

Discussion on the Practice of Tennis Teaching Reform in Colleges and Universities Under the Perspective of Ideological and Political Research on Curriculum

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Abstract

Ideological and political research on curriculum is an essential component of the physical education curriculum in colleges and universities in the new era. The combination of physical education curriculum and ideological and political research has a high degree of coupling, making it a unique natural carrier for curriculum ideological and political research. According to the requirements outlined in the Guideline for the Construction of Ideological and Political Research on Curriculum in Colleges and Universities, physical education courses in colleges and universities should prioritize providing enjoyment, enhancing physical fitness, improving personality, and strengthening willpower. This study utilizes the literature review method and logical analysis to investigate the practical approach to integrating ideology and politics into the tennis curriculum in colleges and universities. Through the study of tennis courses, we aim to educate students about rules and sportsmanship, foster a sense of competition and teamwork among college students, and fully utilize tennis as a holistic form of education that develops the body, mind, and spirit. This initiative aims to improve students' physical and mental well-being and foster the development of their character.

Keywords

Tennis teaching, course ideology, teaching reforms

With the rise of tennis in colleges and universities, many general colleges and universities have successively opened public tennis courses, and tennis is more difficult to learn than other ball games. In recent years, ideological and political research of the curriculum has been carried out in full swing in the teaching of higher education courses. Tennis program has rich cultural connotations, and there are a lot of factors of Ideological and political education, so it is a trend to carry out Ideological and political research of the curriculum in the teaching of tennis. In the Guideline for the Construction of Ideological and Political Education in Higher Education Programs, the Ministry of Education clearly pointed out that "Ideological and political education should be integrated into the whole process of classroom teaching", and that a number of sports and aesthetic education programs with special characteristics should be created to help students enjoy the fun of physical exercise, enhance their physical fitness, improve their personality and strengthen their will. The main purpose of this study is to explore the elements of the tennis curriculum and explore the practical path of the tennis curriculum in colleges and universities.

1. The Connotation of Parenting in the Construction of Ideological and Political Research of College Tennis Courses

According to the requirements of the Guideline for the Construction of Higher Education Curriculum and Civics, to realize the function of educating people, college tennis courses should make efforts to enjoy fun, enhance physical fitness, improving personality, and refine will. We can condense the connotation of the ideological and political construction of college tennis curriculum as follows: in the main channel of classroom teaching, with the fundamental guiding ideology of establishing moral integrity, giving full play to the nurturing function of college tennis curriculum, guiding the students to enjoy the fun, enhance physical fitness, improve character and refine will, and realizing the organic unity of the value shaping, knowledge imparting and ability cultivation (Fengtao et al., 2023).

1.1 Have fun

Enjoying fun in tennis and cultivating a love of sports is conducive to the development of lifelong sports awareness. The German educator, Stowe said, "The essence of the art of teaching does not lie in imparting competence but in motivating, awakening, and inspiring." Interest plays a very important role in the formation of sports hobbies and exercise habits. Let the students have a strong interest in what they learn, they will be willing to learn, enjoy learning, actively participate in learning, and develop exercise habits. Exercise interest and habit are a prerequisite for promoting college students' independent learning and lifelong adherence to exercise. Insufficient physical activity in college students, sedentary, near-sighted, and other behavioral habits are not conducive to physical health. Skill acquisition is an important part of enjoyment. The knowledge and ability that students acquire in the tennis course help to cultivate a love of tennis and gradually develop the habit of exercising.

1.2 Enhancement of physical fitness

The positive effects of tennis on enhancing students' physical fitness level, promoting the development of a healthy lifestyle, physical health, and mental health. "Developing sports and enhancing people's physical fitness", "Strong sports makes China strong, and the prosperity of the national movement makes the prosperity of sports", accelerate the construction of a leading sporting nation, implement the national strategy of national fitness, and continuously improve the health level of the people. According to the rapid movement and change of direction characteristics of tennis, it can develop students' speed, sensitivity, balance, and other qualities; according to the characteristics of energy supply in the process of exercise, tennis is an aerobic exercise, which helps to improve cardiorespiratory endurance. Cardiorespiratory endurance is a core element of physical health. Outdoor time is an important factor affecting vision. Tennis is an outdoor program, students are in an outdoor state during the class period, and at the same time, students' eye muscles are adjusted with the flight trajectory of the ball, which helps students relieve eye fatigue and promote eye health. As the frequency of tennis exercise increases and the intensity of exercise increases, the effect of physical fitness enhancement becomes more obvious.

1.3 Sound personality

A sound personality helps students have the ability to choose the right way to solve problems when facing difficulties. Through the penetration of socialist core values education in the process of tennis teaching, we can cultivate students' patriotism, social responsibility, and good personal qualities. Give full play to the value of "nurturing the body, nurturing the mind and nurturing the heart" of tennis (Wang Yu et al., 2023), and promote students' positive thinking. Through participating in tennis, we can shape good characters such as emotional stability, quick thinking, unity and assistance, and compliance with rules, so as to promote the physical and mental health of students and the integrity of their personalities.

1.4 Refinement of the will

Good willpower helps students persevere through the down times. It is relatively easy to learn and imitate the technical movements of tennis, but it is difficult to go from imitating movements to hitting the ball smoothly. It is difficult for beginners to find out where the ball will land before hitting the ball, to hit the ball inaccurately when hitting the ball, and to control where the ball will land after hitting the ball. In classroom design, not only should we design exercises with a certain intensity and difficulty, but we should also make sure that the progression of exercises can help students master tennis skills through persistent practice. In tennis teaching competitions and competitive matches, students are constantly cultivating strong wills such as tenacity, aggressiveness, courage, and perseverance.

2. Practical Path of Ideological and Political Research in College Tennis Courses

2.1 Based on the construction of "a leading sporting nation", digging deep into the elements of ideology and politics of tennis curriculum

Through ideological and political research on the tennis program, we aim to cultivate the spirit of patriotism, teamwork, willpower, and moral qualities of students to lay the foundation for students to establish a correct outlook on life, values, and worldview.

2.1.1 Physical fitness and cultivation of the spirit of patriotism

Accelerating the construction of a leading sporting nation and synchronizing the development of a healthy China. In the teaching process of tennis class, through the students constantly preaching the spirit of "a leading sporting nation" construction, make the students understand that "a leading sporting nation dream" and "the Chinese dream" are closely related, "the youth is strong when China is strong". The students will realize that "the dream of a strong sports nation" and "the dream of China" are closely related, and that "if the youth is strong, China will be strong". Physical exercise is not only a personal matter but also related to the overall strength of the country so personal matters are elevated to the height of national sentiment, cultivating students' national mission and patriotism (Wang Guoquan, 2022).

2.1.2 Cultivate the virtues of honesty and fairness among college students by explaining and practicing the rules of the tennis game

Through the study and practice of the rules of tennis competition, students not only master the knowledge and skills of umpiring but also the moral development of integrity and fairness. As an umpire, be serious and conscientious. Be fair and accurate, and as a player on the court, abide by the rules. Through long-term tennis learning and competition practice, the awareness of abiding by the rules, honesty, integrity, fairness, and justice will gradually internalize a good virtue in college students, and be law-abiding socialist newcomers (Song Shijia et al., 2023).

2.1.3 Cultivate college students' safety awareness by explaining and practicing safety discipline

Teachers should focus on the importance of safety in tennis lessons and demonstrate the safety issues that tend to arise in classroom discipline requirements. In safety education, students should not only be taught about common safety events in the tennis classroom, which is essential for students' property safety and life safety but also learn how to deal with common sports injuries. In addition, negative Internet information and academic pressure lead to mental health problems and extreme ways of solving problems. In life education, teachers can guide students to establish a correct attitude towards life, a positive outlook on life, and a sense of reverence for life.

2.1.4 Cultivate students' teamwork with group exercises and team competitions

Tennis requires mutual collaboration and cooperation to achieve victory. Teachers can guide students to help and support each other to cultivate their teamwork spirit. In group practice, we need to cooperate with each other, judge the skills and tactics of our partners, and put forward problems, so as to successfully complete the teaching task through unity and cooperation. Group competition for winning the game, need to cooperate with each other, especially in the companion after the error of encouragement is the key to teamwork. Although the tennis program is mainly an individual program, it is indispensable to the cultivation of teamwork spirit, which is applied to the study of tennis and carried forward in daily life.

2.1.5 Watching tennis matches to cultivate students' international outlook, civilized awareness, and friendly character

Tennis is a highly international sport. Tennis has a wide influence in various countries and regions. In the United States, Australia, Asia, and South America, tennis is widely played and popularized. Tennis also plays an important role in international communication. Many important tennis matches, such as Davis Cup and Federation Cup, are important sports exchange activities between countries. These competitions not only help to promote friendship and exchange between countries but also provide important opportunities for the development and popularization of tennis. Students should learn and observe the civilization of watching tennis matches. Spectators are not allowed to make loud noises when watching matches; players should also behave in a civilized and polite manner with each other.

2.2 Combining inside and outside the classroom to form the integration of the three major classrooms

The integration of tennis course ideology and politics inside and outside the classroom consists of three major classrooms.

The first classroom is the on-campus tennis classroom, which is also the main channel for the development of the tennis course's ideology and politics. In the first classroom, the spirit of patriotism, the spirit of teamwork, the quality of will, and moral literacy are integrated into the tennis course, and on the one hand, students are taught the basic knowledge and basic skills of tennis. On the other hand, it organizes students to watch videos of tennis matches with patriotic themes, guides students to analyze the performance of patriotism in the matches, and organizes students to have group discussions to explore how to better play the spirit of teamwork, so as to cultivate students' moral education in a subtle way. The second classroom is the classroom of tennis competitions inside and outside the school. By participating in tennis competitions both inside and outside the school, we can improve the experience of the competitions and make sure that we will not be proud of our victories and defeats. Summarize the experience in the victory of the game, and overcome the frustration in the loss of the game. The third classroom is the extracurricular tennis practice classroom, participating in various forms of tennis social practice activities, including tennis community guidance, tennis public welfare activities, tennis teaching activities, etc. (Xing Guifu, 2023) so that students can personally participate in and selflessly dedicate themselves to integrate into the society and experience the importance of teamwork, willpower quality, and moral qualities.

2.3 Reform teaching evaluation and promote evaluation to educate people

Teaching evaluation is an important part of the ideological and political research of the tennis program. The combination of external and internal evaluation is used to carry out teaching evaluation. In terms of external evaluation of the course, it includes experts from outside the school, teaching managers, school leaders, etc. In terms of internal evaluation, internal evaluation is carried out between teachers and students and between students and students. In terms of evaluation content, in addition to the evaluation of students' mastery and application ability of tennis knowledge and skills, it is also necessary to make an evaluation of students' spirit, ability, and professionalism, so as to create a scientific and fair teaching evaluation system. In the course assessment content, increase the diversity, scientificity, and pertinence of the assessment methods. Classroom performance, questionnaires, group sharing and discussion, skills assessment, competitions, social practice, and other methods are used to ensure the diversity of evaluation, but also through the process evaluation of students in the form of long-time tracking, observation, and feedback. In the form of assessment and evaluation, subjective descriptive feedback evaluation, quantitative questionnaire evaluation, and long-term tracking evaluation are used.

2.4 Adoption of "Internet Plus" to expand the space for educating people and release the vitality of the curriculum

The Internet has been widely used in the teaching of various disciplines, with online learning platforms and short videos being used frequently and welcomed by teachers and students. The use of information technology extends the classroom space, relying on the "Internet +" to realize online and offline hybrid teaching. First, short video production is introduced in the teaching of university tennis courses. Short videos are popular among young people because of their short duration, easy content, relief of psychological pressure, and the characteristics of constantly providing users with direct sensory stimulation to generate a sense of pleasure (Zeng Huaming, 2019). Short videos record the learning tennis journey, observe their own progress, and play a positive feedback role. Secondly, the online learning platform is used in teaching. It is integrated into the course ideology from the three links of pre-course, in-course, and post-course. Before class preparation, teachers will integrate the cases of ideological and political research into the teaching design of the e-learning platform; during class teaching, especially for tennis theory courses, can carry out group tasks, thematic discussions, and other activities; after class review, uploading the tennis skills or theoretical post-course assignments arranged by the teacher to the e-learning platform, so that the teacher can quickly understand the learning situation of the students, and increase the frequency of teacher-student interactions, and realize the "Internet +". Realize the "Internet +" to expand the space of education and realize the teaching objectives of the course.

3. Conclusion

Through the implementation of ideological and political research on the tennis program, it can improve students' comprehensive quality, cultivate the spirit of patriotism, teamwork, willpower, and moral quality, and promote students' physical and mental health.

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