

## **Discussion on the Application of Level Teaching Method in Table Tennis Teaching in Colleges and Universities**

**Wang Xudong**

Sports Department, Shaanxi University of Chinese Medicine, Xianyang, Shaanxi 712046, China

E-mail: 165824595@qq.com

**Keywords:** Table Tennis Teaching; Hierarchical Teaching; Advantages and Disadvantages; Measures

**Abstract:** Table tennis, as a traditional dominant sport in our country, has brought many honors to our sports cause, and it has been regarded as “national ball”. Of course, table tennis is also the most widely developed ball games in our country, and is deeply loved by our people. Table tennis is one of the sports items in Colleges and universities. It is of great significance to carry out effective teaching activities for promoting this sport. At present, in order to further improve the teaching effect of table tennis, a new teaching method has been put forward, that is, hierarchical teaching method. In this context, this paper focuses on the application of this teaching method in table tennis teaching, thus providing basic ideas for promoting the teaching effect of table tennis in Colleges and universities in China.

### **1. Introduction**

Table tennis, as one of the important sports items in Colleges and universities, is a sport with strong specialty and long sport cycle [1]. In the traditional teaching process, due to the uneven foundation of the students taught, it is impossible to apply it to every student in teaching. If the teaching is too high-end, the rhythm is too fast [2]. If the teaching is too basic and the teaching rhythm is too slow, it will be difficult for the students with high level to improve, in short, the teaching effect is not good. In order to improve this situation, we adopt the method of teaching according to aptitude of students, that is, hierarchical teaching method, which layers students according to their basic abilities, and then carries out hierarchical teaching for students at different levels. However, whether this method has high value needs to be discussed. Based on this, this paper focuses on the analysis of the basic situation of the application process of this method, such as its corresponding significance, advantages and disadvantages, and finally gives the promotion measures.

### **2. Analysis of the Current Situation of Table Tennis Teaching for College Students**

#### **2.1. The students' basic ability is not high as a whole.**

Although the development of table tennis in our country is very extensive, in fact, many people are only at the basic stage, for many table tennis skills are not skilled, such as basic position, preparatory posture and serve and receive posture, there are varying degrees of problems, the author of the teaching of class statistics (see Fig.1), we can see that, 17% of the basic position of students is incorrect, 32% of the students' preparatory posture is incorrect, 43% of the students have problems in serving and receiving the ball, which shows that the overall basic ability of table tennis of students is not high. For this situation, it is very important to do a good job in teaching methods and work.

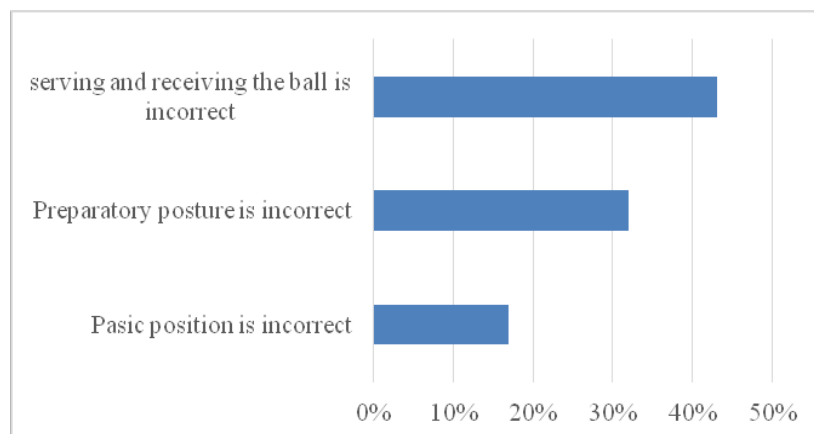


Fig.1. Investigation on basic problems of students' table tennis

## 2.2. Problems in the teaching method of teachers

In addition to the above problems, unreasonable teaching methods are also a key issue [3]. Generally speaking, there are great differences between physical education teaching and cultural knowledge teaching. The former mainly focuses on physical fitness, while the latter focuses on theoretical knowledge learning. However, in the actual teaching, many teachers still follow the traditional cramming teaching mode and turn the sports classroom into a knowledge classroom, which greatly reduces the enthusiasm of students, leads to unsustainable learning of students, makes students' learning effect poor, and then leads to poor teaching effect.

## 3. Analysis of the Application Significance of Hierarchical Teaching Method in Table Tennis Teaching

For traditional teaching, it mainly adopts a unified way of teaching, which is difficult to effectively pay attention to the differences of students, resulting in poor learning effect [4]. Hierarchical teaching method can fully highlight the difference between students teaching philosophy, such a way of teaching students in accordance with their aptitude can help students at all levels to improve their table tennis skills [5]. In addition, the application of this teaching method can enable the same level of students to accept the same type of teaching together, can significantly reduce the tension of low-level students, and provide a relaxed environment for them, thus enabling them to obtain a significant improvement in table tennis skills. This way also has a significant effect on the promotion of high-level students, that is, by learning together at the same level, students can promote the opportunity of mutual consultation, thereby improving the level of skills. Therefore, it can be seen that this teaching method has significant significance for the current table tennis teaching in Colleges and universities.

## 4. Analysis of the Application of Hierarchical Teaching Method in Table Tennis Teaching

### 4.1. Analysis of teaching methods for junior students

The primary level students are mainly those who have no relevant foundation or weak foundation. For this level of students, the first teaching task and goal is to enhance their interest in learning [6]. In this regard, relevant teachers can rely on multimedia technology to play table tennis games for students to stimulate interest, in addition, they can organize corresponding table tennis interesting games to enhance interest of students. When the above goals are achieved, the main task and goal of teachers is to individualize the teaching of improving basic abilities of students, correct students' action errors in time through on-site guidance and supervision, so as to ensure that students can consolidate their basic abilities. On the one hand, relevant teachers need to be patient and concerned enough.

## 4.2. Analysis of teaching methods for secondary level students

Intermediate level students are mainly students who meet the requirements of primary teaching. The main characteristics of students at this level are that they understand table tennis and have certain basic abilities [7]. In this regard, the main teaching tasks and objectives of the relevant teachers are to further strengthen the basic skills training of students, especially in sports skills, which first changes from intermediate level to advanced level. On the one hand, we mainly adopt special training to strengthen the weak links of students by carrying out targeted and intensified exercises, so as to improve the integrity of skills. Of course, the key way is to carry out competitive training, aiming at quickly consolidating skills through competitions and discovering their own shortcomings, so as to focus on the next step. Sex exercises provide guidance.

## 4.3. Analysis of teaching methods for advanced level students

The characteristics of high-level students are that they have good theoretical knowledge and skills [8]. For this stage, students are mainly taught by intensive training methods, such as relying on multi-ball training method to strengthen the flexible connection between combination technology, up-and-down rotation technology and various technologies to train students, so as to enhance actual combat ability of students. In this regard, relevant teachers can organize open friendship tournaments to require foreign students to carry out negotiation training, so as to effectively exercise actual combat comprehensive ability of students, make them qualified table tennis players, and train reserve talents for table tennis competitive sports in China.

## 5. Analysis of Advantages and Disadvantages of Hierarchical Teaching Method in Table Tennis Teaching

### 5.1. Level teaching method in table tennis teaching advantage analysis

The application of hierarchical teaching method can classify students at different levels, which can achieve the basic effectiveness of teaching students in accordance with their aptitude, and has a significant help to improve the table tennis skills of almost all students [9]. In addition, this method can well grasp the basic characteristics of each student, thus providing a good guide for the formulation of targeted teaching. Of course, the remarkable feature of this teaching method compared with traditional teaching method is that it is based on the perspective of students, can take students as the main body of teaching, permeate the humanistic care, so it is easier for students to accept. From Table 1, it can be seen that more than 70% of the students are satisfied with this teaching method, which shows that this method is really easy to be accepted by students. In addition, the teaching method can improve confidence and habits of students in sports (see Table 2), which can promote the healthy growth of students.

Table 1 A survey of satisfaction with hierarchical teaching of students

category	Very satisfied	satisfied	Satisfaction	commonly
Proportion	71.7%	18.8%	6.2%	3.3%

Table 2 Investigation and analysis of eight-week exercise confidence and exercise habits of students

category	exercise confidence		exercise habits	
	Yes (%)	No(%)	Yes(%)	No(%)
The first 4 weeks	70	30	59	41
The later 4 weeks	87	13	76	24

### 5.2. An Analysis of the disadvantage of hierarchical teaching method in table tennis teaching

Although the hierarchical teaching method has achieved good teaching results in table tennis teaching and has won wide praise from students, it does not mean that this method is perfect, but it still has some shortcomings [10]. For the defect, first of all, this hierarchical way easily makes the same group of students be labeled differently. This way, students with strong inner sensitivity and self-esteem can not alleviate their psychological pressure, but will feel more pressure because of

this invisible label, which will hinder their learning actively. It is extremely disadvantageous to learning of students. Secondly, this hierarchical teaching method makes students divided into different small groups, resulting in a large area of learning and communication affected, unable to achieve effective complementary advantages, especially in the training of teamwork ability, which is extremely disadvantageous to the learning of other sports with strong coordination.

## **6. Analysis on the Measures of Improving Teaching Level in Table Tennis Teaching**

### **6.1. Improving the teaching standards of table tennis level**

Hierarchical teaching is not a simple group teaching, but to construct the corresponding learning content and objectives according to the basic situation of students at different levels, so as to improve the teaching effect. Therefore, reasonable grouping is crucial. To this end, it is the first task to clarify and improve the criteria and basis of grouping teaching and to construct a fair and reasonable grouping. On the one hand, relevant aspects need to be combined with the actual situation, such as students' mastery of table tennis, basic abilities, etc. At the same time, students' opinions should be fully taken into account. Guidance of teachers should be supplemented by group work, thus laying a solid foundation for improving the effect of hierarchical teaching.

### **6.2. Pay close attention to students and improve communication with students**

For hierarchical teaching, the significant difference between traditional teaching and hierarchical teaching is that it is based on the perspective of students and takes students as the main body of teaching. Therefore, the primary problem in this respect is to promote humanistic care. Specifically speaking, teachers should do a good job in communicating with students in teaching practice and improve the quality of teaching to students. The overall attention, so as to fully understand the overall situation and demands of students, and provide guidance for the follow-up teaching optimization, so as to effectively improve the table tennis skills of students through this dynamic teaching method, and then enhance the teaching effect.

## **7. Conclusion**

Focusing on the topic of “the application of hierarchical teaching method in table tennis teaching in Colleges and universities”, this paper first discusses the current situation of College table tennis teaching of students, then analyses the significance of the application of hierarchical teaching method in table tennis teaching in Colleges and universities, and on this basis, analyses the basic contents of elementary, intermediate and advanced levels of teaching, and divides them into two parts. This paper analyses the advantages and disadvantages of this level teaching method, and finally puts forward relevant measures to improve the application effect of the level teaching method in table tennis teaching in Colleges and universities, so as to provide basic ideas for promoting the reform of table tennis teaching in Colleges and universities in China.

## **References**

- [1] Tang Chongyang. Discussion on the application of hierarchical teaching method in table tennis teaching in Colleges and universities. *Contemporary Sports Science and Technology*, 2019,9(14): 112-113.
- [2] Zhou Ling. Application of Hierarchical Teaching Method in Table Tennis Teaching in Colleges and Universities . *Modern Communication*, 2018 (16): 180-181.
- [3] Ningjin. Analysis of the application of hierarchical lifting teaching method in table tennis teaching in Colleges and universities .*Contemporary Sports Science and Technology*, 2018,8(22): 99-100.
- [4] Zhang Dongsheng. Application of Hierarchical Teaching Method in Table Tennis Technical

Course in Colleges and Universities .Contemporary Sports Science and Technology, 2018,8(18): 143+145.

[5] Cheng Lingxiao. Research on Sports Understanding Teaching Method in Table Tennis Teaching in Colleges and Universities .Contemporary Sports Science and Technology, 2018,8(08): 139+141.

[6] Chen Qian. Applied Research of Unit Objectives Teaching Method in Universities Table Tennis General Course Teaching. Henan: Zhengzhou University, 2016.

[7] Xue Bobobo. Investigation and Research on the Present Situation of Table Tennis Teaching in Shanxi Universities . Shanxi: Shanxi University, 2011.

[8] Yao Shuping. The current situation and Countermeasures of table tennis optional courses in Shanghai's colleges and universities . Shanghai: East China Normal University, 2007.

[9] Chen Weidong. An experimental study on the hierarchical construction of Table Tennis Teaching Clubs in Colleges and universities . Hunan: Hunan Normal University, 2006.

[10] Jiang L, Chen D, Li G. Construction study for Ping-pong Tactics electrical teaching material based on “Video Guiding Learning”. International Conference on Information Management. 2014.