Research on the Integrating Air Volleyball Into the School-based Curriculum Construction of Yunnan Colleges and Universities

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Abstract

Air volleyball is a branch of volleyball. As a new sport, it has been favored by more and more young people. Air volleyball is purely "Made in China". Air volleyball has the characteristics of soft hitting without pain on the body and can be hit with any part of the body. In recent years, the development trend has become more and more obvious. There are more and more people participating in air volleyball, especially the working class and College students participate the most. This article takes the research on the integration of gas Air volleyball into the curriculum construction of Yunnan colleges and universities as a clue. Using literature method, questionnaire survey method, field investigation and interview method, mathematical statistics method, investigation and analysis of the development of Air volleyball in Yunnan colleges and universities, the status quo of venues and equipment and teachers. The research results show that: 1. The organization of Air volleyball activities in Yunnan universities is not sufficient; 2. The lack of venues and equipment; 3. The frequency of students participating in Air volleyball is low; 4. The Air volleyball is mainly participated in through clubs and referee training; 5. The technical movements are rough and lack the guidance of professional teachers. Comprehensively investigate the feasibility of integrating Air volleyball into the school-based curriculum construction of Yunnan colleges and universities; and put forward feasible countermeasures for the integration of Air volleyball into the school-based curriculum construction of Yunnan colleges and universities based on the survey results.

Keywords

Air volleyball; Yunnan colleges and universities; School-based curriculum construction; Burmese foreign students sports attitude.

1. Introduction

The fundamental task of physical education is to enhance the physical fitness of students. Students in colleges and universities are under heavy learning pressure. In addition to completing the corresponding learning tasks during class, they are also busy doing experiments or participating in social practice in their spare time, which puts forward higher requirements for students' physique. The physical condition of students is related to whether students can better achieve their learning goals in school, and whether they can be better qualified for the work they are engaged in after employment. "The Teaching of General Physical Education in Colleges and Universities" was re-edited by the Ministry of Education in 1979. The fundamental
requirement is: starting from the enhancement of physical fitness, combining with the "National Physical Training Standards" to improve students' physical fitness, meeting national requirements, and adapting to the needs of life and study.

2. Manuscript Preparation

2.1. Research Object and Method

2.1.1. Research Object

This article takes the research of the integration of Air volleyball into the school-based curriculum construction of Yunnan colleges and universities as the research object.

2.2. Research Method

2.2.1. Literature Survey

Collect and consult books and documents related to Air volleyball and school-based curriculum construction in colleges and universities, and understand the research materials of predecessors. The keywords of "air volleyball" and "university school-based curriculum construction" were searched on the CNKI website, and the relevant documents were summarized and summarized, and the essence was absorbed, so as to contribute to Yunnan's higher education. The development and research of Air volleyball pave the way for the theoretical foundation.

2.2.2. Questionnaire

The survey will start in September 2019 and end in March 2020. According to the basic law of the research questionnaire design of the sports scientific research method, the questionnaire for the research on the integration of Air volleyball into the school-based curriculum construction of Yunnan colleges and universities was designed (see the appendix for the questionnaire). After repeated revisions, it is effective and feasible. A questionnaire survey was conducted among 300 students in Yunnan universities through random sampling. The number of questionnaires issued was 300, 297 questionnaires were returned, with a response rate of 99%, and 294 valid questionnaires, accounting for 98% of the valid questionnaires. The data is true and reliable.

2.2.3. 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. The Development Status of Air Volleyball in Yunnan Colleges and Universities

3.1.1. Students' Awareness of Air Volleyball

<table>
<thead>
<tr>
<th>Options</th>
<th>Don't understand</th>
<th>A little understanding</th>
<th>Know well</th>
<th>total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of people</td>
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<td>94</td>
<td>300</td>
</tr>
<tr>
<td>ratio</td>
<td>3%</td>
<td>65%</td>
<td>31%</td>
<td>100%</td>
</tr>
</tbody>
</table>

It can be seen from the data in Table 1 that 65% of the students have a little understanding of air volleyball, 1% of the students are very familiar with air volleyball, and only 3% of the
students do not know about air volleyball. 65% of the students who have a little understanding of Air volleyball have some knowledge of air volleyball, and then learn about Air volleyball through competitions between classmates or between teachers and students or training by the Air volleyball Association; 31% of students are Air volleyball knows well. These students are usually very interested in air volleyball. Most of their spare time is spent on Air volleyball or those who participate in related Air volleyball activities. For 3% of the students who don’t know about air volleyball, the reason is that the learning tasks are heavy, the living time is sufficient, there is no time to learn air volleyball, and the other is that they have no interest in air volleyball. From the above analysis, it can be seen that many students understand and actively participate in gas Air volleyball in Yunnan colleges and universities.

3.1.2. Facilities of Yunnan University Air volleyball Court

The Air volleyball field facilities are the prerequisite guarantee for the development of air volleyball. The Air volleyball field facilities are also very simple and need to be composed of net posts and nets. According to the investigation, there are two types of gas Air volleyball courts in Yunnan colleges, indoor and outdoor. There are 20 indoor venues and 6 outdoor venues. The total number of venues is 26. Because Air volleyball is greatly affected by natural factors, there are generally no net posts in outdoor venues, and few students practice Air volleyball in outdoor venues. Therefore, the number of outdoor net posts is 0, and the number of indoor court net posts is 20. Indoor venues are only set up when Air volleyball matches are organized, which greatly limits the limitations of students participating in Air volleyball exercises. It can be seen from this that the number of facilities in Yunnan colleges and universities gas Air volleyball courts is not perfect, and it is difficult to meet the needs of students for daily activities.

3.2. Air Volleyball Teachers in Yunnan Universities

In the education process, students are the main body of teaching; teachers play a leading role in the teaching process; teachers are the inheritors and disseminators of scientific knowledge, as well as the vane of students’ growth. Not only impart knowledge to students, but also a soul engineer who teaches and educates people. It is also a guide in the process of students’ physical and mental development, so the strength of teachers is extremely important. There are 8 teachers engaged in gas Air volleyball teaching in Yunnan universities, including 2 professors, 3 associate professors, 2 lecturers and 1 assistant teacher. It can not only meet the needs of professional courses, but also meet the needs of opening public courses. Laid a solid foundation for the integration of gas Air volleyball into the school-based curriculum construction of Yunnan colleges and universities.

<table>
<thead>
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<th>job title</th>
<th>Teaching years (years)</th>
<th>Quantity</th>
<th>percentage</th>
</tr>
</thead>
<tbody>
<tr>
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<td>20</td>
<td>2</td>
<td>17%</td>
</tr>
<tr>
<td>Associate Professor</td>
<td>20</td>
<td>3</td>
<td>33%</td>
</tr>
<tr>
<td>lecturer</td>
<td>5-10</td>
<td>2</td>
<td>50%</td>
</tr>
<tr>
<td>Teaching assistant</td>
<td>0</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>

It can be seen from Table 2 that the full-time professional titles of teachers engaged in gas Air volleyball teaching in the Physical Education College of Yunnan Universities include professors, associate professors and lecturers. Can teach both low-level teaching tasks and high-level sports team training.
3.3. The Development of Gas Air Volleyball Activities in Yunnan Colleges and Universities

School physical education curriculum is an important part of the diversified development of school-based curriculum construction. And the school physical education curriculum is more than just staying on a certain level. It should also be diversified, constantly adapting to people's needs and meeting the needs of social development. Yunnan colleges and universities also attach great importance to gas volleyball. The investigation shows that the development trend of gas Air volleyball in Yunnan colleges and universities is constantly improving, and the number of competitions held is also increasing year by year. The number of participants has also continued to increase. It was organized by colleges and schools in 2016 and 2017, and gradually increased to 2018 and 2019, when off-campus units rented venues to hold competitions. From this we can know that the number of Air volleyball activities in Yunnan colleges and universities has shown an upward trend year by year.

4. Conclusion

1. All aspects of the school did not increase the publicity of air volleyball. 2. In the process of extracurricular Air volleyball exercise, not all students achieve the exercise effect. 3. There are insufficient regular venues for air volleyball, and there are loopholes in the opening hours of the venues. 4. Schools and teachers participate too little in the organization of air volleyball. 5. The atmosphere of Air volleyball in the school is not good. Compared with other sports, Air volleyball has insufficient activities or competitions every year. 6. The frequency of participating in gas Air volleyball in Yunnan colleges and universities is not high.

References
