

Current Situation and Innovative Analysis of Badminton Teaching in Colleges and Universities

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Abstract: At present, badminton education in Chinese universities and universities is facing new opportunities for development, and reform is also imminent. Especially in the context of rapid social development and university education reform, badminton education has attracted more and more attention. Gender is also recognized in society. However, there are many problems in badminton guidance of Chinese universities and universities, and it is urgent to set reform goals. Therefore, this study starts with the current situation of badminton education, analyses the existing issues, and finally formulates reform plans, so as to improve the effect of badminton guidance in universities and promote the reform of higher education.

1. Introduction

Badminton is very popular among the people. It has the characteristics of strong appreciation, simplicity, convenience and no special requirement for the place. It also has the function of exercising the body. It lays a foundation for improving college students' physical quality and cultivating good personality. Basics. Therefore, the University Badminton selective course teachers, curriculum settings, educational methods and educational infrastructure began to study how to better carry out the university badminton has important significance. Therefore, the author analyzed the current situation of badminton selective course in senior high school, and put forward innovative countermeasures to the existing problems.

2. Current Situation of Badminton Teaching in Colleges and Universities in China

2.1. Students have different foundations and lack of targeted teaching plans

In University and badminton education courses, students can choose optional subjects according to their interests. Although most students are interested in badminton when choosing classes, no students really know badminton[1]. Most students also have a vague understanding of the rules and regulations that are badminton competition. This situation directly affects the quality and effect of education. Students in different areas will also be affected by different environments and have different foundations and understandings. In this case, teachers' teaching lacks pertinence and can not formulate a well-targeted teaching plan. They often neglect one thing or the other, and the teaching effect is not good enough to actively guide students to participate in sports training.

2.2. Lack of professional teachers and backward construction of teaching staff

At present, the proportion of professional badminton teachers in University Badminton education is very low. Some universities and colleges do not have professional badminton teachers[2]. In badminton education, some university instructors pay too much attention to restricting the investment of universities and universities. At the same time, in universities and colleges, sports teachers are also "more jobs for one person". These teachers have not experienced professional badminton training. They don't understand the professional knowledge and action necessities of badminton. It can be said that the duck is on the shelf. Then, that led to the stagnation of University Badminton professors. At the same time, badminton education content does not have rich characteristics, it will also bring losses to teachers engaged in such professions. As a result of the

shortage of professional teams as teachers, students fail to correctly understand the essence of badminton technical practice theory. Badminton class has become a simple sports training, which can affect the enthusiasm of students participating in sports.

2.3. Infrastructure construction lags behind

Most badminton courses are chosen by high school students, so many students like this simple, low-level sport[3]. The desire to participate is becoming stronger and stronger. However, there are still some problems, such as insufficient infrastructure and slow progress of construction. Schools usually don't have special badminton courts. Therefore, the shortage of badminton infrastructure seriously restricts the development of high school badminton.

2.4. Lack of textbooks and unclear teaching objectives

At present, there is no uniform teaching material for badminton courses in universities. When choosing a version, teachers will teach according to the version of their school. The content of education between schools is inconsistent and unsuitable for social development. Older, less time-efficient. At the same time, it has been pointed out that in the process of education, teachers lack the most basic theoretical knowledge and guidance skills[4]. In addition to paying attention to practical teaching and training, teachers still do not study theoretical knowledge in half of their efforts. Badminton students' understanding is not comprehensive.

2.5. Lack of Badminton Competition among Colleges and Universities

In the reform of physical education curriculum in Colleges and universities in China, badminton often has an embarrassing situation, which can not be directly used as a reform factor, or even be changed into a compulsory course, needless to say. Most of them are elective courses. But all sports require technical skills from practical experience. However, at present, there are few badminton matches for college students in China. This has resulted in college students not participating in the real badminton competition opportunities.

Table 1 The Gender and Professional Situation of the Students Selecting Courses

Gender	Major			Total
	Liberal arts	Science and Engineering	Art	
Male	140	182	2	324
Female	306	116	10	432
Total	446	298	12	756

3. Innovative Countermeasures and Suggestions on Badminton Teaching in Colleges and Universities

3.1. Reforming the Course Planning of Badminton Teaching in Colleges and Universities

At present, the University lacks the goal plan to guide the students, and the students lack the ability of professional guidance in the process of learning[5]. Although they accepted the "fur" on the surface of professional badminton players, it did not affect the real art education. Further sublimation badminton lack of guidance plan and design in order to further improve the characteristics of badminton combination, top design, badminton guidance development plan and comprehensive design of the orchestration, design appropriate, students can get badminton guidance time should increase the better learning process of sports experience. At the same time, the educational plan strengthens the guidance of specific guiding methods, strengthens the evaluation and supervision of the guiding process and the educational effect, effectively implements the reform plan, and ensures the appropriateness of the educational reform.

3.2. Further Strengthening the Construction of Teachers

To realize the all-round development and reform of badminton teaching in Colleges and universities, a team of professional badminton teachers with high level and quality is indispensable.

Therefore, it is very important to establish a team of badminton teachers with professional foundation. In addition, it can also be said to be an important prerequisite for the development of University badminton. First of all, the selection of normal universities requires the assistance of various departments of universities, in order to introduce and enroll students will be of great significance. Secondly, as a professional badminton teacher, we need to constantly learn new theoretical knowledge, constantly improve our level of knowledge and education, and enrich our educational experience[6]. At the same time, we should plan the teaching content reasonably, give guidance to students' personality and needs, stimulate their desire to learn, and create a relaxed and happy atmosphere.

3.3. Emphasizing the Implantation of Students' Aesthetic Ideas in Badminton

Badminton is a unique sport art, which has accumulated a large number of sports for a long time. However, for most college students, the understanding of badminton is superficial, and of course, it is difficult to sustain interest[7]. Therefore, it is necessary to guide students to learn badminton history and sports aesthetics. You can learn more about the details of Badminton by displaying audio and video, and know more about the real meaning and advantages of badminton in your opinion.

3.4. Targeted Badminton Competition

By organizing badminton competition, students and teachers can be encouraged to form a good badminton atmosphere on campus. At the same time, it can also sort out the controversy about badminton aesthetics[8]. For example, the topic "Which fitness value and aesthetic value of badminton are more important" can be formulated to enable students to discuss this. In short, around badminton sports, physical, mental health and beneficial sports exchanges of various postures can be implemented, badminton knowledge popularization, so in order to better understand badminton activities to promote students.

3.5. Pay attention to the propaganda of badminton culture

From the survey practice, the understanding of badminton students only has a simple stage of sports, staying in the stage of superficial understanding. Badminton culture is actually rich and colorful. Schools should extend this unique sports culture to badminton education. This is a plan and design route to satisfy students' cognitive characteristics and interests and explore common psychological elements. Understand the deep emotions in badminton, including respecting competitors, building their self-confidence and self-esteem, and learning ability. These can be brought to all badminton students. Really "moderate price", this is to strengthen the promotion of badminton, so that more people can understand.

Table 2 The Opening of Badminton Course in Colleges and Universities of Shanghai

School Name	School Name	Class hour	Semester	Theory class hours	Practical class hours
Shanghai Customs College	2008	36	1	4	32
Shanghai Foreign Studies University	2009	36	1	2	34
Shanghai Electric Power College	2000	30	1	4	26
Shanghai University of Technology	2002	128	4	8	120
Shanghai Institute of Finance	2001	34	2	4	30
Shanghai University	1995	100	5	10	90
Shanghai Ocean University	2007	32	1	2	30
Shanghai Second University of Technology	2002	64	2	8	56

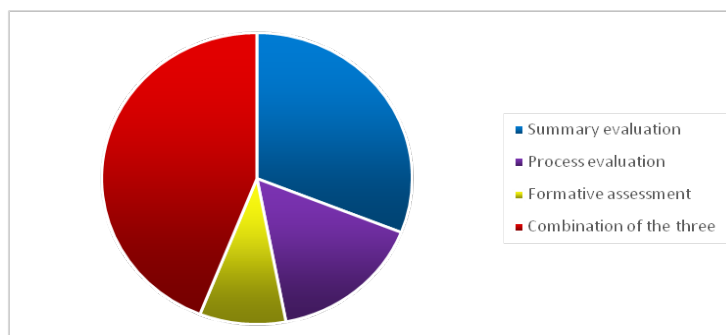


Fig.1. Teachers' Assessment and Evaluation of Students

4. Ways to Improve the Teaching Effect of Badminton

4.1. Transforming Physical Education Teaching Idea and Perfecting Infrastructure

In the development of College sports, we should first reform the concept of college sports education. The concept of rear guidance, scores and excessive attention to sports skills are important reasons for affecting students' physical quality and quality. In the new historical period, the outline of the guidebook of physics education curriculum in national universities and general universities is clear: college physics education, guided by the guideline of "health first", guided by the guideline of "people inclination", adheres to the individual differences of students, recognizes the students' all-round development of accessories and accessories, and scientific education. In College Badminton classes, the goal is to improve the health of students and enhance their physical strength. Properly dilute the technical difficulties and competitive color of sports, cultivate students' good sports habits and interests, and establish the basis of comprehensive fitness and lifelong sports development. A solid foundation. Badminton is to promote the development of education, increase the investment of universities and sports in sports, repair sports facilities such as stadiums and venues, select highly carefully prepared teaching materials or choices, and choose sports venues system optimization and innovative badminton guidance for development.

4.2. Innovation of Badminton Teaching Content and Form

At present, badminton textbooks of Chinese universities and universities are mainly based on textbooks and maps. Less theoretical knowledge, more technical knowledge education. It provides the convenience of badminton theory and practical education, but it will affect the development of badminton and make badminton vulnerable. The effect of theoretical teaching is not helpful to students' understanding and understanding[9]. Therefore, in future education, universities and universities should re-select textbooks, compile useful textbooks which need to be appropriately original, and hold badminton education than to maintain the use of more textbooks in the classroom for badminton. In this way, the knowledge of badminton education is more scientific and vivid before showing students, expanding students' horizons, in order to solve the limitations of teaching knowledge, breaking the ranks of knowledge collected from several network databases, such as network databases, and restrictions. The content lags behind the contradiction of the development of the times. At the same time, according to teachers' tasks and students' characteristics, teachers flexibly use various methods to improve teaching efficiency and achieve the goal of sports quality education.

4.3. Improving Teachers' Teaching Ability

Teachers teach performers and key factors of educational quality and effectiveness of education. If you want to improve your badminton guidance, universities and colleges should form a senior team of badminton teachers and coaches. Colleges and universities should base themselves on the introduction system of human resources, introduce a group of badminton teachers and coaches with solid theoretical knowledge and good basic technology according to the needs of badminton teaching, and properly improve the salary treatment of badminton teaching team and even physical education teaching team, and retain people with salary, system and environment. In addition, universities and

sports colleges of sports universities cooperate with other universities to train the physical education group of universities, and to run for election in various observation, exchange, learning activities, teachers and coaches, special groups, observation, or study or occupation coaches or hired to schools. In order to improve the leadership and business level of badminton leading group, and to train and guide university badminton teachers and coaches, they also actively participate in various learning, communication, training activities, higher badminton guidance methods and training methods, master the basic badminton education and training level to improve their independent learning awareness, it is necessary to establish.

4.4. Constructing Sports Culture and Atmosphere

Sports and sports culture are strengthening each other. Both of them are based on university sports activities to meet the needs of university teachers and students. The development of badminton can effectively promote the construction and development of campus sports culture. The construction of sports culture in universities and colleges can make teachers and students pay more attention to badminton lessons and take part in badminton learning and sports as a motive. Therefore, during the process of badminton, the construction of university education and campus sports culture is devoted to the establishment of central badminton sports clubs and badminton clubs, or to the form of badminton training and social practice. In order to alleviate students' learning pressure, improve badminton influence, exercise enthusiasm, organize activities and manage ability. At the same time, universities and colleges are also based on Badminton clubs, sorting out the competition and activities of badminton, in order to enhance the charm of badminton.

4.5. Reform the existing assessment system

In badminton teaching, teachers should set reasonable teaching objectives according to the teaching objectives, conscientiously implement each teaching step, so that students can improve their badminton skills in gradual course training. In teaching, students should also cultivate the ability of independent innovation, so that they can actively learn. Third-party survey data show that cognition is an important factor affecting learning pleasure in the learning process. Only when students are willing to learn, teachers' enthusiasm will be mobilized to achieve a good situation in which students learn to be happy and teachers get the best results.

5. Conclusion

Badminton teaching in Colleges and universities in China has played a positive role in cultivating college students' sports spirit and skills. With the deepening of teaching reform, the teaching mode and technology of badminton in Colleges and universities have also changed. But as a whole, the teaching level of badminton in Colleges and universities still needs to be further improved. Colleges and universities are required to recognize the real value of badminton teaching, actively explore badminton teaching, boldly innovate, and constantly improve the level of badminton teaching.

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