Analysis of the Badminton Teaching Method of Goal Setting in College Based on Computer Technology

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Abstract. "All-round development and personality cultivation" is the main theme of future education development, and it is also the new requirement of the state for physical education work. In order to meet the needs of students of different levels and the development of computers, the teaching of badminton in colleges and universities should be reformed. The establishment of teaching objectives is the most important task in PE teaching, and also has important theoretical and practical significance for the individualized and diversified teaching of students. This paper simply introduces the concept of goal setting method, mainly for goal setting teaching method in badminton teaching in colleges and universities to carry out the effect are analyzed. Finally set the target teaching method in badminton teaching in colleges and universities use the problems put forward some constructive suggestions based on computer technology, in order to promote college badminton teaching reform, improve the effect of badminton teaching, cultivate students badminton interest in pushing their all-round development.

Keywords: Target Setting Teaching Method, Badminton Teaching, Computer Technology

1. Introduction

In recent years, badminton has developed rapidly, and many colleges and universities have gradually opened badminton classes. However, due to the lack of relevant research on badminton teaching, many teachers cannot systematically teach in the teaching process. In particular, it is manifested in the various teaching stages and the technical and tactical aspects of badminton are not strong. Students do not have certain learning goals and cannot be targeted. They often ignore some basic technical exercises and prefer to play games to improve their skills. This often results in students' basic skills are not solid enough, skills and tactics are not comprehensive enough, limiting their own level of improvement and can not correctly understand the true fitness and entertainment value of badminton. Through scientific goal setting, teachers and students can effectively teach and learn in a badminton class to a certain extent, and improve the comprehensive level of students' badminton sports[1].

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2. Goal setting pedagogy concept

Objective setting teaching method, in simple terms, actually means that in the process of organizing teaching activities, according to the actual learning of different students, the teachers and students jointly develop a teaching that is suitable for students' learning and helps students develop. A series of educational and teaching activities organized by the goals and guided by the set teaching objectives. Compared with the traditional teaching methods, the goal setting teaching method has the following characteristics: firstly, the teaching activities carried out are based on the teaching objectives and are oriented. Second, the setting of the teaching objectives is the participation of the teachers and students. Finally, the setting of teaching objectives is different. According to the different learning foundations and learning abilities of different students, the set teaching objectives are also different. Table 1 is about the application of target setting in physical education practice.

### Table 1. Goal setting in various fields of teaching.

| Sports project  | Number of universities |
|-----------------|------------------------|
| volleyball      | 12                     |
| pingpong        | 10                     |
| track and field | 8                      |
| basketball      | 6                      |
| martial arts    | 4                      |
| gymnastics      | 2                      |
| badminton       | 1                      |

3. Application effect of goal setting teaching method in college badminton teaching

In summary, the application value of the goal setting teaching method in college badminton teaching can be summarized as follows:

3.1. Give full play to the role of students

The application of goal-setting teaching method in badminton teaching in colleges and universities has fully affirmed the students' subject status in learning and contributed to the exertion of the students' subject role. Application goal setting teaching organization in colleges and universities badminton teaching process, the teacher not only can set according to the actual situation of different students of different learning goals, at the same time also can let students to participate in the goal setting process, so as to effectively promote the students' internalization to set learning goals, enables the student to the
positive, active, active participation in the whole learning process, fully embodies the take the student as the main body of teaching concept, badminton teaching of middle school students' main body role in colleges and universities play a positive role in promoting literature.

3.2. Help students accumulate a good learning experience

The application of goal setting teaching method in college badminton teaching can produce performance effects and help students to accumulate a good learning experience. In the process of organizing college badminton teaching activities by using the goal setting teaching method, students can complete the learning goals by setting clear, challenging, and consistent teaching theories according to the actual situation of different students. In the process, it produces a high sense of satisfaction, which in turn encourages students to be more proactive in a new round of learning activities, thus effectively stimulating students' interest in badminton learning and producing good performance effects. Students gradually accumulate a good learning experience. Table 2 is the evaluation of the teaching effect of the target setting teaching method after the experiment.

Table 2. Survey statistics of two classes of teaching after the experiment.

| Survey content                                           | Experimental class | Control class |
|----------------------------------------------------------|--------------------|---------------|
|                                                          | Yes | uncertain | No | Yes | uncertain | No |
| Do you agree with the teacher's teaching methods and teaching ideas? | 88% | 10% | 2% | 60% | 25% | 15% |
| Does the teacher's teaching method significantly improve your learning ability? | 95% | 2% | 3% | 65% | 30% | 5% |
| Can the teacher's teaching method improve your self-confidence? | 91% | 6% | 3% | 70% | 20% | 10% |

3.3. Correct the attitude of students

The application of goal setting teaching method in college badminton teaching can guide students to form a correct learning direction and help students to correct their attitudes. In the process of organizing college badminton teaching activities using the goal setting teaching method, reasonable, clear and effective goal setting enables students to better understand and understand their learning goals and learning tasks, and before the learning activities are carried out. The correct learning direction is formed to stimulate students' learning motivation, correct the students' learning attitude, and let the students enter the learning activities with a more ideal attitude

3.4. Enhance students' self-confidence

Badminton is a sports program that includes multiple techniques and multiple tactics. In the teaching of professional courses, each technical and tactical learning and practice should be clearly defined so that students have clear goals and motivate them to master the content as soon as possible. For example, when performing a high-speed ball in a badminton, the teacher prescribes a good drop point and allows...
the student to reach the percentage of the ball drop point. Specific and clear goals can induce students to make serious efforts and strive to achieve self-motivation. It can help students improve their level of exercise and evaluate the learning results. The quality of teaching can be improved. Students can realize their own self-improvement while greatly enhancing their confidence and motivation[4].

4. Application points of goal setting teaching method in college badminton teaching

4.1. Interest cut-in setting technique

Teachers choose students' interest points and relatively strong badminton technical skills, badminton events, etc. As the teaching goal setting, it is the scientific method of activating, discovering and cultivating students' badminton and their sports interests. There are two kinds of effective points: the badminton star cuts in. In the teaching, according to the characteristics of each badminton star, the teacher integrates it into the teaching content and training link, so that the students can carry out the deep badminton learning activities with the worship and love of the badminton star, and gradually cultivate and improve their interest in learning. Badminton game form cuts in. Teachers use badminton or badminton rackets, even badminton nets and venues and other hardware facilities to create badminton games for students to learn badminton, learn and use badminton technical skills in a cheerful atmosphere, in order to achieve a badminton teaching purpose[5].

4.2. Achievement sense protection setting technology

Actively discovering and stimulating students' progress is one of the important tasks in cultivating students' confidence and enthusiasm. There are two ways to protect students' sense of accomplishment that respect students' self-esteem and stimulate students' interest: basic common incentives. This is a method of protecting the sense of accomplishment for all or most of the students. According to the performance of students in daily teaching, training and routine testing, the teacher carries out a general general praise for the technical skills, tactics mastery and application of students, and the improvement of physical fitness, so that everyone can consciously check in and discover themselves and discover their own progress, in order to stabilize and enhance their enthusiasm and sports interest. Distinctive targeted incentives. Due to the differences between students, the teachers' recognition and praise for different levels of progress for students with different physiques and learning abilities are scientific practices that respect differences and gradual progress.

In addition, teachers can carefully classify the sense of achievement of badminton learning according to the students in the class to effectively establish their confidence in badminton learning and other sports activities, such as the increased physical load of physique students and the weight loss of obese students. , like the comprehensive mastery of sports students' badminton competition technology, and promote the all-round development of students with diversity.

5. Conclusion

Target setting teaching method is one of the basic teaching methods of college badminton teaching. It has clear guidance and support for teachers' teaching design and student learning rhythm control[6]. However, there are certain difficulties in practice, so teachers should use computer technology, not only to ensure the challenge to students' physical fitness and technology, but also to let students learn and
master through classroom learning and training, so that they can see their progress and feel the real function optimization, cultivate their interest in sport, and the ability to apply the badminton innovation personalized exercise, lay the foundation for their future career development and happy life.

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