

Analysis on the Effect of Goal Setting Teaching Method in College Badminton Teaching

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Abstract: "Comprehensive development and cultivation of individuality" is the main theme of future education development, and it is also a new requirement put forward by the state for physical education. In order to meet the needs of students of different levels and interests, it is necessary to reform the badminton teaching in colleges and universities. The formulation of teaching objectives is the most important task of physical education teaching, and it also has important theoretical and practical significance for students' individualized and diversified teaching. This paper briefly introduces the concept of goal setting teaching method, and mainly analyzes the effect of goal setting teaching method in college badminton teaching. Finally, it puts forward some opinions on the application of goal setting teaching method in college badminton teaching. The purpose is to promote college badminton education reform, improve the effect of badminton teaching, cultivate college students' interest in badminton, and promote students' all-round development.

1. Introduction

In recent years, due to the rapid development of badminton, many colleges and universities are gradually offering badminton courses. However, due to the lack of relevant research on badminton teaching, many teachers cannot carry out systematic teaching in the teaching process. Especially in various teaching stages and various tactical aspects of badminton, students do not have a certain learning goal. At the same time, students ignore some basic technical exercises and prefer to play badminton competition to improve their skills. This often results in students' basic skills in badminton not being solid enough, thus limiting their own level of improvement and understanding the entertainment value of badminton. Through scientific goal setting, teachers and students can effectively teach and learn in a badminton class to a certain extent, and improve the comprehensive level of students' badminton sports^[1].

2. The concept and connotation of goal setting teaching method

The goal setting teaching method actually means that in the process of organizing teaching activities, according to the actual learning of different students, the teachers and students jointly develop a teaching that is suitable for students' learning and helps students develop. Compared with the traditional teaching methods, the goal setting teaching method has the following characteristics: firstly, the teaching activities carried out are centered and oriented on teaching objectives. Secondly,

the setting of the teaching objectives is the participation of the teachers and students. Finally, the setting of teaching objectives is different. According to the different learning foundations and learning abilities of different students, the set teaching objectives are also different. Figure 1 is about the application of target setting in physical education practice.

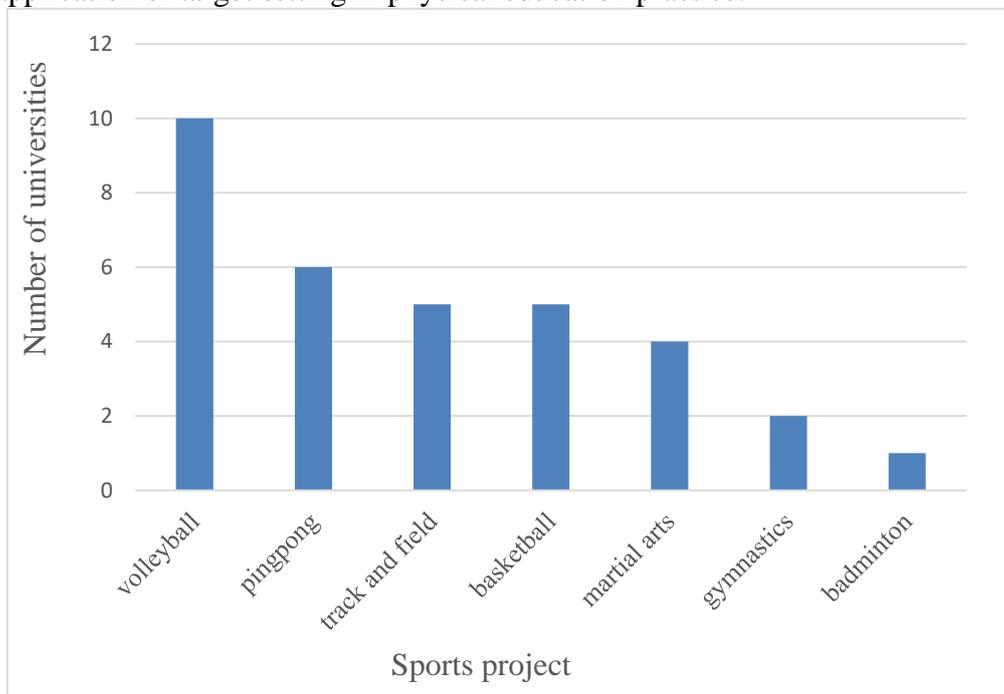


Figure 1. Goal setting in various fields of teaching

3. Application effect of goal setting teaching method in college badminton teaching

In general, the application value of the goal setting teaching method in college badminton teaching can be summarized as follows:

3.1 Give full play to the role of students

The application of goal setting teaching method in college badminton teaching fully affirms the subjective position of students in learning and contributes to the role of students. In the process of applying the goal setting teaching method to organize college badminton teaching, the teacher will not only set different learning goals according to the actual situation of different students, but also let the students participate in the process of goal setting. This effectively promotes the internalization of students' set learning goals, enabling students to participate actively, actively and actively in the whole learning process. This fully embodies the teaching concept of taking students as the main body, and has a positive role in promoting the main role of students in college badminton teaching^[2].

3.2 Help students accumulate a good learning experience

The application of goal setting teaching method in college badminton teaching helps students to accumulate a good learning experience. In the process of organizing college badminton teaching activities by using the target setting teaching method, according to the actual situation of different students, clear and challenging teaching objectives that meet the latest development zone theory are set. This will enable students to have a high level of satisfaction in the process of completing their

learning goals. This kind of satisfaction will encourage students to be more proactive in the new round of learning activities, which will effectively stimulate students' interest in badminton learning, produce good performance effects, and let students gradually accumulate a good learning experience. Table 1 is the evaluation of the teaching effect of the target setting teaching method after the experiment.

Table 1. Survey statistics of two classes of teaching after the experiment

Survey content	Experimental class			Control class		
	Yes	uncertain	No	Yes	uncertain	No
Do you agree with the teacher's teaching methods and teaching ideas?	88%	10%	2%	60%	25%	15%
Does the teacher's teaching method significantly improve your learning ability?	95%	2%	3%	65%	30%	5%
Can the teacher's teaching method improve your self-confidence?	91%	6%	3%	70%	20%	10%

3.3 Correct the attitude of students

The application of the goal setting teaching method in college badminton teaching can guide students to form a correct learning direction and help to correct the students' learning attitude. In the process of organizing college badminton teaching activities using the goal setting teaching method, reasonable, clear and effective goal setting enables students to better understand their learning goals and learning tasks. In this way, before the learning activities are carried out, the students will form the correct learning direction, which will stimulate the students' learning motivation, correct the students' learning attitude, and let them enter the learning activities with a more ideal attitude^[3].

3.4 Enhance students' self-confidence

Badminton is a sports program that includes multiple techniques and multiple tactics. In the teaching of professional courses, the learning and practice of each technology and tactics should be clearly set, so that students have clear goals and encourage them to master the content as soon as possible. For example, when performing a high-altitude ball, the teacher stipulates the drop point and the percentage of the student who reaches the ball drop point. Specific and clear goals can induce students to make serious efforts and strive to achieve self-motivation. This will help students improve their level of exercise and improve the quality of teachers' teaching. When students realize their own improvement at the same time can greatly enhance their confidence and learning motivation^[4].

4. Application points of goal setting teaching method in college badminton teaching

4.1 Interest cut-in setting technique

The teacher selects the badminton technical skills and badminton events with strong interest points of the students as the entry point for the teaching goal setting. This is the scientific practice of activating, discovering and developing students' badminton and their interest in sports. There are two effective entry points: badminton star cuts and badminton games. For the badminton star entry

point. In the teaching, the teacher integrates the characteristics of each badminton star into the teaching content and training links. In this way, students will carry out in-depth badminton learning activities with the worship and love of badminton stars, and gradually cultivate and enhance their interest in learning. For the entry point of the badminton game form. Teachers use badminton or badminton rackets, even badminton nets and venues to create badminton games. In this way, students can learn badminton, learn and use badminton technical skills in a cheerful atmosphere, and achieve the purpose of badminton teaching^[5].

4.2 Achievement sense protection setting technology

Actively discovering students' progress and stimulating them is an important way to develop students' confidence and enthusiasm. There are two ways to protect students' sense of achievement: basic common incentives and differentiated targeted incentives. For the basic common incentive method, it is a method of protecting the sense of accomplishment for all students or most students. According to the performance of students in daily teaching and training, teachers generally praise students for their badminton technical skills, tactical mastery and physical fitness improvement. This will enable the students to consciously check the position, find their own progress, and then enhance their enthusiasm and sports interest. For the differentiated targeted incentives, it is a scientific approach that respects differences. Due to the differences between students, teachers are clearly commended for their different levels of progress for students of different physiques and learning abilities.

In addition, teachers can classify the students' badminton learning achievement in order to build up their confidence in badminton learning and other sports. For example, the exercise load of the students with morbid physique will be increased orderly, the weight of the obese students will be reduced gradually, and the badminton competitive skills of the students who like sports will be mastered comprehensively. Only in this way can the development of the students be promoted comprehensively.

5. Conclusions

The goal setting teaching method is one of the basic teaching methods for college badminton teaching. It has clear guidance and support for teachers' teaching design and student learning rhythm control. But in practice, teachers should pay attention to the difficulty coefficient of goal setting. The difficulty setting should not only ensure the challenge to students' physical ability and technology, but also enable students to preliminarily master or even skillfully master the knowledge through in-class learning and training. Only in this way can they truly see their progress, stimulate their interest in badminton, and innovate the ability to personalize their movements, thus laying a foundation for their future career development and happy life.

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