



# Analysis on the Development Status and Countermeasures of Tennis in Colleges and Universities in Ganzhou City—An Example of Gannan Normal University

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## Abstract

According to the situation of tennis in colleges and universities of Ganzhou City, this paper conducts relevant investigation activities in the form of a questionnaire, and based on the relevant research results at home and abroad, analyzes and mediates the adverse factors that currently hinder the promotion and development of tennis in colleges and universities, and summarizes the following results through the article: 1) Many college students in Ganzhou expressed their interest in tennis and their willingness to participate in it, but 81% of them did not participate in it. The current situation of the development of tennis at Ganzhou University can neither meet the students' expectations nor meet the students' demand for tennis. 2) Ganzhou University tennis field is seriously insufficient, and tennis equipment is scarce. 3) There are relatively few teachers engaged in tennis education at Ganzhou University. The lack of professional teaching resources, and the failure to form a good teaching atmosphere, is also one of the reasons for the failure to promote tennis in colleges and universities in Ganzhou City, affecting the progress of tennis in colleges and universities in Ganzhou City. 4) In colleges and universities of Ganzhou City, at present, the teachers engaged in tennis teaching have a positive attitude towards the development of tennis teaching. However, the management of colleges and universities has limited attention to tennis. Therefore, the development of tennis in colleges and universities has been affected, which makes college students confused about the development trend of tennis in Ganzhou. 5) The atmosphere for the development of college tennis in Ganzhou is not warm enough. First, the number of college tennis public hours is small, the utilization of its field equipment is low, and it fails to play its role well, some resources are not been well used for a long time, and are currently

idle; second, it fails to form a good communication mechanism. For tennis, Ganzhou University is in the initial stage of understanding. With the deepening of teaching, it failed to form an interactive exchange mechanism between internal and external schools, and failed to strengthen exchanges through competitions and other forms to improve the technical level. Third, a better mechanism has not been formed. Each school through different forms of tennis teaching has not been able to form a systematic, use of community and other forms of teaching, indirectly limiting the development of tennis application in colleges and universities.

## **Subject Areas**

Physical Education

## **Keywords**

University Tennis, Gannan Normal University, Present Situation, Countermeasures

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## **1. Introduction**

### **1.1. Basis for Topic Selection**

With the gradual acceptance of tennis, in colleges and universities, tennis is also promoted to students in various forms. It is precise because of the unique charm of tennis, combined with relevant teaching resources that tennis is developing rapidly in colleges and universities in my country. Compared with other groups, the time of the student group is relatively abundant, and it also belongs to the higher education group. It is at the forefront of the times. Therefore, many people yearn for the fashionable game of tennis, which plays a positive role in promoting the further promotion of tennis in my country. With the help of the current development of tennis in colleges and universities in our country, combined with its future development direction, we can find problems in the process, so as to point out the way for the development of tennis in colleges and universities in our country. Relatively speaking, some developed areas have concentrated the willingness of colleges and universities, and the relative resources are more abundant. Tennis can be better promoted and popularized in these cities. However, colleges and universities in relatively underdeveloped areas also have many practical conditions that affect the development of tennis in colleges and universities. Taking Ganzhou City, Jiangxi Province as an example, this paper analyzes the promotion of tennis sports, finds problems and puts forward suggestions for improvement by combining relevant methods to conduct research.

### **1.2. Research Significance**

Tennis is one of the fashionable sports that is perfect for urbanites. It can improve people's overall quality, enhance physical fitness, and hone their will. As of

today, in colleges and universities in our country, tennis has been promoted and popularized in various forms. In colleges and universities, relevant associations and organizations have been established, and many students have also actively participated, which can create a good atmosphere for tennis teaching on college campuses. Not only that, in view of the current students' enthusiasm for tennis, some schools have also introduced tennis into their physical education courses, so that students can experience the charm of tennis up close. The establishment of college tennis courses can enable college students to learn and master certain tennis skills, and apply the tennis habits and knowledge learned in school to life. Compared with economically developed cities, Ganzhou is located inland, and its economic development level is limited. In Ganzhou colleges and universities, due to various practical conditions and lack of understanding of tennis, it also affects the promotion of tennis in Ganzhou colleges and universities. Students generally have various problems such as low interest in tennis teaching; have made the development of tennis in colleges and universities in Ganzhou slow. Based on the current promotion of tennis in Ganzhou colleges and universities, combined with relevant questionnaires, this paper expounds on the problems from different angles, analyzes the degree of tennis awareness, teachers, curriculum and organization, and finds its influencing factors, combined with. The problem points put forward relevant suggestions for improvement, so as to help Ganzhou colleges and universities to better promote and popularize tennis.

### **1.3. Research Status at Home and Abroad**

#### **1.3.1. Abroad Research Situation**

According to the records of "Modern Tennis History" [1], tennis was born in the last century, and the royal family had tennis at that time, which originated from a sport called "Sphairistike". Tennis started in Europe and developed slowly. It is a very popular sport. Tennis was originally an entertainment project. With its development and popularity, tennis has gradually branched into competition and fitness. In the first modern Athens Olympic Games, tennis was the only ball game.

Since the beginning of the Wimbledon Championships in 1877, tennis has been widely known and developed rapidly. With the establishment of international tennis associations and organizations, the development of tennis has been further promoted. The most internationally recognized and well-known tennis associations are the Professional Tennis Federation, the Tennis Federation and the International Women's Tennis Association. The most recognized are the French Open held in Europe, the US Open held in North America, the Australian Open held in Oceania and the Wimbledon held in Europe. Yes, only the French Open is played on clay, the Wimbledon is on grass, and the other two are hard courts. Getting the Grand Slam of these four tennis open competitions is also the biggest goal of tennis players. These all have a major impact on the promotion of tennis.

Tennis has also developed rapidly in terms of venues, equipment and materials, and the popularity of tennis is also expanding. Bessinger proposed that tennis in some developed countries in Europe and even some developing countries in Asia is suitable for the tide of the times [2]. Tennis has its specific value and charm, and will be pursued and favored by more and more people.

### **1.3.2. Domestic Research Status**

There are many articles about the development status of tennis in China, but there are few articles about the development status of tennis culture. Sun Xiaoyan [3] discussed the so-called tennis culture from the three aspects of behavior culture, system culture and spiritual culture, summarized the problems of tennis promotion in colleges and universities, and expounded that the lack of relevant resources is one of the reasons preventing tennis from entering the campus.

Regarding the development status of tennis in colleges and universities, it is mainly about the current situation and development of physical education. For example, Ran Xiaohui [4] pointed out in his research report that tennis is currently welcomed by students in Shaanxi colleges and universities, and because of its good mass base, it can be well played in various schools. There are also some problems in the development process, mainly due to its old-fashioned teaching concept and failure to introduce advanced teaching methods, and its development is also limited by the factors of venue and equipment, which does not match the enthusiasm of students, thus restricting its further development. Jiang Yichun [5] conducted research on many college tennis-related associations, and analyzed the organizational structure of them, thus summarizing the school's emphasis on related associations and associations, and whether the organizational structure is sound is an unfavorable factor affecting the development of college tennis in Sichuan. It is necessary to establish exchanges between campuses, and strengthen the test of tennis teaching effects through the establishment of leagues and other systems.

The above information shows that with the increase in the global influence of tennis, a trend of pursuit of tennis has also formed. At present, many scholars have conducted relevant investigations and researches on tennis teaching in different age groups based on the development of tennis in China, which has a good guiding significance for strengthening tennis teaching in my country. And through the research, we can clearly understand the current problems in tennis teaching in our country, and the influencing factors can also be improved through corresponding improvement measures. Combined with the current development of tennis in my country, Gannan Normal University is taken as the object of this research, through the study of tennis teaching among students, to find the influencing factors, and to put forward corresponding suggestions for improvement.

## **2. Research Objects and Research Methods**

### **2.1. Research Objects**

The research is based on the selection of topics and combined with the actual

ability of individuals. The teachers and students of Gannan Normal University are selected to issue questionnaires to investigate, and the current situation of tennis development in this university is taken as the research object.

## **2.2. Research Methods**

### **2.2.1. Literature Method**

According to the purpose of the research and the needs of the content, the author used CNKI, China Academic Journals, and China Science and Technology Journal databases to understand a large number of academic studies on the development of college tennis in the past ten years by searching “tennis development” and “college tennis development”. Papers and journals, and analyze the research on the subject of literature, focus on reading and analysis of literature, comprehensively grasp the relevant development status and development direction in the research field of the subject, and provide a theoretical basis for the research of the subject.

### **2.2.2. Interview Method**

From November to December 2019, the “Interview Outline” was formulated according to the needs of this article, and face-to-face interviews were conducted with tennis teachers of Gannan Normal University to fully understand the current development of tennis in Ganzhou universities and their valuable views and suggestions on the future of developing tennis in Ganzhou universities.

### **2.2.3. Questionnaire Survey Method**

According to the purpose and content of the research, a questionnaire on the current situation of the development of tennis in ordinary colleges and universities in Ganzhou City was designed from the content, method and purpose of college teachers and students participating in tennis to meet the research needs of the thesis.

Combined with the current development of tennis in Gannan Normal University, the method based on sports scientific research is used to carry out relevant research through questionnaires, and the corresponding research results are discussed. This research is carried out from the perspective of students and teachers, and the questionnaires are designed according to different survey objects, which are divided into two parts: “Student Questionnaire on the Development Status of Tennis in Colleges and Universities in Ganzhou City” and “Teacher Questionnaire on the Development Status of Tennis in Colleges and Universities in Ganzhou City” (**Appendix**).

Before launching the relevant questionnaires, the validity of the relevant questionnaires should be tested, and the relevant questions and structures of the questionnaires should be analyzed, so as to ensure the accuracy of the data after the questionnaires. As shown in **Table 1**, combined with the evaluation by relevant experts, a total of seven experts scored the questionnaire, and 10 was the highest score. After the test, all the questionnaires met the relevant standards

and could reach a score of 8 or more. Therefore, this questionnaire can be used, and its results have certain reference.

Reliability test of the questionnaire: In order to ensure the credibility of the results of the questionnaire, this paper distributes the questionnaires of teachers and students twice, the details are as follows: 10 physical education teachers and 250 students distributed and returned the questionnaires. The specific steps are as follows; 50 students and 5 teachers were selected from the participants for the first measurement. Two weeks later, a second questionnaire was administered to the same group. Correlation coefficients are then calculated item by item. The correlation coefficient of the same variable is greater than 0.8. The distribution and withdrawal of the questionnaires are shown in **Table 2**.

### 3. Research Results and Analysis

#### 3.1. Investigation and Analysis of the Current Situation of Tennis Teaching in Colleges and Universities in Ganzhou City

##### 3.1.1. The Current Situation of the Curriculum

Tennis itself is a relatively difficult sport to learn. To improve tennis skills requires long-term repeated practice. Therefore, the development of tennis in colleges and universities should be based on the situation of tennis courts, and tennis

**Table 1.** Questionnaire validity scoring.

Expert	1	2	3	4	5	6	7	Average value
Student roll construct validity	8.5	8.7	9.0	9.0	9.2	8.9	8.7	8.9
Teacher questionnaire construct validity	8.3	8.5	8.9	9.0	9.1	8.8	8.8	8.8
Student questionnaire content validity	8.9	8.9	8.9	9.3	9.2	9.1	8.9	9.0
Teacher questionnaire content validity	8.1	8.9	9.5	9.4	9.3	9.1	8.8	9.0

**Table 2.** Statistical table on the distribution and recovery of questionnaires.

	Questionnaires issued	Number of questionnaires returned	Valid questionnaire	Efficient
Teacher questionnaire	10	10	10	100%
Student questionnaire	250	247	236	94%

courses should be offered for college students. Through tennis lessons, tennis can be better promoted, so that students and teachers can learn more about tennis, better master tennis skills, and improve tennis levels faster. Therefore, tennis courses have become an important part of the development of college tennis. According to the survey, the establishment and development of tennis courses in Ganzhou colleges and universities are not ideal, as shown in **Table 3**.

Gannan Normal University offers the most tennis courses in the freshman year. Gannan Normal University has a total of 7 tennis courts. Freshman public electives and professional electives add up to 12 credit hours, but tennis courts are often not enough. The second grade has 4 hours of tennis lessons per week, and the third grade has 12 hours of tennis public electives and professional electives per week. In Gannan Normal University, where tennis courts are scarce, the tennis courts of other Ganzhou universities are far from enough. Through the questionnaire survey of teachers, we also understand the development of tennis elective courses (**Table 4**).

From the above survey, it can be found that a semester in Ganzhou City is generally 16 - 18 weeks, which means that students who can take tennis courses can take 21 hours of tennis lessons in a semester, which is too little time for tennis learning. Of course, the establishment of tennis elective courses is related to many factors, but we should better plan and use these conditions to increase the amount of tennis courses under conditions. It has played an important role in promoting the development of tennis in colleges and universities to make more students and teachers willing to contact tennis and participate in tennis. Of course other schools that don't have tennis programs need to fix the hardware problem first.

**Table 3.** A survey on the setting of tennis courses in colleges and universities in Ganzhou.

Grade	Public electives	Professional electives
Freshman	4 hours/week	8 hours/week
Sophomore	4 hours/week	not opened
Junior year	4 hours/week	8 hours/week

**Table 4.** Development of tennis courses in colleges and universities in Ganzhou City.

Grade	Student elective term (public elective)	Students can choose the term (major elective)
Freshman	1 semester	not opened
Sophomore	not opened	1 semester
Junior year	1 semester	1 academic year

### 3.1.2. Current Situation of Full-Time Tennis Teachers

College tennis teachers also play an important role in the development of college tennis, because college tennis teachers not only teach students tennis skills, popularize tennis knowledge, and even influence students' interest in learning tennis. So college tennis teachers require not only quantity but also quality. Through investigation and research, it is found that the total number of tennis teachers in Gannan Normal University is only 2.

In addition, one of the two professional tennis teachers graduated in tennis, and the other only taught himself the required tennis courses in college. Judging from the example of Gannan Normal University, the strength of tennis teachers in colleges and universities in Ganzhou is weak, which does not conform to the trend of college tennis development. Insufficient skills or teaching experience of tennis teachers may cause students to lose interest in learning tennis. This problem is also related to the current employment trend. Currently, the recruitment of college teachers generally only recruits doctoral students, but there are very few doctoral students majoring in tennis. Many outstanding graduates and graduate students of tennis majors are forced to enter primary and secondary school teaching. It is also an important factor that leads to the lack of professional tennis teachers in colleges and universities.

### 3.2. The Current Situation and Analysis of Tennis Group Competition in Colleges and Universities in Ganzhou

Competition is a major feature of sports. Through tennis competitions, we can better promote the development of tennis, and constantly encourage and attract more people to participate in tennis. This is the same as the development of tennis in Ganzhou. Ganzhou needs to hold college tennis competitions to promote the development of tennis and attract more fans. According to the survey, teachers and students in colleges and universities in Ganzhou all participate in tennis competitions held by some community sports centers. However, in order to save time, a single-round elimination system is often adopted in such tennis competitions. Many beginners are eliminated after only one game, which dampened the confidence and enthusiasm of some tennis fans. An outdoor tennis game can attract at least 50 - 100 students to watch, which can make many students slow down, and more students talk about tennis and want to know and become familiar with tennis. In the case of a school-wide competition, the impact of the competition will allow students to discuss the topic for more than 2 weeks. Therefore, the regular organization of planned high-quality competitions has become a catalyst for the popularity of tennis.

### 3.3. A Survey on the Opinions of College Students in Ganzhou on Tennis

According to the survey, Gannan Normal University students' understanding and understanding of tennis are shown in **Table 5**.

As can be seen from **Table 5**, more than half of the students in Gannan Nor-



mal University mainly learn about tennis through mobile phones, such as TV news and TV tennis matches. Followed by newspapers and magazines, teachers and students accounted for 35% respectively, indicating that in Ganzhou colleges and universities, teachers and students also play an important role in the dissemination of tennis information, which is similar to the propaganda role of newspapers and magazines on tennis. It is too professional and lacks fun. It is suitable for students who have a deep understanding of the sport. College students in Ganzhou have a relatively shallow understanding of tennis. From the students' questionnaires, it can be seen that not knowing tennis has little effect on students' enthusiasm, as shown in **Table 6**, **Table 7**, and **Table 8**.

**Table 5.** The cognition of tennis among college students in Ganzhou.

Cognitive source	Choose the number of people	Percentage	Ranking
Cell phone	130	55%	1
Network	111	47%	2
Newspapers and magazines	83	35%	3
Teacher and classmates	82	35%	4
Friends and relatives	37	16%	5
Tennis textbook	26	11%	6

**Table 6.** Ganzhou university students' understanding of tennis.

Learn about tennis	Number of people to choose (N = 236)	Percentage
know very well	3	1%
More understanding	21	9%
Generally	52	22%
Do not know much	112	48%
Very ignorant	48	20%

**Table 7.** Survey on the degree of liking for tennis among Ganzhou university students.

Like tennis	Number of people to choose (N = 236)	Percentage
like it very much	33	14%
Quite like it	132	56%
Generally	59	25%
Don't like	12	5%
Dislike very much	0	0%

It can be seen from **Table 7** that 10% of the students in Ganzhou colleges and universities have a good understanding of tennis, but 90% of the students have little or no understanding of tennis. It can be seen from **Table 8** and **Table 9** that the students chose 14% who like tennis very much and 39% who are very willing to participate in tennis, and only 5% of the students who are not very willing to participate in tennis. It can be seen from the above data that although college students in Ganzhou do not understand tennis, most of them like and desire it. It shows that the development of tennis is gradually warming, which reflects the willingness of college students from the side. If the universities have the conditions, more students can be willing to participate in tennis. However, the two issues that Gannan Normal University students should first consider when participating in tennis are tennis courts and tennis courses. **Table 9** and **Table 10** are the satisfaction surveys of Gannan Normal University students on tennis court facilities and tennis courses

As can be seen from **Table 9**, the number of students who are dissatisfied with the school tennis court facilities reaches 87%, and only 3% of the students are satisfied with the tennis court. As can be seen from **Table 10**, very few students are satisfied with the setting of tennis lessons. 75% of students expressed dissatisfaction or very dissatisfaction with the course. However, judging from the impressions of Gannan Normal University students on tennis, most of them like tennis and are willing to participate in tennis. Therefore, the tennis facilities and tennis courses of Gannan Normal University have become two difficult problems.

**Table 8.** Survey on the willingness of Ganzhou university students to participate in tennis.

Willingness	Number of people to choose (N = 236)	Percentage
Very willing to	92	39%
More willing	118	50%
Generally	15	6%
Reluctant	11	5%
Very reluctant	0	0%

**Table 9.** Survey on the evaluation of school tennis courts by students in Ganzhou.

Satisfaction level	Number of people to choose (N = 236)	Percentage
Very satisfied	0	0%
Quite satisfied	7	3%
Generally	23	10%
Relatively dissatisfied	99	42%
Very dissatisfied	107	45%

**Table 10.** Survey on the evaluation of school tennis courses by Ganzhou university students.

Satisfaction level	Number of people to choose (N = 236)	Percentage
Very satisfied	0	0%
Quite satisfied	19	8%
Generally	40	17%
Relatively dissatisfied	99	42%
Very dissatisfied	78	33%

#### **4. Factors Affecting the Development of Tennis Sports Activities in Colleges and Universities in Ganzhou City and Suggestions for Promoting the Development of Tennis activities**

##### **4.1. Factors Affecting the Development of Tennis Sports Activities in Colleges and Universities in Ganzhou City**

As can be seen from **Table 11** and **Table 12**, the content selected by students and teachers in Ganzhou City is slightly different, but generally the same. The lack of tennis courts, the weak strength of tennis teachers, and the lack of attention from leaders are all in the top three and are considered the most important factors by students and teachers; the fourth is also the lack of tennis lessons, and the fifth is the campus tennis atmosphere Not good enough; students who lack enthusiasm to learn tennis are chosen by few. It can be seen that the enthusiasm of students to learn tennis is not the main factor affecting the development of tennis in Ganzhou colleges and universities. In addition, the high consumption of tennis was chosen by 19% of students and 24% of teachers, indicating that the consumption of tennis also had a certain impact on the development of tennis in Ganzhou colleges. This problem can only be solved by recognizing the factors that affect the development of tennis in Ganzhou universities.

The influencing factors of tennis development in Ganzhou universities can be divided into two aspects: subjective factors and objective factors. Through the investigation, the objective factors affecting the development of tennis in Ganzhou universities are dominant, such as the shortage of tennis teachers, the lack of tennis class hours, the lack of technical The difficulty itself; the main subjective factor is the lack of attention from the leadership and the bad atmosphere of school tennis. Since there are many factors affecting the development of tennis in Gannan Normal University, how do students and teachers view the development of tennis in Gannan Normal University (**Table 13** and **Table 14**)?

According to the survey results in **Table 14**, the teachers of Gannan Normal University are optimistic about the development prospect of tennis in Gannan Normal University, which shows that they are full of confidence in the smooth development of tennis. The research results in **Table 14** show that only 40% of

**Table 11.** Factors influencing the development of tennis in colleges and universities in Ganzhou (students).

Influencing factors	Number of people to choose (N = 236)	Percentage	Ranking
Few tennis courts	191	81%	1
Leaders don't pay enough attention	172	73%	2
Insufficient tennis teachers	165	70%	3
Less tennis lessons	160	68%	4
The campus tennis culture atmosphere is not good	118	59%	5
Tennis skills are difficult to master	97	41%	6
Students are not interested in tennis	52	22%	7
High consumption of tennis	45	19%	8

**Table 12.** Factors affecting the development of tennis in colleges and universities in Ganzhou (teachers).

Influencing factors	Number of people to choose (N = 25)	Percentage	Ranking
Not enough space	twenty three	92%	1
Insufficient teachers	twenty one	84%	2
Leaders don't pay enough attention	20	80%	3
Insufficient tennis lessons	19	76%	4
Bad tennis atmosphere	18	72%	5
Tennis skills are difficult to master	8	32%	6
High consumption of tennis	6	24%	7
Students lack enthusiasm for learning	2	10%	8
Tennis teaching content is boring	1	4%	9

**Table 13.** Survey of college teachers' attitudes towards tennis development prospects.

Influencing factors	Number of people to choose (N = 10)	Percentage	Ranking
Optimistic	8	80%	1
No remarks	2	20%	2
Not ideal	0	0%	3

**Table 14.** Survey of college students' attitudes towards tennis development prospects.

Influencing factors	Number of people to choose (N = 236)	Percentage	Ranking
No remarks	113	48%	1
Optimistic	94	40%	2
Not ideal	29	12%	3

students choose to be optimistic, 12% of students choose not to be optimistic, and more students choose not to speak, accounting for 48% of the total. Therefore, many students think that the future development is not good, because many college students in Ganzhou do not have a clear understanding of tennis, and do not see the vigorous development of tennis, which also shows that tennis is not yet popular in small and medium-sized cities in my country. In fact, the development trend of tennis in small and medium-sized cities in China is like a flower waiting to bloom.

## 4.2. Suggestions

### 4.2.1. Strengthen the Construction of Tennis Facilities and the Construction of Teachers Simultaneously

Combined with the characteristics of tennis, it is different from sports that can be simply carried out. There are many restrictions on venues and equipment, and there are relatively many related technologies that need to be used. From the perspective of tennis teaching, it is also a big challenge for teachers. Through the analysis of the survey results, many students and teachers who are engaged in tennis teaching believe that the lack of professional venues is one of the obstacles to the development of tennis, so if such problems are improved, the promotion of tennis in Gannan Normal University will be greatly improved. Through the questionnaire survey, it can also be found that students are enthusiastic about tennis and hope to learn and master this sport during the university. Therefore, as a school, it should create conditions and improve it by adding relevant venues. Conditional colleges and universities can purchase some equipment needed for training, provide convenience in tennis equipment, and rent and sell them to students and teachers in need. The development of tennis is inseparable from the systematic construction, which can lay a solid foundation for the promotion of tennis in colleges and universities through the construction of venues and the purchase of equipment.

The training of tennis-related teachers in colleges and universities is also very necessary. The school has invested huge funds to expand the venues and purchase equipment, but without good teachers, it is impossible to promote tennis well. As we all know, in tennis, the control of the racket and the direction of rotation of the ball are relatively esoteric skills. Without the guidance of professional teachers, students' tennis skills will not be cultivated and improved, nor

can they better popularize tennis skills. Through the questionnaire survey, we can also understand that currently in Ganzhou colleges and universities, relatively professional tennis teachers are relatively weak. The weakness of the teachers is mainly reflected in the fact that their teaching cannot attract the attention of the students and cannot bring up the interest in learning tennis. The level of teachers determines the teaching methods and quality. For teachers, it is necessary to enrich their understanding of tennis technology and improve their professional level. With the further promotion of tennis among the masses, in Gannan Normal University, with the improvement of teachers and the strengthening of communication and interaction, the technical level of tennis in Ganzhou colleges and universities will be improved.

#### **4.2.2. Increase the School Leaders' Attention to Tennis**

Tennis is a sport with a certain audience base. Because it is separated by a net, its confrontation is limited and simple. Moreover, advocating the “gentleman” spirit in tennis requires certain etiquette, which is a sport in line with contemporary social progress. Through tennis, college students can not only exercise physically and mentally, strengthen team spirit, but also shorten the distance between people and help them better cultivate the friendship between students and between teachers and students.

Through the investigation and research of student questionnaires and teachers' questionnaires, the relevant leaders of the school failed to pay attention to the promotion of tennis, and failed to fully discover the positive effect of tennis, which has also become a more significant problem affecting the popularization of tennis in colleges and universities. The importance a leader places on a sport can also have a big impact on its development. Therefore, it is possible to strengthen the publicity of tennis in Ganzhou, attract more leaders and more and more students to participate in tennis, find out the existing problems in the development of tennis activities, and let the participating leaders give some guidance and help, so as to Accelerating the development of tennis will also make tennis more prosperous among college students.

#### **4.2.3. Reasonable Setting of Tennis Courses to Improve the Quality of Tennis Teaching**

Under the unique environment of colleges and universities, there is a suitable space for the development of tennis. Colleges and universities can build tennis courts and hire tennis teachers to meet the needs of a large number of college students who are eager to learn tennis. Therefore, in this case, tennis courts, tennis teachers, and tennis courses need to be arranged reasonably, focusing on improving the quality of tennis teaching, so as to improve the efficiency of students' tennis learning and the development of better tennis in colleges and universities.

Through interviews and questionnaires, this paper finds that the development status of tennis courses in Ganzhou colleges and universities is not ideal, the

main reason is the lack of class hours. For example, Ganzhou Teachers College has 7 tennis courts, 2 tennis teachers, and a week of tennis public electives and professional electives totaling 20 hours. However, due to the venue, many students have very limited time to actually play tennis, which shows that the tennis courses of Gannan Normal University are not very ideal. Of course, this also has to do with venues and faculty. At the same time, due to various reasons, students rarely play tennis spontaneously, which brings difficulties to the development of school tennis. Only by appropriately increasing the teaching hours of tennis elective courses and reducing the class size of elective courses can we effectively improve the quality of teaching and cultivate real tennis talents. At the same time, tennis technology is not easy to master. In the teaching process, it can be taught in layers and in different classes, so as to achieve the effect of teaching students in accordance with their aptitude, and achieve twice the result with half the effort.

#### **4.2.4. Cultivate the Interest of Teachers and Students in Tennis and Create a Good Atmosphere for Tennis**

The development of tennis in colleges and universities should not be limited to tennis courses. Through the questionnaire survey and analysis of the teachers and students of Gannan Normal University, some teachers and students also believe that the current college tennis atmosphere is not good. Then the countermeasures to solve this problem are as follows.

First of all, tennis clubs can regularly organize tennis activities or tennis games, which can increase the number of fans. Through this form, it can promote communication among tennis lovers and improve the level of tennis technology. Second, colleges and universities can jointly hold tennis competitions to generate greater influence, promote the exchange and learning of tennis between colleges and universities, and rapidly improve the level of tennis technology. At the same time, the more local tennis tournaments a city hosts, the more tennis talents it will attract. Third, colleges and universities choose some excellent tennis players to form tennis teams and conduct professional tennis training. They not only participate in tennis competitions in Ganzhou City, but also participate in more competitions outside the province, and even amateur competitions in some countries, and some are higher than themselves. Tennis players of different levels compete, sum up experience and lessons, and then share with other students to improve the level of tennis. Fourth, set up a special tennis learning corner in the gym, tennis court, or people's meeting place to popularize tennis knowledge, technical level, posters, etc., so that teachers and students can understand the latest development in tennis, the latest trends of tennis, and the popularity of tennis technology. This is also good for the promotion of tennis in colleges and universities.

## **5. Conclusions**

- 1) More than half of the college students in Ganzhou said that they like tennis

and are willing to participate, and 81% of the students have never participated in tennis. At present, the development of tennis in colleges and universities in Ganzhou has not met the expectations of students, nor has it met their needs for tennis.

2) Gannan Normal University has a serious shortage of tennis court facilities and scarce tennis equipment.

3) The shortage of tennis teachers in colleges and universities in Ganzhou has led to difficulties in popularizing tennis in colleges and universities in Ganzhou, which further delayed the development of tennis in colleges and universities in Ganzhou.

4) The teachers of Gannan Normal University are optimistic about the development of tennis in Ganzhou, and the leaders do not pay enough attention to the development of tennis in colleges and universities.

5) The atmosphere of tennis at Gannan Normal University is not optimistic. First of all, the number of professional tennis courses in colleges and universities is insufficient, and tennis courts are scarce. Second, there is no formal tennis competition between colleges and universities, which greatly affects the improvement of the overall level of college tennis in Ganzhou. Third, the tennis organization in colleges and universities is not perfect, and there is a lack of tennis clubs, tennis associations and other organizations.

## 6. Recommendations

1) Improve the tennis curriculum system, improve the selection method, enrich the tennis teaching method, and increase the proportion of tennis lessons in the overall learning subjects.

2) Focus on strengthening the investment in the provision of basic tennis facilities, improve the construction of tennis hardware facilities in colleges and universities, make full use of tennis auxiliary equipment, expand the space for tennis sports activities, and provide necessary conditions for the construction of tennis culture.

3) Strengthen the construction of tennis teachers. The development of tennis is inseparable from the help of high-level teachers. Cultivate the scientific research ability of the tennis workers, and provide guidance for the sustainable development of tennis culture in ordinary colleges and universities in Zhengzhou.

4) Increase the organization quality of tennis extracurricular activities, publicize tennis knowledge, give students sufficient spare time to exercise, and promote the development of tennis.

5) Hold various types of tennis events, create opportunities for mutual learning and exchange of successful experiences between the school and other colleges and institutions, create a good atmosphere for tennis development, and form a trend of common progress in college tennis.

6) Change the leaders' understanding of tennis, increase the emphasis on tennis, and actively create a good atmosphere for the development of tennis on campus.



## Conflicts of Interest

The authors declare no conflicts of interest.

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## Appendix

### A. Student Questionnaire

Instructions for filling in: Please tick “√” after the option that matches your opinion.

- 1) Your gender?  
Male          Female
- 2) Which of the following sports is your favorite?  
Volleyball          Basketball          Badminton          Aerobics  
Tennis          Others
- 3) Do you know about tennis?  
Understanding          General          Not very familiar
- 4) Do you like tennis?  
I like it very much          I really like it          General          I don't like it
- 5) How many years have you played tennis?  
Haven't participated in          Less than 1 year          2 years  
More than 2 years
- 6) Among the options below, what is your motivation for participating in tennis? (Multiple choice)  
Enhancing physical fitness          Catching up with fashion  
Leisure & Entertainment          Social interaction  
Cultivating sentiment
- 7) Which of the following are the reasons for your participation in tennis? (Multiple choices)  
Strengthen your body          Love to watch tennis matches  
Watch tennis animation          Love tennis stars
- 8) Which of the following factors do you think is the reason why you do not participate in tennis? (Multiple choice)  
No interest          No time          No partner          Court fees  
Tennis equipment is expensive
- 9) What is the source of your knowledge of tennis?  
Tennis textbooks          Newspapers and magazines  
Television          Internet
- 10) Have you ever played tennis?  
Yes          Occasionally          Play regularly
- 11) Your path to learning tennis  
Self-study          Consult friends          Participate in tennis training  
Participate in school tennis electives
- 12) Have you ever participated in amateur tennis competitions?  
Participated          Not participated
- 13) Has your school ever held a tennis tournament?  
Held          Never held
- 14) Do you watch tennis matches?  
Once          Several times          Occasionally          Often

- 15) Are you satisfied with the school tennis court?  
Satisfied            General            Not satisfied            Very dissatisfied
- 16) Are you satisfied with your school's tennis program?  
Satisfied            General            Not satisfied            Very dissatisfied
- 17) What is the main purpose of your school's tennis court? (Multiple choice)  
Tennis teaching            Tennis match            Teacher activities  
Other activities
- 18) Is your school tennis court open to the public? How about the hourly rate?  
Not open            10 - 20 yuan            20 - 30 yuan            Free
- 19) How much would it cost you to play tennis every year?  
100 - 500 yuan            500 - 1000 yuan            1000 - 2000 yuan  
More than 2000 yuan
- 20) How many tennis courts do you know of in your school?  
1 - 2            3 - 4            5 - 6            7 - 8            More than 8
- 21) What type of tennis court does your school have?  
Hard ground            Grassland            Plastic floor
- 22) Do you think it is necessary to set up tennis lessons in school sports electives?  
Necessary            General            Not necessary
- 23) Would you like to play tennis in the future?  
Willing            Not always            Unwilling
- 24) What factors do you think affect the development of tennis? (Multiple choice)  
Few tennis courts            Difficult tennis skills  
Less tennis class hours            Insufficient tennis teachers  
Insufficient attention from leaders            High cost
- 26) What is your opinion on the development of college tennis in Ganzhou?  
Be optimistic            Not optimistic            Not easy to say

## B. Teacher Questionnaire

Instructions for filling in: Please tick "√" after the option that matches your opinion.

- 1) Your age?  
20 - 30            30 - 40            40 - 50            Over 50
- 2) Your professional title?  
Lecturer            Associate Professor            Professor
- 3) Your education background?  
Bachelor            Master            Doctorate
- 4) Your tennis referee rating?  
National level 2            National level 1            International level
- 5) Where did you learn your tennis skills? (Multiple choice)  
School tennis major            School tennis elective course  
Tennis training class

- 6) Tennis elective courses in your school  
 One semester                      Two semesters                      More than two semesters
- 7) How do you think students' enthusiasm for learning tennis?  
 Active                      More active                      General                      Not active
- 8) Do you think tennis skills are difficult for ordinary college students?  
 Difficult                      More difficult                      General                      Easier                      Easy
- 9) What do you think about the cost of playing tennis?  
 High                      Relatively high                      General                      Not high                      Low
- 10) How many tennis teachers are there in your college?  
 3                      4                      5                      More than 5
- 11) What is the situation of tennis professional classes in your school?  
 Not yet carried out                      1 - 4 years                      5 - 8 years  
 More than 8 years
- 12) Does your school offer tennis electives?  
 1 - 4 years                      5 - 8 years                      More than 8 years
- 13) How many tennis courts does your college have?  
 2                      4                      6                      More than 6
- 14) Do you think there are enough tennis courts in colleges and universities?  
 Enough                      General                      Not enough
- 15) What tennis matches have you participated in?  
 National level competition                      Provincial Competition  
 Municipal competition                      Have not participated in the competition
- 16) Do your students compete in tennis at all levels?  
 Not yet participating                      Occasionally                      Frequent participation
- 17) Has your college ever held a tennis tournament?  
 Not held yet                      Held tennis competitions on campus  
 Held open tennis tournament
- 18) Would you like to participate in tennis if conditions permit?  
 Willing                      General                      Unwilling
- 19) Would you like to play tennis?  
 Willing                      General                      Unwilling
- 20) What factors do you think affect the development of college tennis? (Multiple choice)
- |  |                                    |
|--|------------------------------------|
| Insufficient venues                      | Leaders don't pay enough attention |
| Students lack enthusiasm for learning    | Insufficient teachers              |
| The atmosphere of tennis is not good     | Insufficient tennis class hours    |
| Tennis skills are difficult to master    | High consumption of tennis         |
| The teaching content of tennis is boring |                                    |
- 21) What is your opinion on the development of college tennis in Ganzhou?  
 Be optimistic                      Not optimistic                      Not easy to say