

# The Effect of College Tennis Optional Course on Training Students' Lifelong Physical Exercise Awareness

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## Abstract

The college period is the last time when most students regularly engage in physical activities together in study career, it is also an important period for the development of mental health, and it is an important period for entering into the society from campus. Tennis course has also entered into colleges and universities, tennis is an elegant and fashionable sport, it is a sport without body combat, it is a combination of aerobic exercise and anaerobic exercise, in summary, tennis is suitable to be developed into the lifelong sport. By carrying on physical optional courses, training college students' lifelong physical exercise awareness and promoting the physical and mental health of college students are important tasks of college physical optional courses.

## Keywords

College Sports; Tennis; Lifelong; Exercise Awareness.

## 1. Introduction

The lifelong physical exercise awareness of college students is related to whether they insist on physical exercise after entering into the society, and the persistence condition of physical exercise is inseparable from the strength of the national physique. CNKI as the main retrieval platform, the accurate retrieval is carried out with the topic of "lifetime physical exercise", it shows that there are many related literatures from 2010 to 2020, and the main research results are concentrated after 2010, it suggests that the domestic research on lifelong physical exercise started late. The accurate retrieval is carried out with the topic of "lifetime physical exercise of college students", there are only more than 50 related literatures.

Scholars can summarize the following points through research on college optional courses and students' lifelong physical exercise awareness: Chinese college students' awareness level of the importance of physical exercise is in good condition, but the proportion of people who active and consciously participate in physical exercise is relatively low. It can be seen from the annual physical fitness test data that only a small number of students are at the excellent level, the students' physical fitness needs to be strengthened. The college students' interest for physical exercise is the basis for the development of lifelong exercise, the teaching of college physical education class is the primary factor affecting the development of students' physical exercise habit, the necessary school physical exercise system is the guarantee for the development of lifelong exercise habit.

The idea of lifelong physical education is guided by the modern physical education concept, taking sports as an indispensable part of daily life, with the rapid development of society, the increase of pace of life and work, and the increase of pressure, tremendous changes has happened in people's lifestyles, our lives are more inseparable from electronic products, the fun brought by electronic products make makes us have less time to go outside and do physical exercise. Only by enhancing sports awareness and integrating physical exercise into life can we have a high-quality and healthy lifestyle. How to develop the lifelong physical exercise

awareness of college students and make them set modern sports values, so that students can feel the benefits brought by physical exercise for life, these are the development directions of college physical education optional courses.

## **2. Significance of Topic Selection**

### **2.1. Provide Students with Lifelong Physical Exercise Skills**

Tennis is an intermittent aerobic exercise, we can understand it in this way, the general tennis exercise lasts for a long time, more than one hour, therefore, tennis is aerobic exercise, but when continuing to beat the ball or even hit the ball vigorously, the player will enter a temporary anaerobic stage, so we often call tennis the combination of anaerobic exercise and aerobic exercise. Moreover, tennis belongs to non-physical competitive sport, combining the above two characteristics, tennis has a strong exercise value and is a sport suitable for all ages, therefore, it is feasible to develop into a lifelong sport. College tennis optional course is open to all students, so the contents of the course is relatively basic, are suitable for beginners, and can guide students to persistently participate in physical activities.

### **2.2. Develop Students' Lifelong Physical Exercise Interest**

Under the conditioning of lifelong physical exercise, first of all, the teacher will introduce the origin and development of tennis, make students deeply understand tennis sports, and gradually become interested in tennis through gradual learning, by watching tennis matches, they will be attracted by amazing skills, so as to continuously stimulate the enthusiasm of students to participate in physical exercise, cultivate personal sports hobbies, and develop lifelong sports skills, so that athletes can experience the health and happiness that sports bring to the body and mind. College physical education optional courses may be just a trial sport; students can try more, experience more and participate in it, and finally find a sport suitable for their lifelong exercise, to promote the improvement of sports skills.

### **2.3. Develop Students' Lifelong Physical Exercise Habit**

Develop good behavior habit is that people need to practice fixed movements for a long time, and it takes a long period to form. Physical exercise is an activity to improve physical function, the body will feel extremely fatigued during the exercise, therefore, stronger self-discipline is required, it cannot be developed overnight, and the development of lifelong physical exercise habit depends on cultivation of lifelong physical exercise interest and awareness, which depends on long-term persistence and from the heart.

### **2.4. Promote Mental Health**

In today's society, life and study are under great pressure and competition is fierce, sports are way to relieve stress, in physical exercises, constantly release you, and through the outflow of sweat, pressure is also relieved. Sports activities often require persistent will and fighting spirit, sport also require strong psychological support, therefore, long-term participation in sports activities has a certain effect on promoting mental health.

## **3. Research Objects and Methods**

If the young people are strong, the country will be strong, and it usually includes the physical fitness, one hour of exercise a day is the time guarantee for strengthening the physical fitness, and learning sports skills is the basic guarantee for strengthening the physical fitness. College physical education is the highest level of physical education, obtaining certain sports skills and enhancing physical awareness through optional physical education courses, it is to step out of the gate of the campus and enter the long journey of life, always do physical exercise, and the

physical exercise at this time has a strong exercise effect and is pleasant. Starting from the perspective of students' demand for sports optional courses, this paper investigates and studies college students' demand, demand satisfaction and other factors for tennis optional course.

This paper adopts the literature data method and interview investigation method to understand and study the current situation of college students' demand for tennis optional courses, and put forward targeted opinions, to better meet the needs of college students' sports optional courses, provide college students with physical training skills and correct ways, and train college students to develop lifelong physical exercise escort.

#### **4. Strategies of Developing College Students' Lifelong Physical Exercise Awareness in College Tennis Optional Course**

##### **4.1. Motivate Students to Participate in Tennis Exercise**

Most students learn tennis in college physical education classes, it is the first time they touch tennis and the number of students in class is large, however, the interest of in tennis, students are more inclined to be able to hit the ball in multiple rounds. To mobilize students' learning enthusiasm, the leader is the teacher. Teachers should continuously stimulate students' interest in tennis through diversified teaching methods, mobilize students' subjective initiative, and cultivate their lifelong physical exercise awareness. For example, let students watch the championship game and explain it, so that students feel the charm of the tennis game; teachers and students show the excitement of the game on the spot to mobilize the enthusiasm of the students.

##### **4.2. Develop Students' Ability to Play Tennis on Their Own**

In classroom teaching, teachers should guide one by one and teach students in accordance with their aptitude, the correctness of the movements is crucial, technical movements are not about learning fast, but about learning well. The students practice repeatedly, the teacher corrects errors, AND the students discuss with each other and make progress together. Accompanied by a happy mood, improve the level of tennis; students will be able to have the ability to practice tennis.

##### **4.3. Develop Students to Form the Habit of Tennis**

The first step is always difficult; especially form sports habits while learning tennis skills, this requires self-discipline and supervision. Teachers can use the time after class organize students' exchanges on tennis events, to feel the competition, joy, and reflection brought about by the events. The tennis hobby group method is used, students communicate independently. If insisting on tennis 3 times or more a week, our nerves and muscles will have a deep memory, coupled with the enjoyable experience brought by the improvement of athletic ability, the habit of tennis exercise will be formed.

#### **5. Conclusion**

One of the components of lifelong education, in the 1990s, lifelong sports were raised to an unprecedented strategic height, at the national two sessions in 2021, sports-related proposals involved six major parts and seventeen main points, and the frequency of sports topics grew more and more, the first point mentioned physical education, including increasing the proportion of physical examinations, increasing the proportion of physical education courses, and encouraging young people to participate in physical exercise. With the development of economy and society, people pay more attention to physical quality and spiritual life, especially under the background of overall fitness, the concept of lifelong sports is particularly important, school physical education plays a basic role in the development of students' lifelong sports

habits, it should not only hone the physical fitness of students, but also cultivate students' sports skills, pay attention to students' understanding of sports spirit, and truly convey the concept of lifelong physical education, Make students set the concept of lifelong physical education from the stage of school physical education and develop good lifelong physical education habit, so as to promote the harmonious development of students' physical and mental health, and lay a solid foundation for entering into society in the future.

What college students must take is a physical test every year, and the required grades are rising year by year, improving physical fitness is inseparable from long-term physical exercise. After investigation, we can understand the factors that restrict students from developing long-term exercise habit; summarize and analyze them, in order to improve the physical quality of college students, the corresponding countermeasures are proposed to master the correct physical skills and develop the lifelong exercise habit through the college optional courses. This topic combines contemporary college students' optional sports courses, starts from the tennis optional courses, teachers give students professional guidance from sports skills, history, culture and development trends, so that most students use sports optional courses as a bridge to develop the lifelong exercise awareness.

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