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

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Abstract: Table tennis is a national ball in our country, which occupies an important position in the general college sports. It belongs to the key sports project, which is deeply loved by the majority of students. Since the practice of sports elective courses in ordinary universities, table tennis has become a popular elective course, and it is in the front of all the items in the optional courses in Colleges and universities. Several of them are very popular with the students. On the basis of deeply studying the theory of table tennis teaching and combining many years of teaching experience, this paper briefly analyzes some problems existing in the teaching of table tennis elective courses at present, and puts forward some suggestions for reform in order to make up for the shortcomings of the present teaching of table tennis options in Colleges and universities. Improve the teaching quality and effect on the whole.

key words: Elective course reform keywords University Table Tennis;

First, the characteristics of college table tennis teaching and the current situation of elective course teaching.

In our country, table tennis is deeply rooted in our country. The old people are very keen on table tennis training in Colleges and universities. Almost every university has set up table tennis in the compulsory course of physical education, and the table tennis occupies the dominant position in the elective course of physical education, but the technical speciality of the table tennis sport is compared to that of table tennis. Strong, complex and changeable movement, the physical qualities such as coordination and reaction ability of the body have high requirements. This also brings great difficulty to the teaching of table tennis in Colleges and universities. The purpose of college table tennis teaching is to make the students master certain skills on the basis of improving the quality of the body. The students will not play, and the students will be able to improve.
Therefore, the college table tennis teaching should be based on the existing conditions and carry out appropriate teaching reform on the basis of the characteristics of table tennis, so that students can master the basic skills and rules of table tennis, make students interested in table tennis and cultivate the students' lifetime. At present, the table tennis courses in many colleges and universities are set up in the freshman year. Most of them adopt the form of elective courses. Many teachers use three steps in teaching, that is, the preparation, the basic and the end. The teaching organization of self-study and so on is dull and unitary, overemphasizes the unified teaching, neglects the individuality and independence of the students. The whole teaching process is monotonous, which greatly frustrate the students' enthusiasm for learning table tennis.

One, Suggestions on teaching reform of the elective courses of two, table tennis Training
1. Attached to ball sense
A good sense of ball is the premise of playing good table tennis. The small size, light weight and fast speed of the table tennis can make it change the speed, strength, angle and rotation of table tennis, all of which require teachers to do it. The guidance on the technical level, but more can only rely on the students to contact and experience, so before learning technology requires students to understand some changes in table tennis produced after hitting the ball, that is, to understand the sense of the ball. In the course of teaching, the following methods can be used to train the ball sense: first, the reverse side of the ball practice, the students use the ball. Backhand to Dianqiu, main experience hitting power and ball flight height, understand the bat and the ball elastic. Second, on the wall of continuous Dianqiu, mainly of hand eye coordination and the bat and the ball elastic. Third, the practice of holding ball with racket and friction ball is to understand the relationship between racket's ball friction and friction pressure and friction force. Fourth, throw the ball practice, two people one side of each station, throw the ball out of each other to catch, mainly practice hand eye coordination and the ability to perceive the space of the ball. Through these training, we can cultivate students' basic sense of ball and lay a good foundation for further learning.

2. The use of multimedia technology to enrich the teaching
Generally speaking, the non traditional teaching methods can effectively stimulate the students' interest in physical education, and can effectively improve the initiative and enthusiasm of the students to participate in sports. Students can get the sports theory of sports skills better under this teaching method. There are many methods of teaching table tennis, such as demonstration and demonstration. The law, the action decomposition method, the practice method and so on. With the continuous development of multimedia technology, multimedia technology can be introduced into table tennis teaching. The colorful picture can give students visual impact and deepen the students' understanding of table tennis. It not only optimizes and supplements the teaching methods, but also effectively stimulates the students' learning motivation and speeds up the students. The study and mastery of the technical movements of table tennis.

3. The proper arrangement of teaching contents
Table tennis should follow the principle of gradual and gradual teaching, that is, the theory of easy to difficulty and movement transfer should be carried out. Teachers should make a reasonable analysis and summary according to the characteristics of the technical movements of table tennis, and integrate the same techniques with the same movements when the ball hits the ball, and put together the teaching together. For example, the forehand flying technical movement and the forehand attack, both the racket, the wave, the swing movement after the ball, and the nature of the ball rotating in the run are basically similar. The teacher
can introduce the forehand attack at the same time when it is explained by the forehand. In addition, we should pay attention to the rationality of table tennis technical action explanation. For example: after just explaining the backhand push ball, it is not recommended to connect the backhand rubbing immediately. The setting of technical action of table tennis needs time to consolidate. Because of the two technical movements, the angle of the racket face, the position of hitting the ball, the direction of the hitting force are different, the two movements are teaching successively, which is not conducive to the students' technical movements. The stereotype.

4. Elective teaching
In the elective course of table tennis, the individual differences of students are great. Generally speaking, it is difficult for PE teachers to teach students in accordance with their aptitude and treat them differently. The teaching goal set by the teacher is too low, and it does not need to work hard and can complete the task, so it produces the emotion of not conscientious practice, but the students with poor foundation feel that the teaching goal is too high and easy to lose interest. In the classroom teaching of table tennis option class, the teaching quality can be effectively improved and the teaching quality can be effectively improved. The aim is to design different teaching contents and teaching methods so that the teaching activities are better adapted to the students' learning requirements at the same level. The new group has the same psychological characteristics, thus mobilizing the enthusiasm and initiative of the students, so that students of different levels can be developed in them.

Three, conclusion
With the progress of the times and the development of the social development, the sports education is constantly reforming. The teaching of table tennis elective course is the same. Every university should teach table tennis according to the objectives and tasks of the teaching of table tennis and the characteristics of different teaching methods. In the teaching, the practice of basic skills should be practiced. When it runs through the table tennis course in Colleges and universities, most students have the basic skills theory of this sport. At the same time, a part of the students with basic interest are trained with the targeted footwork and multi ball, and the multimedia means in the classroom are combined together. On the other hand, on the basis of traditional teaching methods, we should constantly innovate and optimize, so as to achieve the best teaching effect.

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