

# Research on the Ways of Cultivating Students' Interactive Consciousness in College Tennis Teaching

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**Abstract:** With the implementation of the new curriculum reform, colleges and universities have more and more stringent requirements for students in sports, especially tennis teaching in Colleges and universities. In order to further improve the classroom efficiency of college tennis teaching and comply with the current teaching concept of colleges and universities, cultivating students' interactive consciousness in college tennis teaching has become the focus of the current work. By cultivating interactive consciousness, we can enhance students' comprehensive quality and ability to a certain extent and ensure that students' ability in all aspects can be improved. On this basis, this article makes an in-depth study on how to cultivate students' interactive consciousness in college tennis teaching, and is committed to exploring ways to solve this problem, so as to significantly improve the teaching level of college tennis, broaden students' development in the field of tennis, and help students build a complete tennis knowledge system, So as to speed up the reform of tennis teaching in Colleges and universities.

**Keywords:** College tennis teaching; Interactive consciousness; Cultivation Approach

## 1. The concept of interactive consciousness

Objectively speaking, consciousness actually means that people can actively reflect objective facts, which is a unique attribute of human beings, while interaction is to achieve emotional communication and interaction between teachers and students through sensory experience and the participation of motor organs in the teaching process, so as to establish a new teaching relationship of mutual understanding, mutual trust, mutual respect and mutual equality, So as to promote students to achieve independent development of a new teaching concept. It can be seen that the so-called interactive consciousness is a kind of mutual assistance and mutual benefit shared by teachers and students in the teaching process. The psychological expression of mutual trust and common development is not owned by one party.

## 2. The important role of interactive consciousness in College Tennis Teaching

### 2.1 It is conducive to the establishment of a new relationship between teachers and students

The formation of interactive consciousness is based on the teaching concept of "highlighting the dominant position of students". Because it abandons the original teaching mode, the teaching objectives of tennis teaching classroom also change. Teachers no longer occupy the dominant position in tennis teaching. To some extent, it achieves the relationship of equality and mutual assistance between teachers and students, which not only shortens the distance between teachers and students to the greatest extent, At the same time, it can effectively improve students' awareness of independent innovation. The traditional college tennis teaching mode limits the divergence of teaching thinking. Teachers have absolute authority and control the whole process of classroom teaching. Teachers blindly pursue the completion of teaching progress, regardless of students' mastery and understanding of classroom knowledge, and do not require students to expand their thinking on the problems raised by teachers, As a result, knowledge and information can only flow in one direction.

### 2.2 Promote the innovation of classroom organization form

In the traditional tennis teaching, the teaching task is usually carried out around teachers. The organizational form of the classroom also aims to maintain the "hegemonic" position of teachers. Various signs continue to show the role and position of teachers in the classroom to the public. All the links related to teaching activities focus on teachers. Students have no voice in these processes and can only accept them passively. Therefore, the organizational form of classroom teaching is limited to the simple and boring situation of teachers' action demonstration and students' mechanical imitation, which leads to students' rejection of online teaching, so that they can not have a strong interest in learning and ensure their due learning efficiency in this process. The cultivation and generation of interactive consciousness can guide and encourage students to actively and independently participate in the organization and development of classroom teaching, control the teaching process in combination with their own learning needs, put forward their own opinions on the teaching content and dare to question teachers. This innovative behavior supported by students' independent consciousness, Promote the transformation of the organizational form of tennis teaching, and then construct an organizational system to maintain interaction and maintain a new teaching environment.

### 2.3 Promote the innovation of teaching function

In the traditional college tennis teaching mode, the teaching function is only limited to the teaching of tennis skills, so as to achieve the only standard to measure the learning effect of students. This model not only has obvious disadvantages and highlights

the obvious narrowness, but also causes the decline or weakening of college tennis teaching function to a certain extent. It is not only unable to complete the basic task of each tennis teaching classroom, but also unable to promote the reform and development of college tennis teaching. The purpose of the cultivation of interactive consciousness is to stimulate students' awareness of independent learning and maintain the persistence of their interest in tennis teaching courses, so as to effectively improve students' adaptability to the new learning environment, independent thinking ability and innovation ability.

### **3. Ways to cultivate students' interactive consciousness in College Tennis Teaching**

#### **3.1 Establish an open teaching classroom to stimulate students' awareness of autonomous learning**

The traditional tennis teaching mode in Colleges and universities compulsorily stipulates the learning contents of students in tennis teaching classroom, specific to the corresponding knowledge that teachers need to impart in each class hour, but it does not strictly stipulate whether students are familiar with classroom knowledge and can draw inferences from one example, and most of the learning contents stipulated by it are edited by corresponding teachers. Teachers will take themselves as the center and adopt teaching contents and teaching methods that are convenient for their own explanation. In this process, they do not consider whether this method is suitable for students to absorb knowledge, thus forming a closed classroom situation, resulting in that tennis teaching knowledge is only unilaterally transmitted from teachers to students, It was not transmitted to the teacher again from the students' thinking. As a result, students cannot have independent independent thinking consciousness, and students will not develop the ability to think from childhood.

#### **3.2 Abandon the sense of compulsion and create a good interactive environment**

Tennis integrates fitness, entertainment and fashion, which can fully highlight the sunny and healthy characteristics of college students and their positive spirit. However, in the traditional tennis teaching, because in the selection of teaching content, the provisions of the syllabus are the only standard, teachers will not improve and optimize the syllabus in combination with the current educational development situation; In teaching methods, blindly adopt the method of copying and forcibly inculcating the knowledge in textbooks into students' thoughts; In the construction of the evaluation system, we only pay attention to the students' learning results, ignore the students' learning process in tennis, and only regard whether the students can successfully complete the standard test as the only evaluation means; In the application of organizational forms, due to too much emphasis on the subject status of teachers, we ignore the focus of students as the classroom noumenon, that is, all classroom organizational forms are carried out around teachers. The disadvantages of this teaching method are too obvious.

### **4. Countermeasures of cultivating students' interactive consciousness in College Tennis Teaching**

#### **4.1 Changing teaching ideas and constructing a new tennis teaching system in Colleges and universities suitable for the development of modern society**

Quality education requires an organic change in the traditional teaching concept. Affected by this, in order to realize the optimization of functions, the innovation of objectives must break through the constraints of the traditional model and establish a new teaching model highlighting the characteristics of openness, independence, interaction and innovation, so as to strengthen the cultivation of students' interactive consciousness.

#### **4.2 Build a good interactive teaching scene to provide guarantee for the cultivation of students' interactive consciousness**

According to different tennis teaching courses, constructing corresponding teaching situations is conducive to let students experience the process in person, deepen students' understanding, and improve the quality of classroom teaching. In college tennis teaching, according to the students' own development needs, by building a teaching environment in line with different students' personality, we can help students enter the classroom faster. Therefore, in order to cultivate students' interactive consciousness, teachers need to create a relaxed interactive teaching atmosphere, urge students to focus on tennis teaching classroom, put forward their own opinions in this process, cultivate their innovative spirit, and further strengthen students' interactive consciousness under the influence of interactive scenes.

### **Conclusion**

To sum up, cultivating students' interactive awareness in the tennis education industry in Colleges and universities can not only improve students' enthusiasm for learning tennis, but also make the abstract tennis knowledge gradually concretized and easy to understand in front of students, and deepen students' cognition of tennis skills. Therefore, in college tennis teaching, cultivating students' interactive awareness can help students understand tennis skills at a deeper level, broaden students' development ability in the field of tennis, and further strengthen students' interactive awareness through a series of measures, so as to improve students' comprehensive quality and ability, so that students can truly understand and master tennis skills, So as to promote the development of tennis teaching in Colleges and universities.

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