

# Explore the Importance of Tennis Education in Higher Vocational Education for Student Growth

**Bin Xie**

Department of basic courses Chengdu Polytechnic 610041

Tony\_0202@163.com

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**Abstract:** With the country's increasing emphasis on sports, as a part of higher education, sports has always played an important role. Sports is different from other forms of education. It is very realistic for students to complete teaching tasks through physical education and after class. The rapid development of tennis in China, especially the rapid development of tennis in vocational colleges, is a question worthy of discussion for the special college student group at an important stage of life maturity and development. Tennis has entered higher vocational education, and tennis culture has also been integrated into physical education, which has further accelerated the popularity of tennis. Tennis teaching has been carried out smoothly in higher vocational education. The purpose of this article is to explore the importance of higher vocational tennis education to student growth. An analysis of the popularity of tennis in society and the importance of tennis in higher vocational tennis education will help the further development and popularization of tennis in China. By consulting relevant literature, this article surveyed 200 students who participated in tennis education, interviewed 200 students who did not participate in tennis education, and investigated the growth of students in tennis education in vocational colleges. Experimental results show that good tennis education is more conducive to the growth of students.

## 1. Introduction

With the continuous improvement of the socialist system, the people's living standards have undergone tremendous changes. The implementation of the National Fitness Program has gradually made tennis lessons into higher vocational physical education, and has become one of the elective physical education courses [1-3]. Since ancient times, sports have been an important part of human life. It plays an important role in human health development. As a sport, tennis has a long history and is a popular sport worldwide [4,5]. The brutal college entrance examination layer selects higher vocational students, moving towards the study and life of higher vocational students, they are full of vitality. For school administrators, how to guide students' vigorous energy, make them use in the right place, and enhance their physical condition and willpower is an important issue [6-9]. In the current higher vocational

education, there is a lack of innovative awareness. In the actual teaching process, we pay more attention to the teaching of skills and ignore the comprehensive quality training of students. Although this teaching mode has improved students' professional skills to a certain extent, from the perspective of students' long-term development, there are still certain limitations.

The tennis culture of higher vocational education is mainly one of the important contents of teaching and sports competitions, and it is also an important way to spread the tennis culture of higher vocational education [10,11]. In higher vocational education, tennis teaching must not only enable students to better understand the content of tennis, but also to play tennis practically, and to cultivate students' interest in tennis to a certain degree [12-14]. The study of tennis culture can not only exercise the students' body and promote the development of their comprehensive qualities, but also symbolize a spirit of communication between higher professional sports and culture [15]. This will help increase students' awareness of exercise and promote their healthy growth. This healthy lifestyle will also promote the construction of national spiritual civilization and play an active role in the construction of national spiritual civilization.

As far as tennis sports in higher vocational colleges are concerned, the advantages that tennis teaching can not only lie in cultivating students' physical fitness. In this way, more vocational students can have their own ability and willingness to do things, so that they can feel exercise after school. Tennis is becoming more and more popular in China for many sports enthusiasts. Because of this popularity, tennis culture will have a huge impact on people. Therefore, this article discusses the impact of tennis culture, hoping to contribute to the importance of tennis education to student growth. Tennis teaching can promote the development of students' interests and help students grow better. On this basis, this article will focus on the feasibility of the application of tennis education in higher physical education and the classroom teaching effect of student growth, in order to help the current higher physical education.

## **2. Method**

### **2.1. Development of Higher Vocational Tennis Education**

School tennis education is an important way to popularize tennis. As the successor of future society, the development of school tennis has far-reaching significance. The atmosphere and conditions of the school are suitable for the development of tennis. The development of school tennis is conducive to achieving the goals of health education, lifelong sports and improving the comprehensive quality of students; it is conducive to the high-quality improvement of the Chinese tennis population and the construction of campus culture. . Therefore, the development of tennis in vocational colleges is a common demand of students, schools and society. Higher vocational education has abundant sports resources, equipment, sports talents, and sports research capabilities. Therefore, by fully digging out school sports resources and establishing a school-centered tennis club with a certain range of surrounding communities, not only can school sports resource utilization efficiency be improved,

but it can also provide a certain number of sports venues for the popularization of tennis. And national fitness. Therefore, it is necessary and feasible to develop tennis education in higher vocational education. At present, China is vigorously developing quality education. It focuses on the requirements of the educated and the long-term development of society, and aims to comprehensively improve the basic qualities of all students. Vivid, lively and positive development. As a new sport, tennis is emerging across the country. Tennis as a school's physical education curriculum, the main purpose is to improve physical function, enhance physical fitness, to achieve the purpose of lifelong physical activity. Tennis as a component of school physical education, quality education should be carried out from two aspects. The first is to maintain good health and improve physical fitness. The second is to cultivate students' good qualities and help them form a good personality.

## **2.2. Cognitive Analysis of Student Performance Evaluation**

The scientific evaluation of student performance can not only reflect the student's academic performance, but also understand the actual situation of students in the learning process. After receiving evaluation feedback, students can recognize their own achievements and shortcomings, identify problems and causes, use the evaluation results as a starting point and development motivation, stimulate learning enthusiasm, and motivate learning. On the other hand, evaluation content and teaching content usually interact with each other, reflecting the direction of talent training, guiding the focus of teacher teaching and the learning direction of students. Students take assessment content as the focus of the course and strive to achieve better results in assessment activities. Therefore, it can be said that a comprehensive and scientific assessment system can mobilize students' enthusiasm for learning.

The tennis education major is the main executor of quality education and lifelong sports awareness. The state clearly requires the training of multi-functional and professional sports professionals. In accordance with the training goals and the concept of talent training, a scientific and comprehensive student evaluation system has been established to evaluate the learning status of students and test the teaching results. In order to improve the quality of education, students should grasp the learning dynamics of students in a timely manner, understand the actual completion of teaching goals, and make optimized educational decisions based on evaluation information. In order to promote the all-round development of sports professionals, train talents that meet the needs of the country and society. In the evaluation process, the evaluation object uses different evaluation methods and types to evaluate the performance of students from different dimensions, and measures the results obtained by students through teaching activities, and reflects the problems in the learning process. Scientific and reasonable evaluation can truly reflect the learning situation of students, urge students to make self-adjustment, promote the all-round development of students, and provide a basis for teachers to adjust teaching plans. As the object of performance evaluation, students' evaluation process and results have a direct impact on them. Therefore, students have a very intuitive view of the assessment. Their subjective attitude towards performing evaluation activities usually reflects the actual impact of evaluation on them.

### 3. Experiment

In this study, relevant literatures were collected through a Chinese journal full-text database. Retrieve the keywords of tennis courses in higher vocational colleges, organize and analyze the literature, understand the current status and latest developments of tennis in higher vocational colleges, and provide a theoretical basis for better writing this article. After reading a lot of literature related to this research, combined with the research content and research purpose, the teacher questionnaire and the student questionnaire were designed respectively. The questionnaire survey in this article mainly involves the gender and age of teachers and classmates. Methods of learning tennis with students, tennis awareness, satisfaction with school tennis facilities, teaching methods of tennis elective courses, and satisfaction with course evaluation. Through the statistical analysis of these factors, find out the main factors that restrict the development of tennis courses in higher vocational colleges in Anhui Province, and provide an important basis for the study of this paper. This article randomly selects 400 vocational students of tennis teaching major in higher vocational colleges as the research object. The specific distribution of respondents is shown in Table 1. A total of 400 tennis students were selected for an open questionnaire survey. A total of 398 questionnaires were collected with a recovery rate of 99.5%. The content of the questionnaire was checked, and the subjects could fill in the items set by the questionnaire. The specific distribution of the open questionnaire is shown in Table 1.

**Table 1.** Specific distribution of survey objects

Grade	Gender		Exercise time (every day)	
	Male	Female	>1	<1
Specific	76	60	121	19
Special Second	73	57	114	14
Special Three	75	59	116	16

Scientific evaluation of student performance can not only reflect the results of tennis training, but also understand the real situation of students in the course of other courses. After getting feedback on evaluation, students can recognize their achievements and deficiencies, find out problems and reasons, and use the evaluation results as the starting point and motivation for further development. Stimulate their enthusiasm for learning, mobilize the enthusiasm and initiative of learning. On the other hand, the evaluation content of tennis training usually interacts with the teaching content, which reflects the direction of talent training and guides the emphasis of tennis teachers 'teaching and the direction of students' learning. Tennis training evaluation content is the focus of the course learning, and strives to achieve better results in evaluation activities. Therefore, it can be said that a comprehensive and scientific tennis training evaluation system can motivate students' learning enthusiasm.

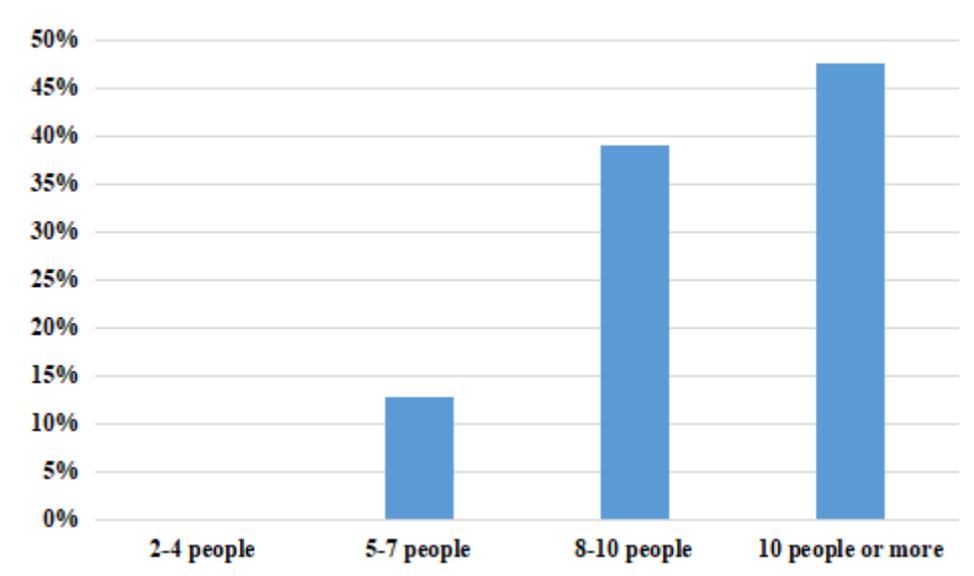
### 4. Discuss

The intention of sports participation has a decisive influence on students' sports participation, and has an important impact on promoting and maintaining students' sports behavior. Therefore, pay attention to the groups of vocational students participating in tennis, understand the different groups of vocational students participating in tennis, and study the intention and value orientation of vocational students participating in tennis. The experimental results are shown in Table 2. Most professional students are unconscious about tennis. Only 9.3% of students are familiar with tennis, and 19% are familiar with tennis. Nearly 70% of the students do not know much about tennis or even do not understand it at all. According to a survey of students, the vast majority of students believe that tennis requires high physical fitness and discourage playing tennis. Many students do not understand the rules of tennis or tennis. This also fully shows that tennis is still in its infancy in higher vocational colleges in Anhui Province. To solve the "expatriate" problem of tennis lessons, the relevant departments must objectively analyze the students' cognitive level, and from the perspective of the students, reasonably arrange the daily teaching content of tennis lessons.

**Table 2.** Survey of Tennis Awareness among Vocational College Students

	People	Percentage
Do Not Understand	124	31%
Know a Little	163	40.7%
More Familiar	76	19%
Familiar With	37	9.3%

It is learned from the survey of college students that the tennis culture on campus has a great influence on students' thinking. Colleges and universities are a pure land in the society. The growth of students in the campus environment leads to the simple thinking of students. Many students rarely go out of the campus to contact the society and lack social experience. Most students' judgment ability is through the media channels such as the Internet. The ability to distinguish right from wrong. Campus tennis culture can cultivate students' independent judgment and analysis ability, and contact and integrate into society as soon as possible. The key of tennis teaching is to improve students' tennis skills, and to promote students to experience the core of tennis skills in practice. Students should be guided to carry out self-inquiry, improve their self-practice ability, and give play to their subjective initiative in tennis practice. Tennis teaching teachers can make judgments on the training process and results of students, put forward thinking questions that break through technical limitations in a timely manner, and encourage students to find solutions to problems in practice. Finally, guide the students to obtain the sublimation space of tennis training experience. The survey of the average number of tennis classes per vocational college is shown in Figure 1.



**Figure 1.** Survey on the average number of tennis classes in higher vocational colleges

Strengthening the practical application of tennis teaching in higher vocational education can effectively promote the innovation of tennis teaching methods. In traditional tennis teaching in higher vocational education, teachers in the classroom mainly organize and divide teaching activities and carry out implementation standards. Teachers explain and demonstrate various techniques of tennis technology. Based on this, they organize students to repeat training in various techniques of tennis technology. In order to promote students' proficiency in various tennis techniques. The above teaching methods are relatively boring. In tennis teaching, the application of tennis teaching can effectively eliminate the above disadvantages. Tennis teaching has achieved a return to the essence of the game. Its teaching method organizes students to serve training and simple confrontation from the beginning of the teaching, so that students can easily experience the fun of batting, and in the process of batting confrontation, discover their existence in time. Problems, and continuously improve tennis technical training. Tennis teachers should start from the students' interests and needs, build a complete teaching evaluation system, continuously optimize the teaching evaluation strategies, and guide students to master the correct exercise method based on a comprehensive assessment of students. First of all, teachers should use a combination of comprehensive evaluation and key evaluation to promote students' understanding of basic skills and point out the focus of student tennis technical reform. Secondly, using a combination of self-evaluation and encouragement evaluation, adopt necessary encouragement evaluation for students, guide students to conduct self-reflection in the encouragement, and achieve the goal of improving students' enthusiasm for autonomous training. Finally, it is necessary to adopt a procedural evaluation method to actively guide students in daily tennis teaching classroom teaching, to promote students to reflect on and modify the tennis concept in specific training tasks and practices, to improve students' tennis cultural literacy, and to promote students' comprehensive tennis sports quality. constantly improving.

## 5. Conclusion

Higher vocational students are the bearers of the future of the society. The quality of their education is largely determined by the development of the future society. Therefore, education has become the key. Tennis education, as an important means of physical education, has entered China from western society and is recognized by our country's higher vocational teaching staff and students. As a sport with elegance and taste, tennis has a very promising future in China. The training of tennis talents meets the needs of the times. Teachers in higher vocational colleges maintain a cautious attitude in this activity of tennis. If they are the main body of schools and leaders, they must make correct decisions and give students and teachers relatively high-quality learning and teaching conditions, so that tennis can have a chance. Show. As a physical education teacher in higher vocational education, we can only move forward, promote the daily training of tennis, and implement the concept of national fitness to promote the in-depth development of tennis in higher vocational education.

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