

DEVELOPING THE SPEED AND POWER QUALITY OF COLLEGE STUDENTS BASED ON THE APPLICATION OF TENNIS IN COLLEGE PHYSICAL EDUCATION

Zhao Zimu,

master's student VSU named after P.M. Masherov, Vitebsk, Republic of Belarus
Supervisor – Shpak V.G., candidate of Pedagogical Sciences, Associate Professor

As tennis gradually becomes known to the public in China, more and more people are actively participating in tennis, especially in economically developed areas. It is no longer restricted by venues. Many people regard tennis as a form of leisure and entertainment. In 2017, the National University Games listed tennis as an official event. This also highlights that China attaches increasing importance to tennis, and various universities are also developing tennis projects to cultivate outstanding college tennis players. The improvement of college students' tennis competitive ability is not only improved through comparative competition, but also requires accumulated training over time to improve their own competitive level.

The purpose of this course is to use tennis methods to cultivate the physical fitness, strength and speed development of college students.

Material and methods. To write the article, the following research methods were used: Literature method, experimental method, data statistics method and logical analysis method.

Results and their discussion. Physique is the basis of health, and health is the goal of physique. The two are different but related. The party and the state attach great importance to physical education in colleges and universities, and have successively promulgated the "Regulations on Physical Education in Schools", "Standards for Physical Exercise of the State General Administration of Sports", "Standards for Physical Health of College Students", etc. "College Students" and other laws and regulations aimed at improving the physical health of college students. Improve the self-care ability and health level of college students, and cultivate qualified talents for socialist modernization. But the actual situation is that the physical quality of college students is declining year by year. In addition to the seated forward flexion index, physical fitness such as explosive power, strength, and endurance in my country's 19-22-year-old age group have further declined, but the decline has been significantly lower than (2000-2005). Compared with the five-year period, the standing long jump, pull-ups, 1000m run, and grip strength scores of boys in the 19-22 age group have all declined, including the standing long jump, sit-ups, 800m, and 50m [1].

Fan Hongbin believes that the test indicators of strength quality are an important part of the current international physical fitness test.

Each country holds different views and ideas on strength and quality inspection indicators, resulting in various inspection index systems showing varying degrees of commonality and differences. The author starts from the characteristics of human sports anatomy and defines the indicators according to the "body" according to the distribution of different parts of the body. The strength quality is determined by the upper limbs, lower limbs and trunk of the body. Therefore, the test indicators of strength quality are determined as upper limb pull-ups and standard push-ups (men). And do push-ups with knees bent (female); the trunk indicators use 90° dynamic trunk extension and plank support. The lower limb index was chosen as standing broad jump [2].

Ke Yong and Yu Gongwei established the first strength quality index using trunk strength, upper limb strength and lower limb strength. After expert screening, 12 secondary indicators were finally determined. Upper body strength: Bench press, push-ups, incline bar press, clean and jerk bar. Body strength: sit-ups, prone back kicks, hanging legs, snatches.

Lower body strength: kettlebells, weighted squat jumps, sustained ground contact, half squats. The author integrated the views of other scholars and established a relatively comprehensive strength and quality evaluation index system [3].

The inherent characteristics and value of tennis have led more and more people to gradually join the ranks of tennis. Compared with other sports, tennis has higher self-training value.

Wang Xiaoting said in the article "A Brief Analysis of the Lifelong Fitness Function of Tennis": In terms of its impact on the body, tennis can not only exercise the strength of muscles and joints, but also strengthen them, which is also very helpful in shaping the body [4].

Sun Zhiyou said in the article "On the Cultural Attributes of Tennis" that tennis can bring all-round physical and mental exercise value, and it can last throughout a person's life and benefit him throughout his life. It can not only enhance the functions of various systems and organs, but also play a great role in cultivating people's psychological quality and will quality [5].

Feng Qianmei pointed out in the article "On Tennis Sports and Health" that playing tennis can promote the uniform development of the body, so it has certain fitness value. Playing tennis can relax people's body and mind, so it has certain psychological value [6].

Research on tennis technology has reached a high level, and research on the impact of tennis on people's mental health has gradually received attention. At present, the current situation of tennis in colleges and universities in my country is different. There are many problems in the implementation of tennis in colleges and universities. We should correctly summarize the reasons and propose corresponding measures to actively face them, in order to promote the steady development of tennis in colleges and universities.

Conclusion. 1. The impact on body shape: for height has little effect on weight, can weight control, but less exercise, short time is difficult to lose weight effect.

2. The impact on physical function: can improve the lung capacity of boys, maintain the lung capacity of girls, but real; Short test time, insufficient exercise intensity, the effect is not significant.

3. The impact on physical quality: the effect on strength quality is not obvious; Flexibility for developing college students; the effect of mass was significant. It can enhance the endurance quality, but not significantly; The quality of speed is significantly improved.

4. The influence on sports motivation and exercise habits: This can be clarified in the analysis of research results; found that the students in the experimental group showed a significant increase in interest in sports after practicing tennis; there has been a relative increase in participation in all types of sports, and movement has become more active.

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