle, 2 July 4 m long, 1.525 m wide, the highlands to the height of 76 cm), mesa (dark, lacklustre, along each 2. Game 7, 4 m surface edges have a 2 cm wide white line, along every 1.525 m a mesa edge of each leg of the 2 cm wide white back line), the mesa 15.25 cm (distance) of the net, the racket (ordinary pimped rubber, rubber sponge) and standard index, teachers after complete, forms the rule of table tennis match system of knowledge.

3.5 Focus on the students' analysis and technical and tactics teaching

Table tennis is a sport that combines hand, brain, eye and ear. Can coordinate the balance of the body, coordinated development, can exercise the brain of the student mind. For students of table tennis skill, tactics, and table tennis movement rule of deep understanding of the need to pay attention to the analysis of the students and teachers' technique and tactics to explain in detail the teaching link, targeted to deepen students grasp of table tennis skills and tactics, digestion, absorption, making students

for table tennis skills and tactics of perceptual knowledge rise to theory level. In learning to "squatting service", for example, teachers can analyze the situation of the current technology situation of knowledge, and then according to the students to master the specific technology to the interpretation of specific technical, tactical, squat serve important: pay attention to throw the ball and swing strokes to cooperate; Serve to have quality; When the right hand side of the right hand side and the lower spin, the left side of the body is slightly right, and the swing line is right in front of the left. On the left hand side and the lower spin of the ball, the center of the right center is slightly flat on the left, the body is basically in the right direction, the swing line is from the right to the left in the right direction. In the left (right) side and the bottom of the ball, you should pay special attention to the movement of the ball.

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