

A Brief Analysis on the Cultivation of Table Tennis Teaching Ability of Physical Education Major Students

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Abstract

In recent years, the national education cause has been widely concerned. It is not only necessary to improve the professional quality of teachers, but also to cultivate the comprehensive ability of students majoring in education. Therefore, the relevant physical education teachers should pay attention to their own work, cannot ignore the practical ability of students, according to the differences of students to train their practical ability, so that students can have better professional ability, for their future development to lay a foundation. Based on the analysis of the importance of physical education students' table tennis practice ability, this paper puts forward some measures to improve students' practice ability for reference by relevant teachers.

Keywords

Physical education specialty; Table tennis practice for students; Cultivate practical ability.

1. Introduction

The major of physical education mainly cultivates the teachers of primary and secondary schools and the compound talents with the ability of social physical education guidance, and the social work in the future is mainly to impart and disseminate the relevant sports knowledge and technology. Skills are more about "teaching by example rather than words and standardizing demonstration to educate and influence students" and others, so that their in-body education can adapt to the development direction of higher education and physical education in China.

However, throughout the current teaching of physical education in China, too much attention is paid to the acquisition of students' physical education knowledge and sports skills, and the training of students' practical ability is relatively too little, especially the training of students' practical teaching ability is pale. This does not adapt to the trend of higher education and professional development of physical education teachers in the new era, which makes the students of physical education lack the basic ability of teachers, which is very unfavorable for students to enter the society and adapt to the society. In view of this situation, the author analyzes the importance and necessity of cultivating students' practical teaching ability to a certain extent, and takes a relatively successful table tennis course teaching to cultivate students' practical teaching ability as an example to support this point of view, and hopes to arouse the resonance of peers and exchange experience.

2. About Teaching Ability

The cultivation of students' comprehensive ability is an integral part of higher education. Western developed countries have long paid attention to the cultivation of students' ability. In the field of education, "since the 1970s, we have realized that the degree and teaching ability

can not be separated, and a high degree is not equal to teaching ability. In teaching practice, we attach great importance to the cultivation of students' teaching ability. In Our country, traditional education and teaching methods have produced many advanced degrees. Low ability of knowledge talents, resulting in the lack of application-oriented talents in our society. For teachers, the combination of knowledge and ability is more important, otherwise they cannot complete the sacred mission of spreading knowledge and ability. As PE teachers' teaching ability is the most important physical education majors should possess the ability of explanation, demonstration and analysis ability and technology is the main part of physical education teaching ability, is the student the comprehensive embodiment of knowledge application ability and practice ability, is the necessary basic skills and professional quality, physical education teachers is one of the conditions of constitute the professional ability of the students, for students in the future The development of... has had far-reaching effects. But for a long time in terms of physical education major in teachers' education in our country is too "emphasis on specialization, while ignoring the professional specialization", which in the study on theoretical knowledge of pedagogy, psychology and so on the lack of education courses, and related professional theory course cannot effectively guide the student to contact actual, effective transformation of knowledge to ability application; The teaching of technical skills pays more attention to the acquisition of students' sports skills, but ignores the cultivation of students' ability to spread and impart technical skills.

With the social progress and the rapid development of sports science and education science, the connotation and extension of physical education have undergone profound changes, and the former sports skill-oriented physical education teachers cannot meet the special requirements of the evolution from traditional experience of physical education to scientific physical education. This is due to the wisdom of the professional disciplines differs from that of professional disciplines, for the wisdom of the professional people, precisely mathematics teachers' mathematics wisdom is different from mathematical intelligence trained Chen jingrun, rice lu football wisdom don't have to be the same in the wisdom of the game players ", that means of physical education major students cultivation mode cannot be athletes, on the other hand, have good movement technology Skilled athletes or students do not necessarily make good teachers or coaches. It is a prerequisite for PE teachers to have certain sports technical skills, but if they pay too much attention to the training of their technical skills, it is a mistake to compare them with athletes. Because the sports skills of physical education teachers and athletes are two completely different structural forms, sports skills of physical education teachers require comprehensive, to be specialized and versatile ", and there are no too many requirements for physical fitness; The sports skills of athletes are often good at one or two, and to achieve the optimization of sports technology and physical limit. Therefore, sports skills should not be the goal of physical education teachers' professional development, but should be based on "how to teach knowledge and ability development", so as to "be able to speak, do and teach. Students majoring in physical education should "deeply understand the theory of physical education and teaching theory through school teaching practice, and master the practical skills and abilities of education and teaching, while the original teacher training highlighting pure theory is relatively limited for the improvement of teaching skills of physical education teachers. The acquisition and cultivation of the knowledge and ability of teaching should be the fundamental difference between physical education students and other physical education students and talents. This point, as the relevant physical education teachers and management should pay attention to, this is also the physical education professional in the future development process need to pay attention to the problem.

3. Present Situation of Sports Table Tennis Education

3.1. Current Status of Venues, Equipment and Other Hardware Facilities

In recent years, physical education facilities in colleges and universities in China have been significantly improved. According to the results of literature review, many colleges and universities have set up special stadiums for table tennis teaching and training, which are used by physical education institutes and the public for PE teaching and recreation. But venues and equipment are relatively limited. According to the survey, about 30% of colleges and universities said that table tennis training venues and equipment can barely meet the teaching needs: 46.7% of colleges and universities are short of equipment and scramble for space in class; 13.3% of colleges and universities are seriously short of venues and equipment, which even leads to the implementation of teaching plan. Only 10 percent of the schools said their facilities and equipment fully met their teaching needs.

Based on the establishment of a professional table tennis gymnasium university survey, some college table tennis venue located in the large stadium, by unified management of the staff, strict enforcement of open closed time: part of colleges and universities in the form of independent table tennis hall is open to students, students can use their spare time on the premise of applying hen exercise: a small number of colleges and universities in the form of table tennis club management, Students pay a fee for each practice hour. Although these management forms can ensure the safety of the equipment and prolong the use cycle of the equipment, to some extent, they restrict the enthusiasm of students to practice table tennis, and at the same time, all kinds of restrictions on the scarce venues also cause a waste of resources.

3.2. Table Tennis Teaching Teachers Present Situation

Teachers' own educational level affects their knowledge structure and teaching level. In recent years, the educational level of table tennis teachers in national colleges and universities has increased, the proportion of teachers with master's degree has surged, and the age of teachers has become younger. The proportion of teachers under 35 years old has increased, but in general, the number of teachers between 35 and 45 years old is still the largest. These teachers usually have teaching experience of 5 to 15 years, with rich teaching experience, abundant physical strength and vitality, and fast updating of professional knowledge, which can basically meet the learning needs of students.

3.3. Students' Understanding of Table Tennis

Table tennis is our country's national ball, easy to operate and interesting, many students have some superficial understanding of table tennis. More than half of the college students majoring in physical education have a strong interest in table tennis, but only about 10% have a rich understanding of table tennis. Most of the students majoring in physical education have a clear goal in learning table tennis, and strive to improve their teaching level or actual combat ability by actively learning tactics. About 20% of the students have no obvious learning goal. The students majoring in physical education seldom obtain the athlete grade certificate during college, and the learning condition of technique and tactics is poor, and their competitive ability is not good.

3.4. Present Situation of Table Tennis Teaching Content

The teaching content covers the basic theoretical knowledge of sports, basic skills of sports and techniques and tactics taught by teachers to students. Whether the teaching content is appropriate or not directly affects students' interest in learning table tennis, thus affecting the overall teaching quality. In the physical education of colleges and universities in China, the content of table tennis teaching is relatively simple, and the teachers teach the skills. There is too much emphasis on tactics and not enough on skills and basic abilities. The theory and

practice courses are carried out at the same time, focusing on practice. There are less teaching hours of table tennis in each semester, and the main theoretical teaching content includes table tennis competition rules. Referee rules, etc. : The practical teaching content includes basic skills such as positioning, grip, preparation, service, service receiving, forehand attack, etc., while the tactical skills such as rubbing, doubles, loop and other skills are less studied, and other basic skills such as on-the-spot referee are rarely involved. As the content of table tennis teaching is complex and has strong technology, sufficient teaching time is needed to systematically impart to students whether it is theoretical basis, basic ability or actual combat technology, resulting in the teaching content of table tennis in colleges and universities in China.

3.5. Present Situation of Table Tennis Teaching Methods

Teaching method is an important part of physical education, which has an important influence on cultivating students' thinking ability and improving teaching quality. At present, traditional teaching methods are mainly adopted in college sports table tennis teaching in China, namely, on-site teaching and demonstration by teachers, practice and competition among students, and error correction by teachers. At present, the more advanced innovative PE teaching methods, such as procedural teaching method, learning-guided teaching method and discovery method, have not been effectively popularized and promoted. Under this teaching mode, table tennis courses are mainly taught in the form of sports skills, and teachers play a leading role in teaching, so students' personality, subjectivity and innovation ability cannot be effectively brought into play.

In addition, the physical education teaching of colleges and universities in Our country adopts the general textbooks of physical education institutes, focusing on the characteristics of all kinds of technology and few design of the methods of these technologies, focusing on the introduction of techniques and tactics but lack of the content of judgment. The contents of physical education assessment lay uneven emphasis on theory, technology and basic ability, and lay too much emphasis on technology but not on theory. There is almost no assessment of students' basic ability.

4. Physical Education Students Table Tennis Ability Is Not High

4.1. The Student Soldiers Have No Solid Foundation in Table Tennis

The teaching of table tennis in middle schools is optimistic. This is directly related to many factors such as financial input, examination system, school leaders' attention and teachers' situation. Most schools do not have table tennis professional physical education teachers, table tennis class even if there are conditions to carry out is "sheep" teaching. In addition, there are more people and less equipment, and students' average practice time is short. To achieve the goal of improving skills. Physical education students come from the same region. In order to improve the enrollment rate, each school will only strengthen the cultivation of culture and sports test ability, while ignoring the overall development of students, so the basic ability of students table tennis is not solid.

4.2. Soldiers Table Tennis Skill Learning Difficulty

Table tennis has a complex variety of basic techniques and tactics. The study of the basic skills should grasp the hand shape, footwork, strength, landing point, rotation and other elements. And the development of motor skills requires a lot of time to practice and energy. And tactical learning. It is on the basis of mastering basic technology. Use various footwork flexibly in singles or doubles. Good control of force, rotation and landing point. Reasonable use of serve, serve and other tactics. We also need to cooperate well with our partners, so table tennis skills are very difficult in professional learning.

4.3. Table Tennis Course Teaching Hours Are Insufficient

Physical education major students in school shoes table tennis teaching ability training opportunities are basically compulsory and elective. Compulsory courses, a total of 3 class, the teaching contents include sports overview, the basic theory, rules, and the referee law, competition organization and layout, space equipment and equipment, basic position and posture, gait, serving and receiving, the block technology, attack, loop, chop, chop, combination technology, basic tactics, doubles, etc., under varies due to the students' professional skills, but also from the basic Skills, not only to learn skills. You have to study the theory. And an internship as a referee. There are many teaching contents and sufficient teaching hours. It seriously restricts the training of teaching ability of students majoring in physical education.

4.4. Teaching Conditions Are Not Perfect Enough

In the teaching of table tennis, it is necessary for students to form stable movements and finalize the design for a long time. Teaching equipment plays an important role in the process of movement practice. Equipment practice has its inherent characteristics and advantages. However, due to the constraints of teaching conditions, many schools have to improve the teaching conditions, teaching equipment under the full. There is even a shortage of teaching equipment. Many schools do not have venues for table tennis training, so teaching is easily affected by external factors such as weather and environment. Even schools with ping-pong stadiums. Due to the lack of teaching funds, table tennis stadiums and gymnasiums are backward. Lighting is sufficient for lighting conditions. These factors restrict the improvement of table tennis teaching ability of PE majors.

4.5. Students' Interest in Table Tennis Is Not Enough

Table tennis occupies a place in the compulsory courses of physical education major. Except for the students who will take table tennis as an elective course in the future, most of the students will be exposed to table tennis only for one semester. The learning of compulsory courses requires students to master their skills very high. This leads to the students' psychological neglect, the existence of the examination psychology. Study nowadays attention holds detail, the action falls standard, to deal with an exam namely. I did not understand the importance of learning table tennis teaching ability. In addition, the table tennis technology is multifarious and changeable, and the ball path is changeable. The improvement of table tennis level is a long and lengthy process, the next may immediately play a progress effect. Therefore, after a period of practice, many students lose their interest in learning due to the improvement of their technical ability.

5. The Cultivation Measures of Table Tennis Teaching Ability of PE Major Students

5.1. To Improve the Physical Education Students' Interest in Table Tennis

Interest is the internal motivation to stimulate and maintain students' learning behavior, and is also an important factor affecting students' learning consciousness and enthusiasm. The following measures can be adopted to stimulate the interest of PE students in learning table tennis technology: First, the importance of generous publicity of table tennis technology learning. Table tennis has made many achievements in the field of competitive sports in China. In the Olympic Games, Asian Games and World Championships, Chinese table tennis players have won table tennis MEDALS for many times. It has a high status in the eyes of primary and secondary schools in China. The mass foundation is also relatively popular. Learn this technology well to later obtain employment and teaching all have great help. Second, teachers and students should establish a new teaching cooperation and interaction, in table tennis

teaching, teachers should treat each student sincerely. Try to meet the psychological needs of the majority of students, especially those with low technical skills. Use less critical language. Give them more words of encouragement. Motivate them to learn. In the third. The means and methods of teaching should be diversified and novel. Teachers do not only use conventional teaching methods. And the use of modern teaching equipment to assist teaching, through watching high-quality classes, watching excellent teaching videos to enhance students' perceptual understanding, broaden their horizons. By all means avoid using rigid, dogmatic, procedural teaching means. Actively create a relaxed, happy and harmonious classroom teaching atmosphere. Just four. The evaluation method should be conducive to promoting the enthusiasm of students to learn table tennis, and the progress of students' learning. Teachers should give timely and sufficient affirmation. For students, the teacher is certainly an effective ladder to stimulate the progress of students, very common details to encourage students to establish a strong self-confidence are of great help.

5.2. Increase Reasonable Allocation of Table Tennis Course Teaching Hours

In order to improve the teaching ability of students majoring in physical education. In teaching, we should reasonably allocate the proportion of physical education teaching ability to teach students only to master table tennis skills. And the ability to learn how to teach to others. Students majoring in physical education should improve their teaching ability comprehensively. The next step is a matter of quick action. It requires long hours of practice, learning, imitation, educational practice, and a process of improvement. The teaching ability of table tennis includes the ability of organization, the ability of judging, the ability of expression, the ability of management and the ability of teaching evaluation. First of all, we can improve the total amount of class hours of table tennis. The improvement of class hours can be to improve the weekly class hours of each semester. You can also increase the number of semester hours. Secondly, we can set up after-school interest classes and organize teachers' tour to strengthen the opportunities for after-school students to receive teachers' guidance. Once again. Also can organize to carry out the student table tennis amateur competition. From the training of organizational ability and referee work ability. Table tennis teaching teachers should reasonably allocate learning periods for teaching difficulties and key points. Want to increase class hour study, make skill get consolidate. At the same time the practice class and the theory class also should arrange the class reasonably, can hold well the skill also can learn the rich theory knowledge.

5.3. Strengthen the Teaching of Table Tennis Basic Skills to PE Students

Physical education major students before entering the physical education institute. Table tennis skill level is uneven, some students are basically zero foundation, which needs to strengthen their basic skills training. The students' basic posture is correct and the basic technology is firmly mastered, which directly affects the enthusiasm of students in follow-up study and the improvement of their technical level. The basic skill training of table tennis is mainly the footstep moving skill and two arm swing action, so we should strengthen the skill training in this aspect. For table tennis beginners to practice footwork, the standardization of footwork movement is strictly required, from easy to difficult, from slow to fast. Step by step. Break down the teaching process of increasing technical difficulty and intensity. In addition, antagonistic methods and game methods can be appropriately adopted to improve students' interest and enthusiasm in footwork practice. When practicing table tennis technique, we should pay attention to the position of the two arms after hitting the ball. Develop the habit of returning your arm posture quickly after hitting the ball. So that you can hit the ball in time next time. In teaching practice to let students according to the same direction to the ball, timely judgment, quickly start. Spirit. Quickly return to the basic position and hold the body balance after hitting the ball. Only when the students have solid basic skills of table tennis, can they actively

participate in the teaching and training of table tennis. Its teaching ability level will be greatly improved.

5.4. How to Use Reasonable Teaching Methods and Ways to Quickly Improve Students' Teaching Ability of Table Tennis Technology

Various teaching methods and means should be adopted in the course of table tennis teaching for PE students. Improve the teaching effect of table tennis. The traditional injection teaching method should be used less, and some heuristic, procedural, autonomous and cooperative teaching methods should be used more. Improve students' learning enthusiasm and teaching effect. The key point of heuristic teaching method is to give full play to the guiding role of teachers. The guiding role of teachers is mainly reflected in the word "qi". Teachers use all kinds of knowledge and situations to guide students to think positively. Master motor skills. The cooperative teaching method is an improvement of the traditional physical education organization form -- class teaching system.

5.5. Increase the Application of Table Tennis Competition Training Method in Teaching

Competition training is a teaching method through which students in groups learn and practice skills according to the rules and methods of competition under the approximate, simulated or real and strict competition conditions. In teaching, competition is used to improve the standardization and stability of students' use of skills and tactics in actual combat. For example. In the teaching of table tennis attacking ball technology. By organizing students to compete, let students adjust the timing of attacking ball, hand shape, footwork and mentality. Use the method of competition training. Let the students' movements reach an automatic stage, once this state is formed, the students' table tennis attacking skills will be in a stable state. It can improve the stability and effectiveness of attacking ball.

6. Conclusion

Table tennis sports professional students practice ability is an important part of the education career, teachers should attach importance to the table tennis teaching time Settings, at this point, the teacher should not only pay attention to students' sports skill to master degree, but also to the teaching ability, students after graduation will most as a people's teacher, so, Physical education teachers should pay attention to whether students can teach their knowledge to others, so that students' professional quality can be effectively promoted.

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