The Practice Research of Air Volleyball in Kunming Colleges and Universities

Wei Gu1, a, Jianyu Zhang2, b, *, Jianping Zhang1, c, Li Ni1, d and Xiongchao Yang3, e

1Yunnan Agricultural University, Kunming, China
2Yunnan Open University, Kunming, China
3The Middle School affiliated to Yunnan University of Finance and Economics, Kunming, China

a35987324@QQ.com, b578168647@qq.com, c48274452@QQ.com, d932462444@qq.com, e578104727@qq.com

Abstract

Air volleyball is a branch of volleyball, as a new sport has been favored by more and more young people. Air volleyball is pure "made in China". In 1984, Jining Branch of Hohhot Railway Bureau organized retired workers to carry out recreational activities for the elderly at first. From balloons at the beginning to soft plastic balls for children and then to formal air volleyball, this process has experienced a long process of evolution. It can be said that air volleyball is a mass sport that is native to China. This paper takes the practice research of air volleyball in Kunming universities as the clue. By using the method of literature, questionnaire, field investigation and interview, and mathematical statistics, this paper investigates and analyzes the development of air volleyball in Kunming colleges and universities, the current situation of field equipment and facilities and the strength of teachers.

Keywords

Air volleyball; Kunming Universities; To carry out.

1. Introduction

Air volleyball into the campus activities in China are in full swing, promoting the popularization and development of volleyball, volleyball foundation and future steady improvement of the level of volleyball, play a vital role. Volleyball sports source game, the development of more than a hundred years of history, throughout the world, is very popular and a people like to see, keen to participate in the sport. However, with the development of the society the traditional teaching method of volleyball has been completely can't satisfy the students' psychological needs in modern society, the traditional teaching method of teaching content is given priority to with single volleyball basic technology study, students in the learning process showed a greater movement skill learning desire, but lack of volleyball course of cognitive learning and social learning initiative and enthusiasm.

2. Manuscript Preparation

2.1. Research Object and Method

2.1.1. Research Object

This paper takes the practice research of air volleyball in Kunming universities as the research object.
2.2. Research Method
2.2.1. Literature Survey
Collect and consult books and literature related to air volleyball to understand the research materials of predecessors. And with the air volleyball as the key word in the China National Knowledge Network (CNKI) website to search, and the literature with high correlation is summarized and concluded, absorb the essence of them, for the study of laying a theoretical foundation.

2.2.2. Interviews
In this study, we visited the teachers with sufficient experience in the teaching of air volleyball and the organizing of air volleyball competitions in the physical education college of Yunnan University. Face-to-face interviews are conducted to provide first-hand information and obtain relevant information and data for the study of this course by acquainting them with the development status, deficiencies, prospects and the need for improvement and strengthening of air volleyball.

2.2.3. Questionnaire
According to the basic law of questionnaire design for the research of sports scientific research method, this paper designs the questionnaire for the practical research of air volleyball in the universities of Kunming (see appendix). After repeated modification, the questionnaire is effective and feasible. A questionnaire survey was conducted among 300 students in Yunnan universities by means of random sampling. 300 questionnaires were sent out and 295 were received with a recovery rate of 98.3%. There were 292 valid questionnaires, accounting for 97.3%. The data were true and reliable. To understand the basic situation of the school air volleyball by means of questionnaire survey,

2.2.4. Mathematical Statistics
Using sports statistics knowledge, SPSS 17.0 software was used to integrate and process the data, and to find and mine various characteristics revealed by the data.

3. Research Results and Analysis
3.1. Development Status of Air Volleyball in Yunnan Universities
3.1.1. Students’ Cognition of Air Volleyball
Through the survey, 85% of the students have some understanding of the air volleyball, 13% of the students have a good understanding of the air volleyball, only 2% of the students do not understand the air volleyball. 85% of the students who have a little understanding of the air volleyball, they have some cognition of the air volleyball, and then through the competition between students or between teachers and students or the training of the air volleyball association to understand the air volleyball; 13% of the students have a good understanding of air volleyball. These students are very interested in air volleyball, and spend most of their spare time on playing air volleyball or participating in related activities. For the 2% of students who do not know about air volleyball, the reason is that they have heavy study tasks and sufficient life schedule, so they have no time to learn it, and some of them have no interest in it. From the above analysis, it can be seen that there are still many students understand and actively participate in air volleyball in Yunnan universities.

3.1.2. Air Volleyball Court Facilities in Yunnan Universities
Air volleyball court facilities are the premise of the development of air volleyball, air volleyball court facilities are also very simple, the need to be composed of net posts and net. Through the investigation, it can be seen that the air volleyball courts in Yunnan universities are divided into two categories: indoor court and outdoor court, among which the indoor court is 20, the
outdoor court is 6, and the total number of the court is 26. Because the air volleyball is greatly affected by natural factors, so the outdoor courts are generally not set up net posts, and almost few students have air volleyball training in the outdoor venues. Therefore, the number of outdoor net posts is 0, and the number of indoor net posts is 20. Indoor courts are only set up when the volleyball matches are organized, which greatly limits the limitation of students’ participation in the volleyball exercise. It can be seen that the number of air volleyball facilities in Yunnan universities is not perfect, and it is difficult to meet the needs of students’ daily activities.

3.2. The Situation of Yunnan College Students’ Participation in Air Volleyball Activities

3.2.1. Participating Students

The students who participate in the volleyball are divided into undergraduate students and graduate students, and then they can be divided into students of physical education college and students of other colleges. Through the survey: in the number of participants in the sports school accounted for 45%, other colleges accounted for 55%. Through sorting out the data: in the physical education college, volleyball special account for 80%, other special account for 20%. The age of the students who participate in the gas volleyball is concentrated between 19 and 24 years old, and most of them are sophomore and junior students. In the physical education college, the majority of men participate in the air volleyball, while in other colleges, the majority of women. From this, we can know that the students who take part in the air volleyball are concentrated in the sports major, and the students of the sports major are concentrated in the volleyball special, while the number of non-sports students participating in the air volleyball activities is small. Due to the employment and study pressures of senior students and graduate students, the number of participants is generally low.

3.2.2. Participation Frequency

Table 1. Frequency questionnaire of students participating in gas volleyball every week (N=246)

<table>
<thead>
<tr>
<th>Frequency</th>
<th>People</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>30</td>
<td>12%</td>
</tr>
<tr>
<td>1-2</td>
<td>120</td>
<td>49%</td>
</tr>
<tr>
<td>3-4</td>
<td>45</td>
<td>8%</td>
</tr>
<tr>
<td>5-6</td>
<td>35</td>
<td>14%</td>
</tr>
<tr>
<td>7-8</td>
<td>10</td>
<td>4%</td>
</tr>
<tr>
<td>More than 8 times</td>
<td>6</td>
<td>2%</td>
</tr>
</tbody>
</table>

Frequency refers to the number of times that students participate in the exercise of air volleyball within the specified time. The higher the frequency, the more times the students participate in the exercise, the more obvious the exercise effect. Students’ liking for the volleyball is an important factor that affects the frequency of their participation in the volleyball exercise. The greater the interest, the greater the frequency of participation, and the lower the interest, the smaller the frequency of participation. In the survey and statistical analysis, the time period for students to participate in gas volleyball is mainly concentrated in the afternoon before school and evening classes. In the form of participation, associations account for 60%, college organized matches account for 15%, and students’ independent practice accounts for 25%.

As can be seen from the statistical results in Table 1, among the 246 students randomly sampled in the survey, the students who take part in air volleyball once or twice a week account for the
largest proportion, up to 49%. There are 30 students who take part in air volleyball once or twice a week, and 6 students who take part in air volleyball more than 8 times a week. From this we can know: Yunnan university students participate in the air volleyball exercise frequency is not high, the polarization is big. The comprehensive questionnaire survey concluded that the factors affecting students' participation in the exercise of air volleyball are as follows: First, there is enough time to arrange the learning time and no extra time to do the exercise of air volleyball. Second, the venue factor. When students have time, the venue is not open, and there is no place for them to exercise when it is open. Third: the campus atmosphere of gas volleyball is not strong enough, the participation of the crowd is not active enough.

3.2.3. Participation Motivation

Table 2. Investigation on the reasons for students to participate in gas volleyball in Yunnan agricultural university (N = 160)

<table>
<thead>
<tr>
<th>Reason</th>
<th>The survey</th>
</tr>
</thead>
<tbody>
<tr>
<td>Improve physical fitness</td>
<td>70%</td>
</tr>
<tr>
<td>Strengthen interpersonal skills</td>
<td>45%</td>
</tr>
<tr>
<td>Entertainment</td>
<td>53%</td>
</tr>
<tr>
<td>Lose weight</td>
<td>9%</td>
</tr>
<tr>
<td>Enrich extracurricular life</td>
<td>13%</td>
</tr>
<tr>
<td>I play air volleyball because I love it</td>
<td>76%</td>
</tr>
<tr>
<td>To relieve stress</td>
<td>16%</td>
</tr>
</tbody>
</table>

The motivation of participating in air volleyball refers to the internal motivation that affects individuals to play air volleyball. Students' motivation to participate in gas volleyball may come from all aspects, some may be for fitness, friends, their own active, external stimulation, in order to improve the personality, in front of others to show themselves. It may also be motivated by some external factors, such as money, prizes, certificates and so on.

The motivation of students to participate in the air volleyball is the key factor to integrate the air volleyball into the construction of the teaching curriculum in Yunnan universities. Only by fully understanding the motivation of students to participate in the air volleyball can we set up and perfect the air volleyball course better. As can be seen from Table 2, 76% participate in gas volleyball because they are interested in hobbies, 70% participate in gas volleyball to improve their health and 53% participate in gas volleyball for recreation. These three motives are the main ones for students to participate in air volleyball.

4. Conclusion

1. Regularly hold activities or competitions related to air volleyball in the school to increase students’ understanding of air volleyball by means of competition + promotion.
2. Encourage students to take an active part in extracurricular volleyball exercise and increase the frequency of weekly exercise.
3. Add air volleyball courts in appropriate venues, improve venue facilities, reasonably arrange opening time and control the crowd for exercise, so as not to waste resources. Improve the internal environment of the venue, keep it clean, and add some facilities that can provide rest.
4. Strengthen the construction of teachers, improve the professional level of teachers. Organize regular training, introduce relevant professional talents, and expand the lineup of excellent teachers.
5. Let more students participate in the gas volleyball, with a few people to drive the majority, improve the school gas volleyball atmosphere.
6. Push the benefits of gas volleyball to students, encourage students to increase the frequency of gas volleyball.

References


