

# Analysis on the Current Situation and Countermeasures of Tennis Teaching for PE Majors in Colleges and Universities

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**Abstract:** Tennis, as a new sports activity, has been recognized and welcomed by the majority of students after being included in the college physical education curriculum catalogue. With the advancement of tennis education, the physical fitness and sports knowledge of college students have been obtained. With the obvious improvement, students have gradually established a positive lifelong sports concept. With the development of college education reform, tennis course teaching is also facing a situation of reform and innovation, so as to lay a good foundation for students' tennis skills and knowledge learning.

**Keywords:** Colleges and universities; Physical education; Tennis class; Teaching status; Countermeasures

Tennis is a sport with a strong cultural heritage. Which is conducive to students' physical fitness, relaxation, and overall improvement of the physical fitness of college students. However, my country's sports professional tennis course teaching started late and its development is not yet mature, which also affects the effect of course teaching. In the actual teaching process, there are also a large number of outstanding problems, which require timely and effective improvements. Measures to improve the quality of tennis teaching in college sports majors and ensure students' learning effects.

## 1. Analysis of the current situation of tennis teaching in college sports majors

### 1.1 Unreasonable teaching methods

In the course of teaching tennis courses for sports majors in colleges and universities, teaching methods will have a vital impact, which will also directly affect the quality and effect of teaching. At present, the teaching of tennis courses in college sports majors in my country is still based on conventional teaching methods and lacks the use of modern teaching methods. However, from the actual situation, the college tennis teachers' own experience is still lacking, and the conventional and traditional teaching methods are still lacking. There is also a big difference in the characteristics of tennis lessons, which also affects the application of various modern teaching models, directly restricts students' imagination and creativity, and ultimately reduces the quality of tennis lessons.

### 1.2 The curriculum is not scientific

Tennis teaching for sports majors in colleges and universities is conducive to the development and improvement of students' physical and mental quality. With the advancement of the teaching reform process in my country's colleges and universities, all sectors of society and various fields have put forward higher requirements for the comprehensive quality of students. However, my country Most colleges and universities have also shown unreasonable and unscientific conditions in setting tennis courses. The number of specialized courses is relatively small, while the general courses are relatively large. The main reason is that the school curriculum is lacking scientific and systematic. , The construction of the teaching team is not perfect, which directly limits the development of college tennis courses.

### 1.3 Insufficient teachers

At present, the number of professional tennis course teachers in colleges and universities in my country is relatively small, and the shortage is very serious. The overall quality and comprehensive strength of the current teachers need to be further improved and improved, and some teachers currently on the job also have professional capabilities. The problem of inadequacy cannot guarantee the quality of professional courses and knowledge teaching. At the same time, the current team of sports professional tennis teachers in colleges and universities is still dominated by young teachers with inexperience, and the number of experienced middle-aged and elderly teachers is small. It will directly limit the teaching effect of tennis courses.

### 1.4 Incomplete infrastructure configuration

At present, the tennis course teaching venues of various colleges and universities in our country still have the problem of insufficient allocation. The tennis teaching equipment and venues cannot meet the needs of students and teachers, which restricts the development of tennis courses and affects the teaching quality of tennis courses. Although most colleges and universities have built indoor tennis courts, the number is relatively small. Most college tennis courts are still in the outdoor or temporary use stage, which leads to the inability to guarantee the quality and quantity of college sports professional tennis teaching, which restricts the overall situation. The development of tennis course teaching activities.

## **2. Teaching Strategies of Tennis Courses for Sports Majors in Colleges and Universities**

### **2.1 Enriching teaching methods**

At this stage, most teachers still follow the traditional and rigid teaching methods in the teaching activities of Chinese colleges and universities. This not only fails to stimulate students' interest in tennis, but also restricts the improvement of the quality of tennis courses. Therefore, in order to further improve The quality of tennis teaching in college sports majors needs to maximize the main role of students in the teaching process, stimulate their interest and enthusiasm in learning, and allow students to actively participate in tennis teaching activities. From the point of view of teachers, it is necessary to formulate teaching plans based on the actual situation of students, to ensure that students are taught in accordance with their aptitude and targeted teaching in order to obtain the best teaching effect, and to combine various multimedia teaching tools to achieve the ultimate teaching goal.

### **2.2 Reasonable choice of teaching content**

The content of tennis courses for sports majors in colleges and universities is also a focus of attention of the teaching staff. For tennis teachers in colleges and universities, they need to design the teaching content reasonably. The main reason is that the tennis teaching activities are more operative, so they need Through the teaching method that combines theory and practice, theoretical teaching is used to guide students to improve tennis skills, and practical teaching is used to stimulate students' enthusiasm and initiative, so as to ensure the quality and effect of teaching activities. Therefore, on the basis of rationally designing the teaching content of tennis courses, college teachers should pay attention to student skills training, enrich students' tennis skills and knowledge, and better understand and use the knowledge they have learned.

### **2.3 Establish a scientific assessment system**

At present, the tennis course teaching activities of most colleges and universities in our country will evaluate and assess students' teaching achievements. However, the traditional evaluation and assessment methods are relatively rigid and single. With the gradual deepening of teaching reform, diversified assessment and assessment systems It has also become a key point in the reform of tennis teaching in colleges and universities, especially to realize the combination of the assessment results of tennis teaching in college sports majors and daily performance. At the same time, from the current situation of the construction of the teaching team of tennis courses, it is also necessary to pay attention to the practical ability of students. The improvement of the training, strengthening the training and assessment of their time ability, to ensure the further improvement of students' tennis skills. On the other hand, teachers also need to cultivate students' technical application ability and innovation ability, conduct systematic assessment of students' comprehensive literacy, and realize the overall development of students' abilities <sup>[1]</sup>.

### **2.4 Construction of teaching infrastructure**

The construction of teaching infrastructure is another focus of the reform of tennis teaching in college sports majors. It can provide a firm material foundation for the improvement of the teaching effect and quality of tennis courses. Judging from the current actual situation of colleges and universities, colleges and universities need to consider the actual teaching Starting from teaching requirements, comprehensively analyze the direction of infrastructure construction and improvement, and provide venues and platforms for students to learn, exercise and activities, including purchasing tennis equipment, building tennis courts, etc. The improvement of this material condition is also conducive to stimulating students' learning Interest, to ensure the smooth advancement of tennis teaching and practical activities <sup>[2]</sup>.

## **3. Summary**

In summary, with the improvement of people's lifestyles and living standards, as well as the further deepening of the reform of the teaching system of colleges and universities, college students' attention to their physical and mental health is also increasing. Tennis is a form of A beneficial exercise method for students' physique, especially for college students at the critical stage of growth and development, the development of tennis is more conducive to the improvement of their physical health and psychological quality. From the perspective of colleges and universities, the development of tennis course teaching can also provide more tennis professionals for colleges and universities, thereby promoting the healthy and stable development of tennis in my country's colleges and universities.

## **References:**

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