

## **On the Innovative Development of College Tennis Education and Tennis Teaching Under the Tide of National Fitness**

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**Abstract:** More and more colleges and universities continuously attach importance to sports activities in the cultivation of students' comprehensive quality under the tide of national fitness. Currently, tennis is one of the sports items that students especially like, and many colleges and universities have set up tennis as an elective course of sports. As far as the current situation is concerned, the teaching mode of physical education has been developing and changing constantly, but there are still some problems in the teaching process. This paper mainly analyzes the current situation of tennis education in colleges and universities, and puts forward the strategy of innovation and development, hoping to be helpful.

In the current educational background, sports have become an important part of students' hobbies after school. More and more students choose to exercise in their spare time, and tennis has become one of the sports that many college students love. Some students also take tennis as an important elective. The school has organized tennis games to constantly improve the enthusiasm and enthusiasm of students to participate. So that students can not only exercise the body, but also constantly cultivate comprehensive quality.

### **I、 Basic introduction about our country tennis movement**

#### **1. The development course of tennis in China.**

The development of tennis in China was relatively slow in the historical period around 1885. The sport of tennis began to be introduced into China first from big cities such as Shanghai by foreign businessmen. Subsequently, some schools also gradually sprang up this activity when new china was just established. The development of tennis in China was very slow, but with the development of some competitions and the popularity of the sport of tennis, it has been greatly improved to promote the sport of tennis. Until around the 1980s, china has made great progress in tennis. Especially by the 20th century, China's tennis had made good progress, and had achieved excellent ranks.

#### **2. The current situation of tennis development in China.**

Since the 21st century, the development speed of tennis in China has been improved to a certain extent. Since 2002, China has held many open matches about tennis. At the Athens Olympic Games, our country won the championship in tennis and made a huge breakthrough in tennis, which shows that our country's sports career has developed to a new stage. However, China's tennis is still in a state of development, compared with other countries, there is still a certain gap. And the conditions of software and hardware can not meet the needs of current athletes. Therefore, we still need to make further efforts in the future development.

#### **3. The development trend of tennis in China**

Although our country has made certain progress in tennis, but in the future, it will continue to promote the sustainable development of our country's tennis. Therefore, we should actively study the characteristics of tennis in the future as well as its law of development, combine tennis with our national conditions, and draw on the excellent experience of other countries to constantly promote the construction of tennis. At the same time, we should increase the influence on children in this respect, actively promote tennis in colleges and universities, and strengthen its publicity and construction.

## **II、 The national fitness campaign in China.**

In recent years, the wave of national fitness in China has been continuously promoted. National Fitness means that the people actively participate in sports, enhance the physical fitness of our people's health, and promote the level of physical and mental health. Our country's national fitness activities have made relatively rapid development, but there is still a certain distance from the established goals. In the future, we should also actively promote the continuous development of national fitness to attract more subjects, especially the university students, so that students can participate in the upsurge of national fitness and constantly promote the healthy development of body and mind.

## **III、 The innovative development of college tennis education and tennis teaching under the tide of national fitness.**

In the wave of national fitness, only by fully attracting students to participate actively in the whole process and loving tennis, and through the use of tennis to continuously improve the healthy development of the body and mind, can we play a key role. The following is about the national fitness wave, the strategy of innovative development of college students' tennis education and tennis learning.

### **1. Constantly improve the importance of school leaders.**

The importance of leadership is an important factor in the active implementation of tennis lessons. Only by getting the attention of the leadership, can we build the tennis court, can we launch the tennis outdoor class. In the process of preparation, the school leaders can be invited to participate in some tennis activities, competitions, etc to obtain the support of the leadership. Leaders who feel the immense appeal of tennis will be able to provide some support in terms of policy setting, as well as more funds to provide material support

### **2. Continuously strengthen the construction of teachers.**

Teacher strength is a very important factor, which affects the quality of tennis teaching and the scale of teaching. If the university tennis teachers to form a professional team, for the development of tennis courses is very beneficial. Therefore, in the current situation, we should actively build a team of teachers who meet the requirements in both quantity and quality. In the process of construction, we should constantly improve the teachers' professional ability, academic level and their teaching ability. During holidays and other times, teachers should be given certain training to increase their professionalism, and they may also be sent to other schools to actively study, constantly summarize their experience and change their traditional ideas and concepts and master the current situation of the development of tennis. Then formulate effective teaching strategies through the status quo, strive to constantly improve the team building teachers and professional literacy in a short period of time, so as to better into the curriculum education.

### **3. Constantly refine the structure of the curriculum**

At present, physical education elective courses have become an important part of the curriculum in many colleges and universities. Students can according to their own interests to choose their favorite sports courses, so as to improve the students' interest in learning to a certain extent, so as the tennis movement curriculum. The positive establishment tennis electives can promote the tennis movement development. However, there are some difficulties in tennis learning, and many schools tennis class hours is relatively small, only one class a week, which is not conducive to the mastery of knowledge. Therefore, according to the student's learning situation, the school may increase some class hours appropriately to help the student to study better.

### **4. Actively organize tennis competitions, expand the influence of tennis competitions.**

Competitive Sports is an indispensable part in the process of sports. According to the current form, competitive sports is no longer limited to the scope of sports. It can effectively promote social and economic development, and can meet the needs of the general public. Competitive sports have many advantages, so high efficiency should be constantly developing tennis courses, or organize

some tennis competitions with other schools to constantly expand the influence of tennis competitions. Before the game, colleges and universities can increase the publicity of the competition, attract more people to watch, and also better use of the results of the game to promote. For example, students may be given a higher prize or a certificate of merit if they rank better. If the prize is attractive, more schools will enter the competition and more attention will be drawn to it. In this way, the game will attract a lot of business sponsorship, so as to improve the level of college tennis.

#### **5. It is very important for students to stimulate their interest in learning tennis.**

If a student is not interested in tennis lessons, then the learning process will be very boring. But if the student is interested in learning tennis, he or she will be more active in the learning process. Therefore, it is an important factor to improve the effectiveness of the class to improve the students' interest in tennis learning. So teachers in the formulation of teaching plans, students should be interested in learning in the first place, so that students in the process of learning tennis experience happiness. This cannot only improve the enthusiasm of students, but also enable students to successfully complete the tasks assigned by the teacher. In addition, efforts to meet the needs of students in this regard. The biggest characteristic of sports activity is lively and active, and it has certain game and entertainment. So teachers should make the class more interesting by innovation according to the teaching content, and use this way to arouse the students' interest in sports learning. At the same time, teachers should arouse the sense of competition between students. The most important characteristic of college students is that they like to be competitive and express themselves actively. Competition is also a special nature in sports, can be added in the teaching activities of more competitive activities. More competitive activities can be added to the teaching activities, so that students can actively show themselves in the whole process and constantly improve their interest in learning.

To sum up, we should continuously strengthen the promotion of tennis and continuously get the attention of the leaders. We should continuously optimize the structure of tennis courses and give students more opportunities to learn tennis. At the same time, it is necessary to strengthen the publicity of tennis and continuously improve the influence of tennis among students. Only in this way can the development of this course be better promoted.

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