

## *Original Paper*

# Xi'an the Current Situation of College Badminton Teaching and Promotion Strategies

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### ***Abstract***

*Based on the current Xi'an City ordinary university badminton teaching research, found the problems and shortcomings existed in current teaching. At the same time has put forward its reform, promotion strategy, and strive to provide a theoretical basis for the development of Xi'an city college badminton teaching.*

### ***Keywords***

*colleges, badminton, teaching, present, promote*

## **1. Introduction**

With the continuous success of Chinese badminton team in the world competitions, badminton sport in the mass sports audience is also expanding, at the same time in contemporary college students also formed a wave of learning badminton. However, the quality of badminton teaching in some colleges and universities is affected by the less number of venues and professional teachers. How to solve the above problems and improve the quality of badminton teaching is the current colleges and universities need to continue to explore and implement.

## **2. Problems in Badminton Teaching in Colleges and Universities in Xi'an**

More and more young people choose badminton class in physical education, but with the rapid increase in the number of students also exposed the less number of badminton teaching venues, teachers and other aspects.

### ***2.1 Students Are Enthusiastic but Poor in Badminton Foundation and Learning Time***

With the names of famous badminton players such as Lin Dan, Chen Long and Li Xuerui become well known, badminton sport has become a deeply rooted sport in China. There is also a trend of learning

badminton in class and playing badminton after class. Most colleges and universities in Xi'an have opened badminton optional courses for students in order to adapt to the interests of students. However, most colleges and universities in Xi'an have set the curricula of physical education as one semester or one year at most so far. This means that most college students with only passion and no badminton foundation need to learn and master a kind of sport course with all-round requirements for physical coordination, physical explosiveness, endurance and coordination in 10-30 badminton courses. The so-called "one minute on the stage, ten years off the stage", the each movement and serve of badminton contains the teaching of teachers, the imitating without balls of students, constantly improve, followed by ball practice, constantly improve, and finally gradually skilled until mastering the process. Meanwhile, badminton teaching also contains a series of professional actions, such as techniques, pace, coordination and so on. Even if every action takes one lecture and it requires 20-30 classes to finish. The current curriculum in colleges and universities requires teachers to teach students one or two action skills in a class, and as badminton amateur, it takes at least one week to learn a badminton action. It can be imagined that, college students are at most aware of badminton movements after learning badminton course, and they have no way to master the movements and skills. This will certainly affect the enthusiasm of contemporary college students to learn badminton. Therefore, this phenomenon is not conducive to the popularization and promotion of badminton among the masses.

## *2.2 The Court Is Not Comfortable and the Opening Time Is Limit*

There is no doubt that badminton requires a standard badminton court, but compared with basketball court, football field and other venues, a badminton court can accommodate a very limited number of people and has high requirements for height, lighting and other conditions. However, Xi'an colleges and universities in the opening or adding of badminton courses in the late venues and facilities did not keep up. Many schools because of the lack of indoor venues or indoor venues occupied by other projects, draw badminton courts on the school's open space, erect badminton net posts and pull up badminton net as teaching and learning venues, but badminton is greatly affected by the wind, such venues not only affect the teaching and practice effect, but also will make the majority of students lose interest in badminton. Some colleges and universities will badminton venue plans in the dining room or other non-teaching buildings, which often fail to reach the height required for the highest flight of badminton and these courts often cause touching the roof, and using the original fluorescent or incandescent lamp instead of the anti-vertigo badminton lamp often affects the athlete's vision, while using the general cement or terrazzo floor can cause permanent damage to the player's knee, which is a double injury to the students who really love badminton. Some colleges and universities that can provide regular badminton courts often only allow students to use badminton courts in class, while after-class exercises for the protection of venues and equipment often prohibit students from using them or charge extra fees when students need to use them in non-course time, when the students grasp

of the badminton movement and badminton after class exercises, the enthusiasm of the game is very harmful.

### *2.3 Lack of Professional Teachers and Ineffective Teaching*

The shortage of badminton teachers has been exposed due to the rapid increase in the number of college students eager to learn badminton and the number of optional classes in badminton has also increased rapidly. In order to make up for the shortcomings, some colleges and universities use some non-badminton teachers to undertake badminton teaching. Although most of the physical education teachers have learned badminton-related knowledge in undergraduate course, but as an optional course teacher to teaches professional knowledge to the majority of students, non-subject background is a drop in the bucket. At the same time, due to some teachers have only learned relevant content in undergraduate course, so they have little concern about the development of badminton and the promotion of professional skills and tactics, they will appear in the classroom to teach out-of-date knowledge or wrong ideas of techniques and tactics.

## **3. Improvement of Badminton Teaching Effect in Colleges and Universities of Xi'an City**

In order to improve the teaching effect of badminton step by step, we must improve all kinds of deficiencies existing in the current teaching. Only by making the students really gain, feel and love this sport, can achieve the goal of opening this course.

### *3.1 Changing the Course Setting and Reasonable Arrangement of Teaching Content*

According to the fact that students generally reflect that badminton teaching time is short, content is large and needs time to master, we have to change the course setting and arrange teaching content reasonably. The time schedule of college physical education courses is generally arranged once a week, and only in the first and second years of college. Then, for the badminton program, we can extend the original one semester or one academic year of badminton courses to one or two academic years. Specifically, it can be arranged as follows: according to the students' wishes, the course is still self-selection, and badminton course can be divided into one academic year and two academic completions. The contents completed in one school year only include the basic skills of badminton, such as backhand serve, hitting high ball, rubbing ball in front of the net, basic footwork and so on. In this way, students can fully grasp the basic movements of badminton in a school year, cultivate sports enthusiasm, and lay a good foundation for future self-learning, without delaying their desire for other sports in the second year. The two-year badminton course is aimed at the students who have strong desire to learn badminton well. Besides the above basic contents, it should cover advanced skills such as killing, hanging, pool, singles and doubles matching, etc., so as to improve the quality of badminton for students.

### *3.2 Upgrade Site Configuration and Open to Students on Time*

Whether a sport can become a favorite sport for contemporary college students is directly related to whether the school can provide high-quality and open venues. As a sport with a wide audience and more and more enthusiasts, colleges and universities should upgrade the existing badminton courts and transfer the outdoor badminton courts to indoors; change the original indoor cement badminton courts into wooden floors or plastic badminton courts, and install regular badminton lights; and change the original regular badminton courts into non-lecture time. It is also open to students. If it needs to consider the expenditure of site maintenance and personnel management, it can charge students a certain fee, but it must not be equal to the fee of the badminton hall outside the school, let alone rent or open the hall to the outside world and refuse the normal use of students. The rise of a project is inseparable from the vigorous promotion of the country and the improvement of supporting facilities. As a cradle of training high-quality comprehensive talents, colleges and universities should fully respect sports hobbies of students and support their self-exercise and physical quality improvement.

### *3.3 Introducing Professional Teachers to Guarantee Teaching Quality*

Whether the students can learn more knowledge depends on the teachers. Whether the students can be interested in the course becomes their lifelong goal, which is more closely related to the teaching of teachers and teaching methods. Therefore, in badminton teaching, it is necessary to let professional teachers teach badminton. Badminton is a sport constant development. Only professional teachers can keep track of its development trend, keep abreast of new techniques and penalty standards, and grasp teaching methods and contents more accurately. In view of the current situation that the number of full-time badminton teachers in colleges and universities of Xi'an is insufficient and the number of students in badminton classes is bursting, colleges and universities should vigorously introduce full-time badminton teachers, at the same time, they should train non-special badminton physical education teachers with badminton foundation and employ full-time badminton teachers from other schools to improve the quality of badminton teaching, so as to ensure the basic rights and interests of students in learning.

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