

Analysis and Discussion of the Current Development Status of Volleyball in Regular Higher Education Institutions in Sichuan Province

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Abstract: This paper aims to investigate the current development status of volleyball in regular higher education institutions in Sichuan Province and the primary factors influencing its development. Through literature review, questionnaire surveys, and on-site investigations, we have reviewed the development status of volleyball in Sichuan's higher education institutions and proposed a series of reform measures, including the cultivation of an excellent coaching team, improvement of the competition system, and optimization of teaching methods. This research hopes to provide reference and guidance for the development of campus volleyball, promoting the prosperity of campus sports. We aim to explore the intrinsic connections of factors that hinder development, identify existing issues, and propose solutions. The research conclusions are as follows: Sichuan's higher education institutions have made considerable material investments in venue construction, maintenance of venue operations, and repairs of sports equipment, which provide good material support for the development of volleyball in higher education institutions and lay a solid foundation for hosting more international competitions in Sichuan Province. However, some institutions still face limitations in terms of venue availability, making it challenging to meet the needs of volleyball development. In terms of the offering of volleyball courses, the actual number of class hours for elective volleyball courses in regular higher education institutions is insufficient to meet teaching requirements, with teaching practices being relatively one-dimensional and lacking in theoretical instruction. The majority of volleyball teachers in Sichuan's higher education institutions are young teachers with limited experience and relatively weak teaching methods, and there is a significant age gap between new and senior teachers, with insufficient support from outstanding young teachers. The establishment of campus volleyball teams and volleyball clubs has not received the attention it deserves. Campus volleyball teams are mostly assembled temporarily after the distribution of competition documents, with a short team formation time and inadequate periodic training, making it difficult to harmonize students' course schedules.

Keywords: Regular Higher Education Institutions in Sichuan Province, Campus Volleyball, Development

1. Introduction

In the just-concluded Sichuan Provincial University Games, Chinese university athletes achieved remarkable success with 103 gold, 40 silver, and 35 bronze medals, securing their position at the top of the gold and overall medal rankings. This outstanding performance has not only elevated Sichuan Province on the international stage but has also contributed to making Chengdu, China, a renowned city for sports events, thus having a significant impact on the sports facility development in the city. It's worth noting that the women's volleyball team from Chinese universities earned a team gold medal, which is expected to boost the enthusiasm of college students for participating in volleyball. However, upon conducting an investigation into the state of volleyball development at some universities in Sichuan Province, the results were less than satisfactory. The current state of campus volleyball, especially concerning infrastructure and teaching methods, requires urgent attention. This paper aims to explore the current state of campus volleyball, analyze the existing problems and challenges, and provide valuable insights to promote the development of campus volleyball.

2. Research Methods

2.1. Literature Review

We extensively utilized modern information technologies, such as the China National Knowledge Infrastructure (CNKI), the China Academic Journals (CNJ), and international internet resources, to retrieve relevant information for this study. This allowed us to systematically acquire literature and data related to the current research on volleyball in Sichuan's higher education institutions. We then screened, summarized, and organized this information, providing a rich source of reference materials and data for this research.

2.2. Questionnaire Survey

Guided by the research objectives and expert opinions, we conducted a web-based questionnaire survey, receiving a total of 284 valid responses from students at universities such as Sichuan University, Southwest Jiaotong University, and Southwest University of Finance and Economics. The response rate for the survey was 92.8%.

2.3. On-Site Investigations

We conducted on-site visits to Chengdu's sports facilities and engaged in discussions and interviews with relevant facility management personnel. Additionally, we interacted with students participating in sports to gain insights into current issues related to sports facility management and constructive goals for sustainable development.

3. Results and Analysis

3.1. Current Status of Infrastructure in Sichuan's Higher Education Institutions for Volleyball

3.1.1. Venue Usage Status

In the collected questionnaires, 46.48% of students indicated that the usage of volleyball courts was unsatisfactory. The reasons included a lack of motivation to use the courts during free time, weather-related limitations on outdoor courts, and the absence of protective fencing between courts, resulting in the inconvenience of retrieving the ball during practice.

3.1.2. Venue Facility Development

The survey revealed that 64.79% of students prioritize the level of facility development when choosing courses. Many universities in our survey maintain 1-2 indoor volleyball courts, while some institutions have large outdoor training areas. Due to Sichuan's climate, the timely maintenance and repair of outdoor courts are vital. Many outdoor courts have become uneven and aged, no longer suitable for volleyball, which requires precise and rapid movements, leading to potential safety concerns and impacting the use of teaching facilities [1].

3.2. Current Status of Volleyball Courses for Regular Students in Sichuan's Higher Education Institutions

3.2.1. Current State of Student Learning in the Classroom

According to the survey statistics, 87.32% of students consider volleyball to be somewhat challenging. The primary reasons for this perception are that volleyball is a sport that places a strong emphasis on precision, featuring a relatively high level of difficulty. Volleyball also requires teamwork to succeed. During volleyball play, the process of ball contact must not exceed one second. This makes volleyball relatively challenging for some students, as it lacks direct confrontations across the net and may not offer as immediate sensory stimulation. Furthermore, two fundamental actions in volleyball, namely, "setting" and "passing," demand high precision and often entail students practicing repetitive and somewhat monotonous actions in the classroom to achieve mastery. Many regular students find it challenging to sustain prolonged engagement in mechanical skill learning [2].

3.2.2. Teaching Conditions in the Classroom

The questionnaire results reveal that 45.07% of students' motivation to learn is influenced by their instructors' teaching methods and competence. Since volleyball is one of the elective examination subjects for the college entrance examination, some students, owing to the higher physical fitness requirements for sports like soccer and basketball, opt for volleyball as it is perceived to have a relatively lower degree of difficulty. Consequently, in the context of higher education, students exhibit varying levels of foundational skills, making it challenging to maintain a consistent pace of instruction across the board [3].

3.2.3. Current State of Textbook Selection for College Volleyball

Volleyball textbooks are continually updated and revised to better align with international volleyball regulations and updated rules. For instance, in some authoritative sports colleges and universities, newer textbooks incorporate updated technical concepts, whereas older textbooks still adhere to traditional categorizations. In Sichuan's higher education institutions, the selection of volleyball textbooks should prioritize those that are attuned to the contemporary era and align with the curriculum requirements of the respective schools. This aspect is especially crucial for improving the content and methodologies of volleyball instruction [4].

3.3. Current State of Teaching Staff in Sichuan's Higher Education Institutions

3.3.1. Status of the Development of Teaching Teams for Volleyball in Higher Education Institutions

The development of teaching staff is a key focus for the project and a core element of teaching. Teachers should have strict requirements for their professional teaching abilities, moral qualities, and

psychological qualities. Through interviews conducted as part of on-site investigations, we found that the number of volleyball teachers at higher education institutions in Sichuan is not large. Generally, they teach major volleyball, as well as minor sports such as badminton, swimming, and table tennis. This indicates that the competence of volleyball teachers in Sichuan's higher education institutions is relatively strong, and they are capable of teaching multiple sports. However, due to the high difficulty of volleyball, there are currently no secondary volleyball teachers among the physical education faculty. In summary, the professional competence of volleyball teachers is strong, but the shortage of teachers for physical education classes directly affects student course selection, limiting the availability of volleyball courses. In the recent turnover of teaching staff at Sichuan's higher education institutions, young teachers have become the main force. However, this has resulted in a significant age gap within the teaching staff, with a lack of middle-aged teachers. Therefore, it is crucial to establish a training system for young teachers to promote interactions and learning between new and experienced teachers. This will also facilitate a shift in teaching concepts, making educational goals clearer. Selecting and utilizing updated teaching materials for volleyball instruction is essential for enhancing teaching quality. Hence, the development of the physical education teaching staff is a pressing issue affecting the development of campus volleyball.

3.3.2. Current State of Establishing Sports Teams by Volleyball Teachers in Higher Education Institutions

The future of China's sports development lies in enhancing the core competitiveness of underrepresented sports. Emphasis has been placed on the development of collective sports projects, with a focus on the "big three" (basketball, football, and volleyball). Sichuan's higher education institutions have also provided substantial support for collective projects, categorizing campus sports teams into vocational colleges, academic colleges, and specialized colleges. These categories offer a clear distinction in team construction and skill levels. However, most schools allocate limited funds and support for campus volleyball teams, resulting in minimal financial resources for team training and coach expenses. This forces most teams to practice only once a week or after receiving competition documents, posing added pressure on coaches and limiting the development of student skills.

4. Conclusion and Recommendations

4.1. Conclusion

4.1.1. Inadequate Venue Operation

Sichuan's higher education institutions need to improve their investment in volleyball venue construction and the maintenance of venue operations. The lack of smart facility management also needs to be addressed.

4.1.2. Insufficient Refinement in Teaching Organization

In the development of volleyball courses, teaching methods and approaches need to be diversified and adjusted according to the specific needs and skills of the students in each class. Stratified teaching can enhance the effectiveness of volleyball instruction.

4.1.3. Uneven Teaching Competence

Sichuan's higher education institutions primarily employ young teachers as volleyball instructors. These young teachers often lack experience and may have relatively weaker teaching methods. The

significant age gap between new and senior teachers, with a lack of middle-aged teachers, presents a challenge.

4.1.4. Limited Variety in Competitive Events

Campus volleyball teams are mostly formed temporarily after the issuance of competition documents, leading to short training periods and difficulty in coordinating student schedules. Limited opportunities for competition hinder the students' ability to practice and compete effectively.

4.2. Recommendations

4.2.1. Student-Centric Approach and Enhanced Services

Efforts should be made to improve the intelligence of volleyball facilities, regular maintenance, and strategic planning to maximize court usage. Instructors in Sichuan's higher education institutions should focus on increasing student interest and adopt a student-centric approach to teaching. Each institution should continually update teaching content, course offerings, and examination assessment systems to make the teaching process systematic and scientific.

4.2.2. Secure Support from the Schools for Campus Volleyball

Enhance the development of the teaching staff, offering targeted guidance based on the teaching abilities of each volleyball teacher. Improve the working conditions and compensation for coaches. Scientifically structure training periods and seek support from the schools to accommodate student-athletes' training schedules. This will ensure that student-athletes receive the necessary support for their training.

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