

# Study on the Teaching Mode of Cooperative Learning in Table Tennis Teaching in Colleges and Universities Based on Understanding the Teaching Method

Ke Zhang

Baotou Medical College, Baotou, Inner Mongolia, 014060, China

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**Abstract:** Table tennis, as the national ball of our country, is also different from other ball sports. Because the distance between the two sides of the sport is short and the table tennis itself moves faster, the tactical warfare method softened will also be different. This is also undoubtedly a lot of difficulty in the development of teaching work. As far as the teaching of table tennis in colleges and universities is concerned, the effective development of relevant courses can help to improve the participants' ability to react and discern, which has an important positive impact on students' physical and mental development. At the same time, in view of the high status of table tennis in our society, it is of great practical significance to strengthen the development of table tennis at the university level. This paper starts with the current situation and problems of the teaching of table tennis options in colleges and universities, and analyzes how to adopt effective teaching strategies to carry out the elective courses of table tennis in colleges and universities, hoping to be beneficial to the efficient development of table tennis elective course courses in colleges and universities.

## 1. Introduction

As we all know, with the continuous implementation of educational reform, the current physical education teaching in colleges and universities is also facing important development and change. How to combine the actual needs of social development with the real needs of students' own growth to improve the effectiveness and quality of physical education teaching, which is also the concern of all college educators. In particular, the development of physical education teaching, which has more stringent requirements for the participation of students. Because different from the teaching and evaluation of other courses, physical education activities, whether curriculum organization or evaluation assessment, there are innate deficiencies. Therefore, strengthening the cultivation and guidance of students' interest in learning has also become the top priority of physical education teaching in colleges and universities [1].

## 2. The Status Quo of Teaching Table Tennis in Colleges and Universities

### 2.1. Teaching Philosophy Backward

On the whole, the current teaching of table tennis in colleges and universities is still the use of more traditional teaching methods, the traditional ideology of teaching procedures and systems have not been completely pleased. As far as the curriculum content is concerned, it is still focused on the training of students' sports skills, neglecting the cultivation of students' interest in sports. In such a teaching mode, it is difficult to play the ideal teaching effect, but also not to reflect the student-centered teaching philosophy. Students in the process of participating in the process, do not feel their own subject status, the existence of this situation also further reduces the students' interest in learning [2]. Week after and after, it is caught in a vicious cycle. Students' low interest in learning leads to poor learning effect, and the unsatisfactory learning effect further limits students' interest in learning. So, on the whole, the teaching mode and the teaching content used at present, although to a certain extent, reduce the difficulty of teachers' teaching, but in terms of actual effect, it is bound to be not ideal [3].

## **2.2. Sports Equipment and Maintenance Measures are Not Perfect**

On the relevant survey data show that many colleges and universities sports facilities are old, and in the new period of industrialization of the development of sports stadiums, because of the huge demand for funds also makes many universities related construction projects difficult. The poor management of the stadiums has finally led to the lack of sports facilities and lack of maintenance. In the process of students participating in physical education, there is no way to ensure that every student can use sports equipment. This makes it impossible to do the same step as students' learning in the teacher's teaching process. As far as the maintenance of related equipment is concerned, many colleges and universities employ workers who do not have relevant experience and expertise to make great efforts [4]. This will inevitably lead to the maintenance and maintenance of the equipment

The effect is not ideal. The existence of this situation also further limits the orderly development of table tennis teaching in colleges and universities.

## **2.3. Assessment Method is too Monotonous**

As shown above, the monotony of the assessment method is not only a problem in the process of table tennis teaching, but also a sticking point in the whole field of physical education teaching. In the development of daily teaching work, teachers in many colleges and universities are susceptible to the influence of competitive sports and examination-oriented education. In the course of the assessment strictly in accordance with the syllabus and teaching materials to carry out the assessment. This kind of assessment method will also affect the daily teaching direction. The training and training at the technical level has become an important standard to measure the learning achievement and level of students, which is also very disadvantageous to the teaching of table tennis in the context of quality education [5]. The personalized development of students is completely stifled in this context, which is not conducive to the improvement of students' professional expertise and comprehensive literacy. In the long run, such an assessment method will also be reduced to a form, completely lost the ability to assess the actual level and ability of students.

## **3. The Intension of Cooperative Teaching Methods**

Cooperative teaching methods. In the practice of table tennis, because of the large number of teachers can not accompany each student, so teachers can use cooperative teaching methods, this teaching method is to let the class of students divided into the same number of groups, each group of 4-7 people are appropriate, at the same time in the group also let students' strength differences, so that more convenient for better students to guide the poor students. In the specific group, the group includes 1 good technical level, 2-3 technical general and 1-2 students with less skill, in the process of group cooperative learning, teachers mainly play a role in guiding and ensuring teaching order. Take the forehand straight grip method / cross-grip method batting teaching as an example, teachers in the grouping of students, to personally demonstrate the straight grip method / cross-beat the correct grip method, through a few batting let students master the action essentials, teachers need to let students to tighten the arm, leg transfer, body tilt to pay attention [6]. In order to avoid students do not grasp the details, teachers can use multimedia to carry out the decomposition of the action teaching, and then ensure that students' action standards, as well as find the best time to hit the ball, and then in the group exercise, teachers can let students shout the slogan "Ping-pong teaching, happy unlimited." Then in each group of training, focus on the students' grip posture and movement to teach.

## **4. The Application of Cooperative Teaching Methods Based on Understanding Teaching Methods**

In the current application of multi-ball teaching method in table tennis teaching, teachers' teaching ability should be improved, we have misinterpretation of the multi-ball teaching method in

the teaching classroom and teaching objectives of table tennis, can not effectively reflect the effectiveness of the application, and can not meet the standard. At this time, it can be fully seen that the teacher's teaching ability quality and professional vocational teaching ability will directly affect the implementation of the whole table tennis teaching. Although in recent years, the quality of table tennis teaching specialization in China is constantly improving, and teaching methods are constantly diversified, teaching methods are more scientific, but the teaching ability of teachers is still difficult to meet the requirements of table tennis teaching. For example, there will be some teachers have a wealth of knowledge of table tennis teaching concepts, but in the practice of teaching is relatively lacking, and some teachers have a wealth of competitive experience, but there is no more solid theoretical knowledge, or can not work out a more perfect teaching program [7].

Secondly, at present, many colleges and universities for the ping-pong ball teaching facilities need to be perfected, the use of ping-pong ball facilities are high, but now many colleges and universities for the ping-pong stadium lack of management. This makes many tools in the ping-pong facilities can not be used, in disrepair, resulting in ping-pong courses can not be normal classes. At the same time, China's major colleges and universities ping-pong courses are also a big difference, more obvious is in the first-tier cities, good economic city, ping-pong ball teaching penetration rate is very high, ping-pong ball overall facilities are also very perfect. And the northwest region is relatively weak, the penetration rate of ping-pong ball teaching is low, ping-pong ball overall facilities are also very imperfect, which is also a direct impact on economic development [8].

## **5. Strategies Based on the Cooperative Teaching Method of Understanding the Teaching Method**

First of all, in order to improve the teaching effect of ping-pong ball, it is necessary to improve the entire teaching staff. The teaching course of ping-pong ball in colleges and universities should be taught by a team of teachers who should have rich practical theory and a solid theoretical basis. And these teachers have to have experienced some of the larger game experience, which requires the relevant departments must strictly build the teacher team. At the same time, as much as possible to provide some schools between the ping-pong ball exchanges, not only academic, but also competitive, so that each other can learn each other's strengths, mutual growth. Teachers can also learn a lot of knowledge, not only can strengthen their own theoretical knowledge, but also improve their own competitive knowledge [9]. In the teaching means, teachers should also take the way to go out, please come in, to learn more from peers experience methods, learn good experience, learn from good teaching methods, improve teaching results.

Secondly, to improve the infrastructure work, the construction of teachers' team is the decision of physical education teaching, then the improvement of infrastructure work is the improvement of the whole foundation of physical education. The improvement of the infrastructure of sports education is mainly divided into the following aspects, namely: the first point of the input of the hardware facilities of the table tennis venue, the first serious problem is that the racket of table tennis is not enough, there is the lack of management of the use of table tennis venues, years of disrepair. This has seriously affected the implementation of table tennis, and table tennis classes have been a problem. Therefore, colleges and universities must buy table tennis rackets, while improving the table tennis venues, while building. For those due to lack of management, the site in disrepair, to be fully updated and perfected [10]. The second point is to create a good sports atmosphere on campus, so that we can fully open the way to the popularization of ping-pong education courses. Can make more students understand table tennis, like table tennis, understand that table tennis is a physical and mental pleasure of the sport, can promote the overall development of students, make physical education classroom teaching more diversified, teachers teaching more professional, scientific, students more interested in ping-pong. Cultivate students' athletic ability and physical and mental health, and promote the development of China's sports education industry. At the same time, colleges and universities can also organize table tennis competition, and every student in the school can participate, table tennis competition can not only enrich students' campus life, but also fully

appreciate the fun of sports spirit.

## 6. Conclusion

As an important part of college physical education, it is also an inevitable demand for the development of educational work to strengthen the upgrading and perfection of teaching work under the background of the development of the new period. In the future, we should strengthen the change of teaching concept first, and secondly, pay attention to the richness of teaching content and the construction of the diversity of assessment methods. Only in this way can we satisfy the diversified development needs of students in the development of practical teaching work, and the spread and embodiment of the charm value of table tennis itself. The contents described in this paper are based on practice, and discuss the problems and related optimization measures of the teaching of table tennis in colleges and universities. It is hoped that the development of physical education in colleges and universities and the spread of table tennis will be provided with positive reference.

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