

Research on Badminton Training in Universities

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Abstract: With the implementation of the national sports movement, universities have launched a series of “Sunshine Sports” activities, which is also a need for educational reform and development. The development of badminton in universities requires the active participation of teachers and students, and universities need to attach importance to the popularization of badminton and strengthen scientific training. Physical education teachers need to realize that college physical education is an important place to cultivate students’ physical exercise habits and awareness, so exploring badminton training strategies has great practical significance.

Keywords: Universities; Badminton training; Strategy

Badminton is a popular sport among college students, and optimizing the training level of badminton through various ways is the main way to optimize the teaching of badminton in colleges and universities under the new curriculum reform environment. However, in the current process of badminton training, there are still some common problems as follows: the training content constructed by teachers is not comprehensive enough, and the training methods provided are not scientific enough. These problems will have varying degrees of impact on badminton teaching and training activities. Therefore, in order to further improve the quality and level of physical education teaching in China’s universities, it is necessary to combine various strategies for training optimization, in order to maximize the construction of high-quality badminton training teaching in universities.

1. The necessity of developing badminton teaching and training in colleges and universities

Badminton has matured. In the teaching of physical education in colleges and universities, it not only helps students achieve the goal of physical exercise, but also enables them to form a healthy mentality. Therefore, physical education teachers in colleges and universities have an important teaching position. On the one hand, badminton has a small demand for the equipment environment in schools, but it is also less affected by the environment, and the degree of attraction of students is also high, which can increase students’ interest in sports learning. This has led to badminton becoming an essential teaching item in college sports teaching. On the other hand, for students, badminton can lay the foundation for their healthy growth. First of all, badminton can exercise students’ heart, lungs, and muscle abilities. Through carrying out badminton sports, it can help strengthen students’ physical fitness and improve their physical abilities. Secondly, badminton has a systematic system of rules. Through activities, it can help students rationally vent their emotions, effectively alleviate their pressure, and enable them to form a sound quality personality. At the same time, it can also play a certain role in regulating students’ words and behaviors, thereby promoting the improvement of their personal accomplishment.

2. Analysis on the current situation of badminton training in colleges and universities

2.1 Weak student foundation

Badminton belongs to competitive sports, which requires students to have a certain level of sports. During the training process, students need to master the correct way of foot movement and hitting skills. However, in reality, some students only have the athletic ability to satisfy daily entertainment, so their foundation for badminton is poor, and some students even have no foundation. Therefore, when training, it is relatively difficult to find accurate hitting positions. Therefore, teachers need to make adjustments based on the

actual situation of students to explore suitable training methods for students.

2.2 The training method is relatively simple

The way of badminton training is relatively single, which is also a problem faced by China's universities in the current stage of badminton training. The traditional teaching mode often takes the teacher as the main body for teaching, while students only passively follow the teacher, lacking enthusiasm and initiative, and unable to effectively improve their own sports level. At the same time, college students in the new era are more willing to accept new things and teaching methods. Teachers have been using a single training method for training, and students inevitably feel monotonous and uninteresting, resulting in a natural decline in training interest. If this phenomenon persists for a long time, it will have a direct impact on training. Therefore, teachers should constantly update their concepts in teaching, explore new development paths for training, adopt diverse training methods, and constantly innovate training models to bring new learning experiences to students.

3. Training strategy of badminton in colleges and universities

3.1 Enrich training forms by using information technology teaching

With the continuous development of information technology, information technology has gradually been introduced into college teachers' teaching. In teaching, teachers use information technology to combine teaching with video and audio to make teaching more intuitive and interesting, thereby strengthening students' sports learning experience, and allowing students to accept knowledge of badminton sports and generate interest in learning. When carrying out badminton teaching and training in colleges and universities, due to the relatively fast movement of badminton, it is difficult for teachers to carry out the decomposition teaching of the movement. At this time, it is difficult for students to grasp this movement. To solve this problem, it is necessary to use information technology to assist the active development of badminton teaching. During the teaching and training process of badminton, information technology teaching methods can be introduced to play slow movements. At this time, teachers can provide targeted analysis and explanation for students based on the movements, and also achieve the teaching of movement cohesion, allowing students to master different movement essentials. In addition, through learning different types of badminton movements, students can achieve rapid and efficient learning based on a more intuitive experience. In addition, when technical conditions permit, teachers can also allow students to watch teaching videos and imitate them one by one by comparing them with standardized actions, thereby making their actions more standardized. Using information technology in badminton training and teaching can enable students to conduct detailed learning in combination with teachers' slow movements, thereby promoting students' interest in learning, promoting students' learning enthusiasm, and allowing students to integrate theory and practice to achieve good learning results.

3.2 Build a teaching practice platform to help form competition awareness

Sports have a certain degree of competitiveness, as does badminton. At the same time, students cannot improve their sports skills without competitive activities. In this context, teachers need to attach importance to the role of competitive activities in badminton training. Provide students with opportunities to practice in various ways to promote their badminton skills in competitions. On the one hand, teachers can build a rich badminton game, optimize the game process, establish group competitions, and other ways to enable students to acquire skills in the game, thereby mobilizing students' interest in participating in daily activities. On the other hand, colleges and universities can also explore potential learning groups of badminton for students and expand the sport on campus. For example, teachers can build interesting badminton competitions on campus, or badminton clubs, etc. Through this form, students can obtain opportunities to participate in activities and provide support for the badminton teaching system.

3.3 Core strength training to strengthen students' basic abilities

When carrying out badminton training in colleges and universities, teachers need to attach importance to the training of students' core strength to lay the foundation for students to learn badminton. However, when conducting this training, teachers need to combine the actual physical conditions of students, and cannot allow this training to become a mere formality, nor can they unify the training results of all students on a single standard. Appropriate and appropriate training is required.

First, teachers can combine a fitness ball and plate support for training, allowing students to kneel on both knees and form a triangle between their hands and their circumference with their feet closed, applying full body strength to the fitness ball to ensure that their bodies are in a balanced state. The back is always level with the shoulders, and the core muscles of the abdomen can be effectively tightened to ensure strength concentration.

Second, students perform abdominal exercises with a fitness ball, using a push-up posture as the basis, with their feet together, their patella on the ball, and their head and back in a horizontal line. Gradually retract, bringing the knees closer to the chest, slowly spreading the body, and maintaining a straight back.

Third, use a fitness ball to push and stretch horizontally. In this training, middle school students need to keep their bodies lying prone on the fitness ball, form a vertical state of their back while maintaining curvature, and straighten their legs. At the same time, combined with the fitness ball, they need to control the abdominal muscles, so that the abdominal muscles are always in a tense state, and maintain a certain amount of time. At the same time, they need to maintain a proper bending during the training process, and conduct repeated training on the basis of maintaining physical safety. At the same time, gradually increase the intensity of training based on ensuring that they are acceptable.

Fourth, guide students to conduct reverse rowing training. In this training, students are asked to place their feet on a fitness ball, maintain their legs at the same scale as their hips, and lie on their backs with the help of barbells to train their abdominal strength. Under the condition of forming an angle with their elbow joints, they maintain balance in their body, and perform cyclic training.

Fifth, carry out push up training. During core strength training, place your hands on the fitness ball, and always keep your hands under your shoulders. At the same time, when your body descends and bends with your elbows, you need to ensure that your chest does not come into contact with the fitness ball. Then, while your body is constantly straightened, let the students maintain a head to foot state, so as to continuously train and strengthen.

Conclusion:

In short, badminton teaching in colleges and universities can enhance students' interest in the sport of badminton. On the basis of their interest, students can actively participate in sports, which can be implemented for the development of China's badminton industry and comprehensive health sports. Therefore, physical education teachers in colleges and universities need to achieve continuous improvement in badminton training. Teachers can enrich the forms of training, and regularly conduct badminton competitions, etc., in order to lay the foundation for improving students' badminton technical level and promoting students to form lifelong physical exercise awareness.

References:

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