Research on the Current Situation and Countermeasures of Tennis Elective Course in Colleges and Universities Based on Internet

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Abstract: This paper explores the feasibility of the tennis options courses based on the Internet in various universities, analyzes and tries to perfect the existing problems of tennis optional courses in Colleges and universities, including the students' satisfaction to their courses, the arrangement and setting of the course time, the teachers' conditions and the required costs, and the facilities of the tennis options. According to the knowledge, we make some suggestions and Countermeasures for improvement.

Key words: Internet; colleges and universities; tennis elective course; current situation and countermeasures.

Tennis, as a sport that can not only enhance physical fitness, but also exercise body balance, can not only improve physical fitness, but also cultivate sentiment. With the continuous improvement of living standards, people's understanding of tennis is more and more clear. The sport originated in Britain, and had tennis in 1885 China, and was established with the Chinese University Tennis Association. It played a positive role in the development of tennis in China. This sport is popular with the public. And in many public fitness facilities, we can see the figure of tennis court. Tennis not only has graceful movements, but also brings fitness function to the national fitness program. In China, the majority of middle-aged and elderly people also represent love and the forefront of college students. Most of them are curious about tennis. Most colleges and universities are too rigid in physical education. We should not only focus on the development of traditional sports, but also pay attention to the new sports that people enjoy. At present, the development of tennis elective courses in Colleges and universities will help to promote the development of physical education in Colleges and universities and improve the consciousness of national fitness. It is of practical significance to the reform of physical education in Colleges and universities.

First, the feasibility of Tennis Elective Course under the network environment.
The implementation of tennis elective course is necessary. The construction cost of tennis courts is not enough to build two basketball courts. Therefore, many colleges and universities have the conditions to invest in the construction of public free tennis courts. Moreover, most
of the sports venues in Colleges and universities are full of enthusiasm and enthusiasm of the students, love and love all sports, the appearance of tennis courts will inevitably attract them. As a new sport in China, tennis needs a racket and tennis sports, which is the cost of students immediately. Although this sport has its advantages and disadvantages, its technology is also difficult to master, so promotion is also very difficult. But for college students who love new things, this fashionable and fresh sports will not be difficult to popularize in universities.

Two, the current situation of tennis elective course in Colleges and Universities under the network environment.

In order to understand the present situation of tennis optional course in Colleges and universities, the present situation is predicted and analyzed by the form of system logic and anonymous questionnaire through communication with the professional teachers and experts of college tennis. To understand the development of tennis elective courses in most colleges and universities.

(1) the present situation of the tennis options and the climate conditions.
The construction of tennis courts in Colleges and universities can basically meet the task of tennis teaching, and tennis courts in Colleges and universities are also increasing. At the same time, it also provides more practice fields and opportunities for students. Tennis courts in some colleges and universities are too short to maintain necessary, but tennis is also required as a climatic condition. It is not suitable to play tennis in heavy rain, strong wind and other bad weather areas. Besides, there is not much time for outdoor sports, so it is very important to provide good tennis elective site environment as much as possible. Provide corresponding environment, so climate condition is also an important factor affecting tennis elective course.

(2) the present situation of the course of Tennis Elective Course
The main purpose of college tennis optional course is to popularize students' understanding and application of basic skills and tactics of tennis, and to meet the basic quality requirements of tennis optional course. Through the investigation of a large number of college tennis teachers to this course, we can understand that most of the students' understanding of tennis is zero basis, and the follow-up to the single skill training is boring, weak, difficult to master, and it is very easy to contuse the enthusiasm of the students, and the combination of individual skills is special in front of the teachers. Do not be difficult; a few tennis teachers can understand students' thoughts and pay attention to the combination of tennis teaching technology and content.

Bring the idea of "Happy Sports" into the course of the course, keep the curiosity of the tennis for the students, let the students experience the happiness brought by the sports, and be loved by the students.

(3) the present situation of teachers and students in the optional course of tennis
With the development of tennis elective courses, the demand for tennis teachers is also increasing, more and more sports teaching teachers begin to engage in tennis teaching. Most of the students have not been in contact with tennis, teachers' level of teachers is not homogeneous, and regional factors are also included. But it is undeniable that tennis special teachers resources are relatively few. Most tennis teachers are transferred from other directions to teaching tennis. For students, they are curious and interested, but they don't
know enough about tennis. They are prone to make basic mistakes in sports.

(4) the reform policy of tennis optional course
In the survey, it is found that the training methods and training methods are dull in the teaching and training of tennis elective courses in Colleges and universities. Through the exchange of tennis teachers and experts in many colleges and universities, it is understood that the reforms required for the course of tennis optional courses in Colleges and universities should focus on the input of the facilities and necessary equipment. Considering the shortage of tennis courts and equipment in some colleges and universities, we can't finish the related teaching goals successfully. Because of the large number of students and shortage of equipment, we should make up for the lack of teaching reform. In this way, teaching staff, teaching content, teaching inspection and teaching methods should be innovating. It is mainly aimed at facing the current definite shortcomings and adjusting other aspects to avoid rigid teaching plan and assessment criteria.

Three, strategies for tennis elective courses in Colleges and Universities under the Internet.
(1) perfect facilities for tennis courts
Sports facilities and facilities are the key to guarantee the successful completion of tennis elective courses in Colleges and universities, and reflect the level of running colleges and universities.
Tennis enters the daily courses of colleges and universities, the indispensable school funds and the relevant leaders pay attention to, gradually expand the teaching scale, and improve the site facilities conditions, effectively improve the teaching quality and level of tennis, due to the limitations of the field and equipment, leading to the large part of the teachers can not practice multi ball training. To achieve the purpose of teaching, we must actively satisfy all teaching conditions.

(2) strengthening the training of tennis teachers
The quality of tennis teachers is extremely important. It is one of the most important factors to improve teaching and training level. Tennis itself is difficult to access, and it is one of the sports that are combined by various tactics and skills. Teachers usually influence their students directly by their own knowledge, ability and character. Therefore, a reasonable teaching structure and teacher training is the key to ensure the quality of teaching. We should focus on strengthening tennis teachers' own strength, reasonably add tennis teachers' training, and improve teachers' teaching level in a directional way.

(3) adjustment of the cost of Tennis Course
There should be a reasonable adjustment for the cost of courses. Schools should not only buy the necessary teaching devices, but also selectively reduce or not charge the venue fees. At the same time, we should expand the time and space for students to learn tennis, and actively encourage students to form college tennis teams independently. Try to reduce the impact of financial factors on teachers or students, provide the material guarantee basis, actively promote teachers and students to hold tennis competitions, exercise and improve their physical quality.

(4) the reasonable arrangement of tennis teaching difficulty
The arrangement of teaching difficulty is very important, and teachers should have a clear
understanding of their order, so as to keep students' enthusiasm in learning tennis effectively. First of all, for beginners, the primary goal is to hit the net, and then the students with a certain base should focus on the problems in the specific technology and improve their own technical defects. While emphasizing progress, we must learn to adjust the focus of training reasonably. In the course of teaching, it is possible to do some induction exercises to let the students understand and raise the ability of the ball's flight path and the way of catching the ball, and drive the students to pay more attention to the training of all aspects of tennis learning.

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