

# **The Influence of Traditional Tennis Teaching on College Students' Physical Health and Its Countermeasures**

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**Keywords:** Traditional Tennis Teaching; College Students' physical Health; Impact; Countermeasures

**Abstract:** At present, with the rapid development of China's economy and the continuous enhancement of the country's comprehensive strength, the education of college students has become an increasingly important issue of concern in China's development. At present, the education of college students is not only reflected in the requirement that college students master professional learning knowledge, but also attaches importance to the cultivation of College Students' physical quality. Tennis, as an important sport skill in college students' study, plays a great role in improving college students' physical quality. Therefore, it is very important to pay more attention to tennis teaching. Although the traditional tennis teaching methods can achieve this goal to a certain extent, there are still some areas to be improved. From this point of view, this study briefly introduces the impact of tennis teaching and traditional tennis teaching on College Students' physical health, and will focus on the relevant countermeasures of College Students' tennis teaching.

## **1. Introduction**

At present, tennis has become an effective way for college students to exercise and improve their physical fitness. Therefore, more and more attention has been paid to tennis in recent years. However, judging from the current development of tennis teaching for college students in China, there are some misunderstandings in traditional tennis teaching methods, which make it difficult for college students to correctly understand the charm of tennis, thus making it difficult for some college students to correctly cultivate their interest in tennis and make it difficult for tennis to play its role better. Use. Therefore, adopting certain strategies to improve and solve the current problems in tennis teaching, so that college students' tennis teaching can be better popularized, thus promoting more students to participate in tennis teaching, has become the focus of attention in college tennis teaching.

## **2. Summary of Tennis Teaching**

### **2.1. Physical problems of current college students**

From the current survey of College Students' physical fitness, the physical health of college students is declining year by year. The higher the grade of College students, the worse their overall physical fitness, and the higher the probability of obesity, anemia, hypoglycemia and other symptoms. This makes the problems of College Students' physical health become the general anxiety of the state and society. In this context, the Ministry of Education has put forward a series of systems to improve this problem. In this case, it is found that in recent years, the poor physical health of college students has been curbed, such as obesity, anemia, hypoglycemia and visual impairment of College students, although still in an upward trend, but the increase is significantly reduced. College students are the mainstay of the future construction of the motherland, so it is very important to strengthen the importance of college students' health, which has a positive impact on the development of the whole society and the prosperity of the motherland [1].

## **2.2. The importance and position of tennis teaching**

Tennis teaching, as an important course to improve and improve the physical fitness of College students, plays a very important role in College Physical Education [2]. First of all, with the rapid development of China's economy, the development of tennis classes restricted by economic conditions has been greatly improved. Tennis classes have become a common course for college students in physical education. Secondly, because of the interesting and fitness characteristics of tennis, tennis has been paid more and more attention and favor by college students. In addition, in recent years, China's competitive tennis has developed rapidly, which to a greater extent promotes the praise and demand of our citizens and college students for tennis. Therefore, tennis is playing a more and more important role in college students' physical education, and it is becoming more and more popular. College students' tennis learning is shown in Figure 1.



Fig.1. Tennis learning process of college students

## **3. The Effect of Traditional Tennis Teaching on College Students' Physical Health**

### **3.1. It is difficult to cultivate students' interest in learning**

Traditional tennis teaching methods have a significant impact on College Students' physical health. One of the main effects is that it is difficult to cultivate students' interest in learning. In the traditional teaching method, the teacher usually tells the students the basic tennis playing methods and skills, changes the explanation while demonstrating, and then lets the students imitate according to the teacher's demonstration. In this process, the teacher's explanation of some basic skills and skills is basically dull, which makes it difficult for students to really cultivate their interest in tennis learning, unwilling to listen, and not seriously learn. This makes the students learn tennis lessons only to meet the needs of course study, but can not make tennis give full play to exercise students' physical function and improve students' physical quality. Therefore, it is difficult to cultivate students' interest in learning is a very adverse impact of traditional tennis teaching [3].

### **3.2. It is difficult to promote students to master tennis skills correctly.**

Traditional tennis teaching methods for college students also have an important impact that can not be ignored is that it is difficult to promote students to correctly master tennis skills [4-5]. For tennis, the way of gripping is very detailed, such as western grip, Oriental grip and hand back grip, and there are certain requirements for grip. Therefore, it involves all aspects of knowledge and skills. It is difficult for students to learn these skills correctly and comprehensively in the process of learning, and they can also grasp them correctly and comprehensively. Enough to master the

essence of skills, effective use. In addition, because it is difficult for college students to cultivate their interest in tennis learning under the traditional tennis teaching mode, it also makes students have a certain exclusion of tennis-related knowledge and skills, which is not conducive to students' related learning of tennis skills.

#### **4. Research on the Relevant Strategies of College Students' Tennis Teaching**

##### **4.1. Increase the teaching time and frequency of tennis lesson appropriately**

In order to better promote the effective role of tennis in college students' physical quality training, we need to adopt certain strategies, one of which is to increase the teaching time and frequency of tennis lessons appropriately [6]. The increase of tennis teaching time can make college students have more time to practice tennis, which is not only conducive to cultivating students' interest in tennis learning, mastering tennis learning skills, improving tennis related skills, but also can make students' physical quality get exercise and addition in this process. Strengthen and improve students' physical function. With the rapid development of China's economy, the development of tennis lessons in universities has not been restricted by economic conditions as before, which makes it possible to improve students' physical quality by increasing the teaching time and frequency of tennis lessons appropriately.

##### **4.2. Optimizing tennis classroom teaching structure**

For college students' tennis teaching, optimizing the structure of tennis classroom teaching is also an effective countermeasure for college students' tennis teaching. For College students, there is no solid foundation in tennis learning. Therefore, teachers should pay attention to the teaching and review of basic knowledge and skills in each tennis classroom teaching, so as to help students play the basics of tennis learning. Secondly, the impact of tennis lessons on College Students' physical fitness on the explosive power of lower limb strength is a major aspect, so college students should pay attention to the exercise of lower limb strength when learning tennis. In addition, the pace of tennis is a key factor, teachers in the teaching process will inevitably take steps related to exercise, but a single pace of teaching methods will make students' interest in learning decline, but also make students difficult to withstand high-intensity training, so teachers should be different for students. Step teaching, enhance the interest of tennis classroom teaching [7-9].

##### **4.3. Strengthen the construction of teachers' team and the training of tennis professional ability in colleges and universities**

For college students' tennis teaching, there is also a very important teaching strategy is to strengthen the construction of tennis teaching faculty and the cultivation of tennis professional ability in Colleges and universities [10]. For college students to learn tennis knowledge and skills, the professional ability of teachers has a direct impact on it. Therefore, strengthening the construction of tennis teaching teachers and the training of tennis professional ability is the key to ensure that students have a better grasp of tennis learning knowledge and skills. In the process of tennis teaching, teachers should not only pay attention to the imparting of relevant knowledge, but also pay attention to the exercise of students' physical quality. Only in this way can tennis teaching achieve the desired purpose and effect.

##### **4.4. Building tennis campus culture**

In addition to the above points, building tennis campus culture is also an optimization strategy that can not be ignored in college tennis teaching. Tennis is an elegant sport. Through the competition of tennis, not only can the participants get a good experience, but also can bring wonderful visual enjoyment to the audience. Therefore, in order to better publicize tennis culture, schools should establish tennis clubs and improve the competition system of tennis competition, which can improve college students' interest in tennis learning and actively participate in tennis learning. In the long run, it can form a strong Campus Tennis atmosphere, so that college students can actively participate in tennis to improve their physical fitness [11].

## 5. Conclusion

For the current education of College students, the exercise of College Students' physical fitness is a matter of widespread concern of the state and society. Tennis, as a sport that can improve college students' physical fitness, has been widely concerned and respected by various colleges and universities. Based on this, this study briefly introduces the impact of tennis teaching and traditional tennis teaching on College Students' physical health, and focuses on the relevant countermeasures of College Students' tennis teaching.

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