

Diversified Reform of Teaching Methods of Table Tennis in Colleges and Universities

Bangda Li

Krirk University, Bangkok, Thailand 10220

Abstracts: As the national sport of our country, table tennis has been paid much attention and has a huge mass base. With the reform of the college education system, table tennis has also entered the college sports class, which can not only improve the physical quality of college students, but also cultivate students' interests. In order to promote the development of table tennis teaching in colleges and universities towards a more vigorous direction, it is necessary to carry out diversified reforms in teaching methods, further improve the teaching quality of table tennis, and let the value of table tennis play a greater role. This article will analyze the current teaching situation of table tennis in colleges and universities, and propose diversified reform suggestions, hoping to promote the development of table tennis among college students.

Keywords: Universities; Table Tennis; Teaching Methods; Diversification; Reform

1. Introduction

The current education mode pays more attention to the all-round development of students. College physical education plays an important role in the all-round development of students. As an important component of college physical education courses, table tennis affects students' sports awareness and determines the quality of college physical education. It is imperative to reform and innovate college table tennis teaching, and it is necessary to combine the development concept of the new era with its own fitness value. Guided by students' interests and hobbies, we propose reform plans to meet the learning needs of college students in the new era.

2. Analysis of the present situation of table Tennis teaching in colleges and universities

At present, many colleges and universities have set up the table tennis course, whose teaching goal is to let students master the basic table tennis skills, promote the improvement of students' table tennis level, which also has a certain practical value for training table tennis professionals. However, there are still some deficiencies in the current teaching of table tennis in China, which affect the absorption of students' table tennis skills. The specific performance is as follows:

2.1 Inadequate innovation in teaching methods

Many physical education teachers fail to realize the importance of integrating innovative ideas, which leads to a dull teaching atmosphere. Nowadays, most college students are "post-00s" who like new things, and their thinking is also relatively leaping and trendy. Too single teaching method is difficult to maintain students' enthusiasm for table tennis for a long time, which has a negative impact on the realization of the goal of physical education for all-around development. Therefore, more attention should be paid to the innovation of teaching methods.

2.2 Restrictions on teaching resources and conditions

The sports venues and facilities in some colleges and universities are relatively backward, so it is difficult to show students high-level sports skills in an all-round way in the actual teaching process, especially some detailed skills. It is difficult for students to understand through language interpretation, which leads to many difficult movements in the teaching process are difficult to be fully explained and displayed. In addition, table tennis courses in many colleges and universities are taught in

large classes. It is difficult for teachers to give consideration to all students, let alone to achieve one-to-one correction and guidance. As a result, many students have absorbed very little content after a class. Their enthusiasm for learning is naturally affected, and the learning effect will not be ideal. At the same time, many PE teachers strive to make every student master sports skills. Repeated demonstration and explanation in the classroom not only consume a lot of physical strength of teachers, but also delay the time of many other students who have a good grasp of sports skills. The overall teaching efficiency is low.

3. Feasibility analysis of the diversified reform of table tennis teaching in colleges and universities

3.1 Student's physical condition

Each student's physical quality is different. Some college students are good at both their natural and acquired physical conditions, and can accept high-intensity training. However, some college students are weak in physical quality, and will show their inability when facing high-intensity training. Therefore, in the process of table tennis teaching, physical education teachers need to pay attention to the content of teaching and try to match the physical health of students, to ensure that all students can actively participate in table tennis and learn from it.

3.2 Students' receptivity

Some students have innate talent in table tennis, and can quickly absorb theoretical knowledge and master sports skills. However, some students have poor talent, and can not absorb all the contents of teachers' teaching in a short time. If a unified curriculum standard is adopted, it will not only affect fairness, but also bring pressure to some students. Therefore, appropriate extracurricular guidance is needed to ensure classroom efficiency.

4. Reform strategy of diversified teaching methods of table tennis in colleges and universities

4.1 Improving the practical ability of table tennis teachers

To promote the diversified reform of table tennis teaching in colleges and universities can not do without excellent teachers. Colleges and universities should organize a high-level team of teachers as soon as possible to contribute to the cause of table tennis education. Through the combination of practical skills improvement and going out to learn, they can also hire some athletes with rich practical experience, carry out lectures and experience sharing meetings, and popularize more practical knowledge to teachers at school, so as to deepen the understanding of physical education teachers about table tennis. Many aspects of teaching can only be understood by table tennis players who have been engaged in table tennis for many years. With their existing experience, they can improve their own teaching structure. In addition, teachers can also be organized to visit other schools that have outstanding performance in table tennis teaching to absorb more advanced experience. When recruiting teachers engaged in table tennis teaching, practical experience should also be taken as an important reference index to improve the practical teaching ability of college teachers in many ways.

4.2 Carrying out layered teaching

Hierarchical teaching is not to divide students into different levels for simple layering, but to enable teachers to have a more comprehensive understanding of students in the process of layering, and also to enable students to have a better understanding of their own situation. Therefore, before carrying out the layered teaching method, we should first explain the advantages and characteristics of the layered teaching method to students, so that students can accept this teaching method from the heart, rather than passively following the steps of teachers. At the same time, in order to ensure the scientific nature of stratification, it is also necessary to conduct a level test on students before stratification to master the actual situation of students. The assessment content needs to be difficult and easy to combine, to ensure the scientific nature, and to inform students that with the deepening of teaching, they will make adjustments again according to the students' learning situation, which will help stimulate the students' sense of competition in the learning process and ensure their enthusiasm for learning.

4.3 Adopting modern teaching methods

Nowadays, many colleges and universities have introduced a large number of modern teaching equipment to facilitate teaching. The application of modern teaching equipment can also be strengthened in the teaching of table tennis in colleges and universities. Table tennis itself has a strong skill. It is difficult for students to understand some sports actions through teacher's demonstration. With the help of multimedia equipment, the demonstration actions can be played repeatedly, and the angle can

be changed and the speed can be slowed down. The teacher has set aside more energy to explain theoretical knowledge and interact with students, so that the teacher can timely grasp the absorption of students and what they do not understand. In addition, after mastering the movement through multimedia equipment, students should be organized to practice in time to maintain their enthusiasm and deepen their understanding of knowledge. After class, teachers can also collect more teaching resources through the Internet and send them to the students' learning resource group after sorting, which is convenient for students to watch by themselves after class. Flexible learning methods can effectively reduce students' learning pressure, enable students to master more sports essentials, and achieve new breakthroughs in the study of table tennis. Like the game video of the World Table Tennis Championships, let students pay attention to the action essentials of receiving the serve in the process of watching by themselves, and carry out exercises with the help of after-school time to make up for the lack of classroom learning, so that students can get practical feelings and strengthen the training effect.

4.4 Establishing campus table tennis club

In order to promote the diversified reform of table tennis teaching in colleges and universities, the establishment of campus table tennis clubs is also a very effective measure to provide college students with a training platform in their spare time and respond to the teaching content in the classroom. Through a certain form of organization, the table tennis club has gathered more and more enthusiasts on the campus. So far, students have learned from each other and made progress together, forming a strong cohesive force. It also provides more college students with a space to display their skills, gain a sense of achievement, and build confidence. In addition, with the continuous development of table tennis club activities, more and more students get emotional experience, gradually from personal sense of honor to collective sense of honor. The activities of the club are also flexible and convenient, meeting the learning needs of different levels, and attracting more and more students to participate in the club, forming a good atmosphere of table tennis on campus.

5. Conclusion

To sum up, under the background of the new era, it is imperative to carry out the diversified reform of table tennis teaching in colleges and universities. Its reform concept is different from the traditional teaching methods. Combining the characteristics of college students and the characteristics of table tennis itself, it has optimized and supplemented modern education. By improving the practical ability of table tennis teachers, carrying out hierarchical teaching, relying on modern teaching methods, entertaining teaching methods, and establishing campus table tennis clubs at the same time, we can enhance the quality of classroom teaching and teaching effects in multiple ways, promote the common development of students' physical quality and table tennis practical ability, and promote the cause of table tennis in China to a new height.

References

- [1] Li J, Zhao H. Research on the present situation and reform measures of table tennis course teaching in colleges and universities [J]. *Contemporary sports science and technology* 2021;11:77-79.
- [2] Liu H. Research on the reform of diversified teaching methods of table tennis in colleges and universities [J]. *Research on the innovation of ice and snow sports* 2021;47-48.