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Exploration of the Scientific Realization Path of Colleges and Universities Badminton Teaching under the Background of "Internet +" Era

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ABSTRACT. *The "Internet+" model has become the new normal of the development of the times. Higher education teaching reform must keep pace with the times and adapt to the development and changes of the times. How to help colleges and universities badminton teaching burst out of the vitality of the development of the times, highlight the science of this discipline is the focus of sports educators. This article uses literature research methods and logical analysis research methods to explain the lack of scientificity in the current colleges and universities badminton teaching process, and explore the path of the development of colleges and universities badminton education under the "Internet +" perspective, in order to promote the future development of this discipline.*

KEYWORDS: *Internet+, badminton teaching, higher education*

1. Introduction

Badminton is an antagonistic small ball game that integrates entertainment and physical fitness. Compared with large-scale ball games such as basketball and football, badminton has lower requirements on the field, more convenient equipment, and lower exercise intensity [1]. Therefore, in China, badminton is deeply loved by the public because of its unique charm, integrating entertainment and fitness. Badminton courses are offered in many colleges and universities. At present, the curriculum teaching mode of universities in the world is undergoing a huge historical change, and it is improving in the direction of digitalization, networking and globalization. The concept of "Internet +" was first proposed in 2012, and has been formally established in 2015, which has profoundly affected all walks of life [2]. The combination of the Internet and different industries will inevitably bring about profound changes, and the teaching of badminton is no exception. Under the influence of information technology, it can increase the learning methods of badminton and improve the learning efficiency [3]. At the same time, under the

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influence of the Internet, mature badminton course resources will also break the school barriers and gradually open to the public for sharing [4]. With the increasing application of the concept of "Internet+" in people's daily life, the reform of colleges and universities sports based on the background of "Internet+" has gradually appeared in people's field of vision. The same is true for college badminton teaching, gradually adapting to the development and changes of the times. How to change the original "theory + practice" teaching method, integrate the "Internet + badminton" thinking into the actual curriculum design process, improve the scientific nature of curriculum teaching, and guide students to participate more actively, which has become the focus of attention of scholars it is also a difficult point in the reform of higher education in the new era [5].

2. At present, the science of badminton teaching in colleges and universities in my country is insufficient

Combining with the past college badminton teaching, although colleges and universities badminton education has been carried out in colleges and universities sports in our country for many years, there are still obvious problems of lack of scientificity in teaching links, which are manifested in three aspects.

2.1 Too much emphasis on the cultivation of practical ability, ignoring the construction of students' knowledge system of badminton

Throughout the past colleges and universities badminton education, it is usually manifested in two development forms, one is an elective course for non-professional badminton students, and the other is a professional badminton training course [6]. The division of these two majors leads to a certain degree of difference in the emphasis in the follow-up education process. In general, teachers will focus on cultivating students' badminton practice ability, but ignore the construction of the proper badminton education system. Teachers even think that for badminton education, the education of theoretical knowledge is useless. The existence of these ideas has greatly affected the development of colleges and universities badminton education, resulting in obvious unscientific problems in the actual education.

Badminton is easy to learn but difficult to master. It is a highly skilled sports, especially the grasp of details has a vital influence on the power of badminton. One of the reasons why it is difficult for students to master the technical essentials is that the way in which the feather ball is used is completely different from the way in which the body instinctively develops power. Students often rely on instinctive methods to exert their strength, and the result is that they seem to be exerting strength, but the strength is scattered and cannot be concentrated, and the final effect is not good. Practice has proved that children with professional training in badminton can hit the ball more effectively than ordinary people with strong physiques. The mystery is naturally not in the strength of muscle strength, but in the technique of exerting force. Therefore, the explanation of mechanics characteristics is the key content in the teaching of badminton theory. In fact, the batting skills of

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badminton can be fully explained by the principles of physical mechanics. Beginners don't know why, and naturally they can't master the technical points quickly. If you can properly explain the theory of human mechanics and let the students understand the principles of each professional badminton posture, it will definitely help to learn to master badminton. Not limited to verbal descriptions, appropriate experimental comparisons can help students understand the meaning of technical essentials. Therefore, the role of experiments should also be emphasized in physical education.

2.2 Follow the traditional unified training method, ignoring the individual needs of students for badminton learning

The subject of badminton education has not received enough attention in our country. In the actual teaching process, most teachers still choose to use the traditional education model to carry out unified badminton teaching, ignoring the individual needs of students derived from the development of the times, which reduces students' interest in learning and lays down hidden dangers for the scientific development of subsequent disciplines [7]. For example, in the teaching process for non-badminton majors, most students choose this subject based on their interest in badminton. There are obvious problems with different foundations. In this context, if teachers still follow a single goal to measure the effect of students' badminton learning, to a certain extent, the enthusiasm of students with poor foundations will be dispelled, and the popularization of badminton teaching will be restricted. For students majoring in badminton, badminton is a professional course for this part of students. The development of competitive badminton has been in a "demand-driven" development mode for a long time. Many teachers have a certain "quick for quick success" in the teaching process, excessive pursuit of high teaching effects, and ignoring the needs of students with lower levels of ability. Affect the overall scientific nature of colleges and universities badminton teaching.

2.3 Insufficient disciplines, physical education teachers pay insufficient attention to colleges and universities badminton disciplines

Badminton education in China's colleges and universities still has obvious shortcomings in subject teaching ability and teaching condition reserve [8]. In the selection process of non-professional badminton faculty, most of them choose physical education teachers. They are developing badminton teaching. In the process, it is impossible to instill knowledge related to badminton to students, which affects the development of the actual colleges and universities badminton discipline [9]; in the professional badminton student training link, most colleges and universities choose retired badminton players to carry out teaching guidance, although it is in there are relatively strong advantages in practice, but most of them lack teaching experience and teaching knowledge, which leads to the lack of scientificity in the actual college badminton teaching. At the same time, affected by inherent thinking, a large part of the faculty does not attach importance to badminton education in colleges and universities, and does not actively integrate innovation and modern

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technology into the actual education process, thus limiting the development of this discipline.

2.4 The evaluation system is single and the physical education assessment method is not reasonable enough

At this stage, the badminton final exams of many colleges and universities often use high-range ball returns and forehand serve as the main scoring basis. However, badminton, as a highly technical antagonistic sport, involves far more technical points than just high ball and serve. Grip, footwork, serve, receive, draw, smash, drop, receive, net, singles, doubles, and other major items can be divided into several or even more than a dozen small items, technology projects. Merely assessing the high ball return and forehand serve cannot fully reflect the technical level of students. At the same time, badminton is a confrontational sport. The students' comprehensive technical level of badminton will ultimately be reflected in actual combat. If only a single item is assessed, it is totally unfair and lacking in interesting, and it cannot really motivate students to learn badminton positivity.

3. Research on the scientific realization path of university badminton teaching under the background of "Internet +" era

To achieve the scientific teaching goal of colleges and universities badminton, colleges and universities need to focus on the characteristics of the "Internet +" era to promote the scientific development of colleges and universities badminton teaching and improve the effect of actual badminton teaching.

3.1 Change the original educational concept and integrate the "Internet +" thinking into the actual curriculum

To fully implement the scientific nature of the education link, colleges and universities need professional teachers to increase the importance of badminton education, change the original educational concept, implement the "Internet +" thinking in the daily teaching, and gradually break through because of different concepts. The problem of unbalanced development of disciplines has laid the foundation for the subsequent scientificity of badminton education in colleges and universities.

3.2 Through the "Internet +" model to connect universities and professional sports management departments to jointly run schools

With the advancement of the education system reform, the entry barriers of colleges and universities have also changed significantly. On this basis, many schools that develop badminton courses have a certain degree of insufficient funding, which not only restricts the development of actual subjects, but also reduce the

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quality of teaching to a large extent. If colleges and universities want to achieve scientific badminton teaching, they need to integrate colleges and related sports management departments in society, establish a new model of joint school running, solve the problems of insufficient equipment and resources in the original education process, and maximize the promotion The development of college badminton courses [10].

3.3 Applying the "Internet +" model to promote all-round talent training in colleges and universities

The reasonable application of the "Internet +" model in colleges and universities can help teachers understand the society's needs for this professional talent in a timely manner, help students formulate more realistic teaching goals, and lay a solid foundation for students to enter the society to engage in related work [11-12]. For example, in the process of applying the "Internet +" model, the school can actively build a platform for students to practice in school, so that they can gain accumulation from practical experience and achieve the goal of scientific education in the essential sense. At the same time, the application of "Internet +" technology can also actively connect universities and society, clarify the goals of scientific badminton teaching in universities in the future, guide subsequent teaching work, and realize the innovation of badminton education in universities under the vision of "Internet +" .

3.4 The application of multiple types of "Internet +" models in colleges and universities badminton education

The colleges and universities should implement the "Internet +" thinking from the three aspects of badminton courseware development, venue preparation and training platform construction, and enhance the scientific nature of college badminton education in all aspects.

First of all, in the development of "Internet + courseware", teachers should change the original badminton teaching method and help students break through the key and difficult points in the original teaching process through the application of multimedia courseware by creating "Internet + courseware". For example, in the process of explaining key badminton movements and gestures in colleges and universities, the application of this model can not only show the demonstration actions to students repeatedly and many times, but also make up for the shortcomings of the previous badminton education links that were only demonstrated by teachers, and improved badminton demonstration movements the accuracy of this improves the scientific nature of education.

Secondly, in the construction of "Internet + venues", schools can actively introduce more abundant external resources to make up for the shortage and unsuitability of venues and equipment in the past education process. The application of this model can not only effectively alleviate the problems of funds and resources

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in the process of scientific badminton education in universities, but also enhance the professionalism of subject education to a large extent.

Finally, in the construction of "Internet + platform", schools or teachers can optimize the problems that existed in the past college badminton education process that are out of touch with the educational goals of employers, and analyze the future society's contribution to this major through the application of network big data technology. The demand for talents helps students gain a greater degree of experience by building an "Internet + platform", laying a foundation for the subsequent enhancement of industry competitiveness.

4. Conclusion

With the advancement of colleges and universities badminton education, under the background of "Internet +", how to highlight the scientific nature of college badminton education is particularly important. Teachers can start with the aspects discussed in this article in the actual education process, and make targeted to be perfected to realize the enhancement of the teaching science of this subject in the essential sense. It is foreseeable that in the future, this teaching model will have a strong impact on the traditional teaching model. In the future, teaching will inevitably rely on the Internet and move towards diversification. The barriers between schools will be gradually broken, and the sharing of teaching resources will become an inevitable trend. Teachers should be brave enough to meet new challenges, take the initiative to improve the teaching model, and share their own teaching resources to serve the society.

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