Problems and Countermeasures of the Popularity of Tennis in Chinese Teenagers

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Abstract: Tennis is a world sports event, is also a major international competition routine project, has an important influence in the world, is a very good sports events. In order to improve the health level of teenagers in China, it is necessary to popularize tennis in the domestic teenagers. However, there are still a series of problems to be solved in the popularization of tennis. Therefore, must solve the environment seriously, teachers team construction, improve the hardware and software of the education department in charge of the game, the frequency and foreign exchange and other aspects of the problem, remove obstacles to the development of tennis, to create a good space for the development of tennis, the expected goal can be successfully realized.

Keywords: tennis; teenagers; popularity; problems; coping strategies

1. Introduction

With the deepening of China's reform and opening up, tennis has made great progress among the young people in china. However, through access to existing literature database, can understand that our country tennis in adolescents between the penetration rate is not high, the low level of technology, without the formation of a larger scale groups to participate in the sport of tennis, and other sports or local traditional ethnic sports participation status contrast significantly. Also can not help but see, some tennis international competition in our country, also greatly stimulated the enthusiasm of our youth to participate in tennis.
However, we can not see that the popularity of tennis in the middle of our country is still very low, compared with the developed countries, there is still a big gap, and there are still many problems that need to be solved. Therefore, only a full range of actions, take effective measures to effectively promote the development of tennis in China's youth.

2. The popularity of tennis

The tennis movement is the world of sports, is also an important project of major sports competition in the world, in the world of sports activities, plays an irreplaceable role in the world can be seen everywhere in the tennis crowd and tennis race scene, this is an indisputable fact that tennis is undoubtedly played a positive role in promoting the health level of people all over the world. Tennis has already been included in the world events, and it is also the intrinsic factor that tennis can carry out all over the world. In order to promote the development of tennis game is the best measure to 2016 ITF youth masters also held the ITF world's only a youth annual Finals held in the beautiful city of Chengdu, to increase the influence of tennis in China, this is a very rare opportunity, not only let people close watch the young tennis game, exciting and make people more profound understanding of the tennis sports itself. Everyone is watching the process of the game, but also the process of learning, experience the subtle process of tennis sports.

Objective analysis of tennis itself, in our country due to the influence of traditional sports events, and basketball, football and table tennis and other people familiar with the ball games, tennis popularity rate is still a big gap, this is China's national conditions. In order to make tennis widely implemented in our country, we still need to do a series of work, mainly from the following aspects:

2.1 The education sector should pay attention to it

Although the tennis is a worldwide sport, in China also has a certain mass basis, through the review of relevant literature, from the existing literature, can refer to about China's tennis data show that China in the development of tennis compared with western developed countries, the gap is also very obviously, the history and current situation analysis, the development of China's sports shows that our country develops sports sports and world sports sports standards of history is not long, in addition to some influential sports projects, the majority did not enter public life, the tennis project is relatively better. However, it has not reached the well-known level. However, through historical tests, the western world on tennis is indeed a household name, visible differences are obvious. To completely change the current status quo, according to China's national conditions, to promote the sport of tennis in the further development of our country, only through government intervention and take a series of measures to promote, is only
possible in a relatively short period of time to promote the development of
tennis in China among young people.

2.2 Into the primary and secondary school physical education curriculum series

Tennis as a sports event, to achieve smooth progress, the tennis curriculum into the primary and secondary school sports curriculum series, is a very effective measure, but also very important measures. If the tennis course is included in the normal curriculum series, both the primary and middle school students will receive the systematic tennis skills and skills training, which shows that the above measures are very important. Because of the above measures, tennis can be effectively promoted in the big, middle and primary schools. In the process of practice in Colleges and universities, you can also take another measure, that is, tennis course as an elective course for college students, through elective courses, you can let students take the evening or rest time to take the tennis course, accept tennis skills and skills training.

2.3 Carry out multi-level competition activities

When it comes to the promotion of sports, the most important thing is to hold related competitions. To carry out various types of tennis activities is the best mode of tennis promotion. Internationally, it also promotes the development of sports through hosting large international competitions. The world wide attention has been paid to the well-known international Olympic Games, world championships and so on. Its influence is not only extensive, but also far-reaching. And so on, from the national level of domestic sports competition, provincial level, city level, and various administrative areas can hold all kinds of scale, of course, the comprehensive sports games is difficult, but according to the local conditions and in the corresponding host some simple projects (such as tennis) competition is relatively loose, the difficulty is held not too big. However, to carry out multi-level, multi frequency and multi forms of tennis game is the best way to expand the influence of tennis, but also enhance the level of tennis is the best choice.

2.4 Optimize the classroom teaching mode

Tennis classroom teaching, we must learn the modern western mature teaching mode, optimize the current tennis classroom teaching mode. From the subtle basic skills, to the speed of movement, intensity, frequency and the length of time, must be incorporated into the most important content of tennis in the course of classroom teaching thinking. With the rapid development of science and technology, the tennis teaching can also adopt advanced teaching mode, teaching elements into modern and skills, especially the tennis teaching of foreign mature solutions and experiences have important reference value and reference.
2.5 Search for scientific teaching methods and skills

Tennis teaching, how can only see the professional level of teachers, if teachers’ knowledge and skills training is not fine, it is very difficult to change the students’ skills and action to teach, this is the law allow all doubt. Therefore, in order to make the students really learn standardized skills, master the skills of tennis skills and scientific knowledge, teachers must delve into the teaching of tennis, tennis teaching must grasp the theoretical knowledge of the solid, and under the guidance of the theory, in practice, groping to find a suitable for teenagers to learn tennis experience, skills and techniques, so that more young people benefit from.

3. Tennis problems

Tennis occupies a certain proportion in sports in all parts of China, but it has not reached the level of western developed countries. What are the factors that affect the development and promotion of tennis in China?. Through the investigation and study, it is not difficult to find that the main problems that affect the promotion and development of tennis in teenagers in China are as follows:

3.1 The teaching staff is weak

Influenced by the traditional "three ball", all types of schools at all levels in the introduction of teachers, more will give priority to, as a result, the main factors, construction of tennis teachers is restricting the development of tennis teaching staff days and months multiplying down, will inevitably become the weak link. Without good teachers, it is difficult to train more tennis talents.

3.2 Is not dominant

The same is influenced by traditional "three ball" sports, tennis in China has long been at the edge of the state, most of the time will be squeezed, the living space is compressed, consider from the macroscopic angle, the tennis movement is not dominant in China's young people, often in a neglected state.

3.3, Historical inheritance is limited

A careful analysis of the tennis development in our country, tennis since introduced into China, its scale, impact and competition have frequency than the other three big ball sports small lot. From the perspective of historical inheritance, this paper analyzes the development of tennis in China, which can be attributed to its historical development, inheritance process is weakened, the overall constraints.

3.4 Backward teaching methods

The tennis movement in our country by attaching the weak, will inevitably lead to opportunities for foreign exchange reduced, making tennis teachers in China lost the opportunity to study and study abroad. The tennis movement is a scientific exercise, how to participate in the tennis movement level of staff, depends entirely on the tennis player skill is scientific, whether skilled.
3.5 Lack of frequency

Regardless of that sport, competition can show its charm and is the best way to expand its influence. In China, the "three major ball games" competition activities are more common in sports venues, but also often seen in a variety of media. However, tennis competition is very rare, whether it is media, or venues, the situation is roughly the same. You can only see scattered people practicing. Its frequency is low and can be imagined.

4. Coping strategies

4.1 Strengthen the teaching staff

In order to improve the quality of tennis teaching, the key part is the construction of the ranks of teachers, only to solve the problem of construction of teachers, teaching quality can be guaranteed in tennis. Regardless of the level of schools, in order to introduce a high level of tennis teachers must formulate relevant policies to attract talent, will it be possible to introduce a high level of college tennis teaching talents. In the process of introducing talents, as far as possible to take into account the leading talents in the field of tennis, the construction of teacher heights.

4.2 Enhance the impact of the project

Whether tennis can be developed smoothly or not, the core content is to expand the influence of tennis. The key influence and enhance the tennis teaching departments still need attention, use a variety of media, publicity positions, widely publicize tennis, do not stay dead, leaving less space, all personnel are familiar with the tennis project, only the foundation to the development of such a solid tennis.

4.3 Included in the teaching plan

The tennis movement to get the steady development of all types of schools at all levels pay attention to is the foundation of school management departments must be incorporated into the school curriculum tennis tennis teaching plan, to implement the curing middle schools at all levels to ensure a relatively stable population of students, tennis.

4.4 Optimize teaching methods

The tennis people, improve social influence, enhance the school tennis teaching quality is the core, because only the strict quality control, in order to cultivate qualified talents in tennis, in order to better serve the society, and have a good effect in the society.

4.5 Increase the frequency of competition

The most important content of tennis is to increase the frequency of tennis competition. In Chinese, even in the whole world, regardless of what kind of sports only in the game to have vitality, only produce power in the eyes of the people through the competition ability, in order to deepen its influence. So, we
must try to take various measures to organize various levels, various levels of tennis, we can solve the problem of small range of tennis.

5. Conclusion

Although tennis is a famous sport in the world, it still has some problems and difficulties to popularize in our country. Only by solving the existing problems, tennis in China's popularity of young people will be solved. Therefore, the education administrative management departments must pay attention to tennis, take effective measures, will be brought into the tennis teaching plan, all types of schools at all levels to optimize the teachers, improve the soft hardware environment, increase the foreign exchange force and so on, to the popularization and promotion of tennis sports in our youth years.

Reference

