

# Research on the innovation of table tennis teaching in College Physical Education

Wenjie Fan

Jiangxi Vocational Technical College of Industry & Trade, Nanchang, China 330038

**Keywords:** Table tennis; Reform and innovation; Teaching ideas and methods

**Abstract:** The innovation of table tennis in Colleges and universities is the inevitable requirement of teachers' reform and development in the new period. The innovation of table tennis in the new period should be based on the principles of moral cultivation, teaching students according to their aptitude and teaching in fun, adhere to the application of centralized new ideas to guide teaching, respect the standardization of classroom teaching ideas and strengthen the support for modern technology.

## 1. The importance of table tennis innovation in the new era

Teaching reform and innovation is not only the inevitable requirement of teaching law, but also the fundamental task entrusted to colleges and universities in the new era. We should implement the fundamental task of Building Morality and cultivating people, develop the all-round improvement of quality education, promote the fairness of education, and cultivate talents with all-round development of morality, intelligence, physique and beauty. The teaching of table tennis in Colleges and universities should be constantly reformed and innovated to improve the teaching effect of physical education in Colleges and universities.

### 1.1. Internal requirements for comprehensively promoting the all-round development of morality, intelligence, physique, beauty and qualified talents in the new era

To fully implement the party's education policy, we need to cultivate qualified talents with all-round development of morality, intelligence, physique, aesthetics and industry. Table tennis education in the new period requires humanization, intelligence and diversification, respect students' needs and characteristics, pay attention to students' personal development and personal potential, provide basic table tennis skills and take care of students' healthy personality, which inevitably requires the reform and development of table tennis system Innovation, only by deepening the reform and innovation of table tennis system, can we use the latest teaching ideas to guide teaching, organize teaching in the latest forms, and use the latest methods, in order to activate teaching, stimulate students' interest in learning, guide students to effectively participate in teaching and improve learning effect. At the same time, we should cultivate students' patriotism, improve students' physical quality and train their will and endurance to maintain their healthy psychology.

### 1.2. The urgent need to deepen the reform of college teachers and promote the improvement of teaching quality

Deepening the reform of college teachers is not only the new theme of the times, but also the internal driving force for the innovative development of higher education. Since the reform and opening up, colleges and universities have paid more and more attention to the reform of teachers. Unprecedented changes have taken place in teaching attitudes and teaching methods, promoted teaching innovation and improved teaching effect. Taking table tennis framework as an example, teaching philosophy, curriculum teaching and table tennis framework The characteristics of the rack are not prominent, the ability is not strong, and the teaching methods are simple and unified, which can not stimulate students' learning interest, mobilize students' learning enthusiasm and affect the teaching effect. Only by continuous reform and innovation can we change the traditional habits, respect the majority of students, stimulate learning, activate the classroom atmosphere, improve

teaching interaction, improve teaching efficiency and improve the quality of table tennis education.

## **2. Principles of promoting table tennis in colleges and universities**

### **2.1. Principles of moral education**

This is not only the fundamental task of education, but also the basic principle of higher education and teacher reform. Moral cultivation should be incorporated into all links of Ideological and moral education, cultural knowledge education and social practice training, and guided by the fields of basic education, vocational education and higher education. Teaching materials and management systems should be designed around this goal, teachers should teach around this goal, students should understand this goal, and all practices that are not conducive to the realization of this goal should be strengthened. Decisive change. Should integrate the basic innovation and moral cultivation of table tennis into teaching, strengthen the construction of teachers' ethics and morals, teach morality, educate and educate students, and cultivate students' lofty moral sentiments.

### **2.2. Principle of teaching students according to their aptitude**

Table tennis teaching of public sports in Colleges and universities is mainly an elective course. Students come from different disciplines and classes, have different ideological qualities and personality characteristics, have different technical foundations and different interests and hobbies of table tennis. Therefore, it is necessary to personalize, classify and teach different materials. First, we should study the learning situation, individual differences and ideas. Conduct a basic analysis of the dynamics of the students we teach, understand the basic level and technical gap of the students, analyze the physical quality and learning ability of the students, the main problems existing in the teaching and practice of the students, and the methods to solve the problems, effectively implement the teaching according to the different characteristics of the students, and improve the purpose, suggestion and effectiveness of the teaching.

### **2.3. Principles of education and happiness**

It is not only an excellent education that has been passed down for thousands of years, but also a universal basic principle of education all over the world. It continues to play an important leading role in the innovation of table tennis facilities in the new era. It creates an environment, creates a pleasant teaching and learning atmosphere, organizes a pleasant teaching form, combines teaching with fun, and combines teaching with fun, so as to make the table tennis classroom full of fun, interest and interest. People's all-round development combines table tennis technical teaching with personal training. Basic table tennis teaching activities stimulate students' learning potential and source. Interest, success, aesthetics and growth run through the whole table tennis learning process. Students are committed to learning activities and enjoy the learning process to the greatest extent, so as to improve students' table tennis technical level and improve students' physical fitness at the same time. Physical quality, cultivate sentiment.

## **3. Promote table tennis teaching methods in colleges and universities**

### **3.1. Guidance of new ideas**

Teaching concept is the guide of teaching, the basis of teacher training and the premise of teacher training. To improve teaching quality, advanced teaching methods are guided by advanced teaching methods, and the innovation of table tennis must be guided by scientific teaching. Students understand, respect and love students, give play to students' main role, strengthen teachers' interaction and promote teaching and learning. Secondly, to further develop the concept of students' lifelong sports, according to the national requirements for "National Fitness Sports", we must: help students realize the role of table tennis in improving physical quality and cultivating feelings, and be eager to learn table tennis technology and make it a lifelong love.

### **3.2. Standardization of teaching arrangement**

Table tennis is not only a technical activity, but also a standardized classroom education. In order to ensure the effectiveness of classroom teaching, it is necessary to standardize the classroom teaching design. The second task is to scientifically organize the course content and pay attention to technical specifications and action needs. The difficulty lies in the problems and gaps of students in all aspects. The third task is to gradually connect good teaching organization, theoretical explanation, physical exercise, technical consultation, practical experience and experience exchange. Fourth, carefully evaluate students' learning effect with appropriate evaluation indicators, design scientific evaluation methods, fair evaluation process and objective evaluation results.

### **3.3. Strengthening modern technology support**

In theory and practice, multimedia or MOOC teaching will be more effective. Using multimedia technology to realize the basic teaching of table tennis is conducive to breaking the teaching mode with theoretical knowledge in traditional teaching methods. Take live video, animation, music, images and other contents as teaching objectives, stimulate students' nervous system, stimulate students' visual and auditory resonance, promote students' central nervous tension, and make students feel comfortable and excited.

### **References**

[1] Compilation of documents of the 19th National Congress of the Communist Party of China [M]. Beijing: People's publishing house, 2017:37