

# Exploring Best Practices of University Table Tennis Teams in China: Basis for Improving Table Tennis Sports Training

Ying Wang \*

Graduate School, Adamson University, CO 1000, Philippines

\* Corresponding author Email: wy512540062@163.com

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**Abstract:** This article is a qualitative research, using interview method to investigate the table tennis teams of six Chinese universities to understand the development of Chinese university table tennis teams from the perspective of their management structure, enrollment process, cultural learning, team training, source of funding, team's budget, and assisting organizations to the teams. Through the interviews, it was learned that the table tennis teams of these universities are mainly divided into three types, the first one is independent enrollment, which requires that the students applying for the exams have a Level 2 Athlete Certificate, and the table tennis exams and the cultural learning exams are both conducted independently. The second type is for students who are admitted to the university by the general college entrance examination, they will participate in the school's selection competition after entering the university, and the winners will be selected to join the school's table tennis team. The third type is a combination of a high-level enrollment test and a college entrance exam. After passing the school's table tennis test, the student will take the college entrance exam and be admitted on merit after reaching the school's admission line. Coaches and athletes generally believe that nowadays the examination system for college athletes is getting better and fairer, and that coaches and athletes have high recognition of their school table tennis teams, and that each school has a good atmosphere for training and competition with perfect training, teaching, and medical facilities and security, and participates in regular competitions in the province or the whole country. By understanding the different development models of university table tennis teams in China, we hope to help university table tennis teams to summarize their experiences and find a better development direction.

**Keywords:** University Table Tennis Team; Table Tennis Players; Explore and Develop.

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## 1. Introduction

Table tennis is a popular sport in the world. In the 19th century, it was born as a leisure and entertainment activity for European aristocrats, and then spread throughout the world. Table tennis is governed by the International Table Tennis Federation (ITTF), a worldwide organization founded in 1926. ITTF currently includes 226 member associations. There are now three major table tennis events, which are the highest level competitions in the world table tennis world. They are the World Table Tennis Championships, Table Tennis World Cup and Olympic Table Tennis Competitions. Before 1980, the world table tennis landscape went through stages such as European domination, Japanese hegemony, China's rise, and Eurasian confrontation. From 1980 to now, China has dominated the table tennis world and won almost all gold medals in international table tennis competitions. In the table tennis competitions of the recent World University Games, Chinese athletes have won all the gold medals and have a significant advantage among young players.

Table tennis is known as the "national sport" in China. It has a very good foundation and can be found in almost every corner of cities and villages. Whether in schools, communities or parks, people can see fierce competition and laughter. Table tennis is not only a competitive event, but also a form of national fitness that promotes people's physical health and social communication. Table tennis has also played an important role in the international political arena in history, promoting diplomatic exchanges between China and the United States, becoming a bridge between China and the

United States, and paving the way for international friendship and cooperation.

For China, table tennis is not only a sport, but also a symbol of national pride and strength. It conveys China's wisdom, tenacity and fighting spirit to every corner of the world and becomes a shining business card on the international stage.

China has many international table tennis training bases. Every year, thousands of table tennis players and enthusiasts from all over the world come to study and study the development of table tennis in China, which is very important for the development of world table tennis projects. significance. The Chinese university table tennis team is at the leading level in the world, and their training and management methods have a certain reference role for university table tennis teams in other countries.

## 2. Statement of the Problem

Specifically, this study will seek answers to the following questions:

1. What is the profile of table tennis team members among the six Universities?
2. Is there a significant difference among the six Table tennis teams in terms of:
  - a. management structures;
  - b. recruitment process;
  - c. cultural learning;
  - d. training;
  - e. source of fund;
  - f. budget for the tennis sports and assistance to the team;
  - g. competition joined.
3. What are the perceived best practices that are effective in the training of table tennis teams from various universities?

### 3. Scope and Delimitation of the Study

The survey subjects will select for this article are table tennis team coaches and athletes in the schools investigated, as well as table tennis-related staff. The selected universities are distributed in 6 provinces with different geography, history, and economic development in China. Hubei Province is a province in central China, and its economy ranks at the forefront; Guangdong Province is located in the south of China, and its economy is very developed. Shanxi Province and Inner Mongolia belong to the northern provinces of China, and their economic development is at a lower-middle level; Gansu Province belongs to the northwestern province of China, and their economy is relatively backward; Tianjin City It is a municipality directly under the Central Government in China, close to Beijing, and has a developed economy. The selection of specific survey objects is mainly divided into two parts: coaches and athletes. After careful screening, a total of 6 college table tennis teams under investigation were identified, with about 12 players and 6 coaches, each university has 2 players and one coach.

Selecting 6 provinces with different economies, geography, and histories can better compare the differences between university table tennis teams in different regions. Moreover, the coaches of these teams were once my teammates, which made it easier for me to conduct in-depth interviews with them and also provided guarantee for cooperation in the research.

### 4. Theoretical Framework

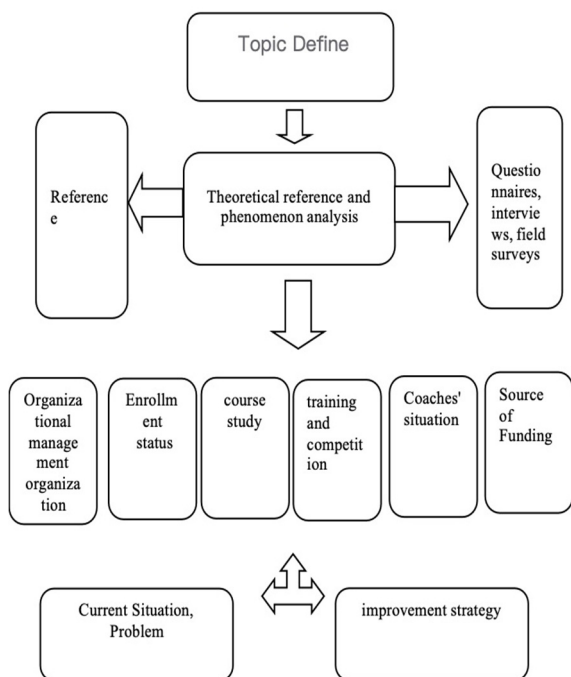


Figure 1. Research paradigm

In terms of theoretical framework design, as a qualitative research, it roughly includes the following steps:

1. Preparation: Collect data, establish research topics and research hypotheses.
2. Strategy: Establish the research method and content, and modify the research design according to the collected and investigated data.
3. Logistics: coded and statistically processed interview records and observation notes

4. Evaluation: The collected data are comprehensively analyzed and combined with the current situation of table tennis team construction in colleges and universities in China.

Based on the actual situation, this paper analyzes the organization and management structure, enrollment situation, cultural learning, training and competition, coach situation and funding source of the high-level table tennis team construction in colleges and universities. Write a thesis and organize the various conclusions drawn into a qualified doctoral thesis according to logical rules and thesis language standards.

Athlete support: In terms of path design, this study is formulated according to the construction of college table tennis teams and the training process of athletes.

### 5. Research Object

This study will include the organization, recruitment process, cultural study, training and competition, coaches and funding of table tennis teams from six universities including Shanxi University, Huazhong Agricultural University, Tianshui Normal University, Tianjin Institute of Physical Education, Inner Mongolia University, and Xiamen University Jiageng College. Management is the object of study. The interview and survey targets mainly include coaches, athletes and experts with relevant experience from six table tennis teams of Shanxi University, Huazhong Agricultural University, Tianshui Normal University, Tianjin Institute of Physical Education, Inner Mongolia University, and Xiamen University Jiageng College.

## 6. METHODOLOGY

### 6.1. Research Design

The research design is qualitative exploratory study. It will be utilized to understand the topic of interest and connect ideas from various sources. It allows flexibility in terms of exploring concepts with very limited information available in previous studies.

#### 1. Documentation method

According to the needs of the research, through the national policies for high-level sports teams in Chinese universities, and by consulting relevant literature and other literature on the Internet, through the excellent master's degree and doctoral thesis databases of China National Knowledge Infrastructure, China Academic Journal Network, Wanfang Database, search for keywords such as "college", "table tennis team" and "management", "cultural learning", "admissions", "courses", "training", "competition", "coach", "funding", etc., to find literature about table tennis players in Chinese universities.

#### 2. Interview method

According to the needs of this study, an interview outline for college table tennis team managers was formulated. By interviewing high-level sports team coaches from six universities and experts and scholars with relevant experience, targeted questions were raised and the outline of this study was formulated. Conduct in-depth interviews with coaches and table tennis team members.

In order to have a more in-depth understanding and analysis of the construction and development of table tennis teams in colleges and universities, this study conducted in-depth interviews with some people related to this research topic. During the entire interview design and implementation process, the following three principles were strictly adhered

to: First, all interviewers conducted interviews on a voluntary basis and were given the right to refuse to answer questions during the interview; second, the interview content and interview records of all personnel will not be seen by others; third, the entire interview was conducted anonymously and confidentially, which will not cause any psychological worries and resistance to the interviewees.

### 3. Logical analysis method

For the literature studied in this article, the interview content and reference materials of 6 universities are compared, summarized and organized by classification, and then the 6 universities are compared and analyzed on the table tennis team organization and management structure, enrollment situation, cultural learning, training and competition, and coaching. By analyzing the differences in staff status, funding sources, etc. We can derive the advantages and disadvantages of several universities' management and improve the school's team management level.

## 6.2. Data Analysis

After I collect the data from the questionnaire, I will use SPSS to analyze the collected data. It mainly analyzes the proportion of each answer, focusing on the table tennis team's cultural learning, training and competition, and coaches' situation. I will learn about the team organization and management, enrollment process, and funding sources through in-depth interviews.

The qualitative data gathered will be analyzed thematically following the steps of Thematic Analysis by Braun and Clark (2006).

## 6.3. Ethical Considerations

**Privacy and Confidentiality:** This study ensures that the personal information and privacy of all persons participating in the investigation will be kept confidential and will not be disclosed.

**Informed consent:** All subjects surveyed in this study have obtained the consent of the investigators beforehand. First, all interviewers conducted interviews voluntarily and were given the right to refuse to answer questions during the interview process; second, the interview content and interview records of all interviewees will not be seen by others; third Third, the entire interview was conducted anonymously and confidentially, so that the interviewees would not have any psychological worries or resistance.

**Recruiting interviewees:** Contact the coaches of the interviewed sports teams through the Internet. Under the premise of ensuring voluntariness, each team randomly selects 1 coach and 2 athletes for in-depth interviews, and randomly selects 1 coach and 13 athletes. Questionnaire. Contact table tennis-related staff, such as referees, club managers, and club coaches, by phone to ask for advice on whether interviews can be conducted.

**Consent:** All surveys in this survey follow the principle of voluntariness, and the questions surveyed have the consent of the respondents.

**Risks:** There may be certain risks in this survey. For risks caused by external force majeure or man-made factors, I will make changes at any time according to the research process without affecting the purpose and process of the survey.

**Benefits:** This study will provide the research results and analysis to the respondents, and they can scientifically improve the sports team based on the research results.

**Incentives and compensation:** This study prepared a small

gift as a reward for all participants in the survey, a table tennis pendant, to thank them for their support.

**Collaborative research within the scope of remit:** This investigation is limited to matters managed by coaches within the scope of remit of the school and does not include matters outside the scope of the coach's remit.

## 7. Results and Analysis

### 7.1. Coach Interview:

Below is a compilation of my interviews with coaches, because of space constraints I have summarized my interviews with 6 coaches and written them after each question.

**Question 1.** What department does your team belong to? Which department do you need permission from to recruit and participate in tournaments?

Through the interviews, four of the six schools' table tennis teams belonged to table tennis teams under the College of Physical Education and two belonged to table tennis teams under the Department of Physical Education and Research. They all need permission from the higher authorities if they are enrolling for intramural enrollment, and from the school's admissions department if they are enrolling for high school enrollment.

**Question 2.** What is your enrollment process?

They have three types of admissions. The first is an independent enrollment exam. This type of exam requires candidates to have a Level 2 Athletic Level Certificate and is primarily for retired athletes. The independent examination process for sports is nationally standardized and the General Administration of Sport of China is responsible for the examination. Candidates can enroll in the official website of the enrollment institutions to check enrollment briefs, candidates based on institutional enrollment briefs, in the prescribed time through the "sports examination system" for registration, registration should be a reasonable choice of no more than two enrollment institutions, and to determine the order of volunteers. Candidates according to the sports special test fees and the provincial admission examination institutions in the cultural examination fees, online payment of examination fees. Candidates applying for the school must have China's second-class athlete certificate, registration time every year from March 1, 12:00 to March 10, 12:00. exam for the period from March 20 to May 10 every year. The sports special examination is conducted in the mode of national unified examination and regional unified examination, and the Department of Science and Education of the General Administration of Sport of China commissions the relevant institutions to organize and implement the examination. The competition examination for table tennis is held at Shanghai University of Physical Education, and the cultural level test is conducted within a designated university in each province. At the end of the examination there will be a comprehensive evaluation based on the candidates' cultural scores (after converting into a percentage) and sport-specific scores in the ratio of 3:7 to calculate the candidates' comprehensive score for admission. The specific formula is: Comprehensive score = (cultural score/6) × 30% + sports-specific score × 70%. The comprehensive score is calculated by retaining two decimal places and adopting the method of rounding up and down counting and retaining. Admission is based on merit in order of ranking.

The second type is on-campus enrollment. It is mainly for

the students who have been admitted to the university through the college entrance examination, and is selected from various colleges of the university, and organizes the "Freshman Cup Table Tennis" tournament after the beginning of the freshman year, and selects the outstanding table tennis players through the tournament. Usually, this type of players are ordinary students, not athletes, they have their own majors, such as botany, biology, computer science, etc. They just love table tennis, so they are willing to participate in the school's table tennis activities.

The third type is the high level athlete exam. This type of student needs to be a national level or level 2 or above athlete, then around December every year, each school will conduct a school test, all the students who apply for the test come to the school to have a table tennis skill test, based on the result of the test, the school will talk to the students and set the standard of their cultural performance. Generally speaking, after the students pass the table tennis skills test, they will take the Chinese college entrance exam and their cultural score needs to reach 65% of the second batch line to be admitted.

Question 3. Are you satisfied with the current enrollment of athletes? What are the reasons?

The coaches of these universities are satisfied with the admissions. Due to the change in the mode of independent examination of Chinese sports, the students recruited now are much better than before. Before, the source of students was concentrated in a certain province, but now students from all over the country apply for the examination, and the students' table tennis skills and cultural level have been greatly improved.

Question 4. How are the cultural studies of your team's athletes?

The cultural performance of students from all schools is improving and is much better than the previous team members. It is difficult for student athletes to pass the school's cultural level test, now almost all candidates can exceed the score line. The knowledge level of the candidates who take the table tennis test is weaker than that of ordinary high school students, but it is already higher than that of the previous students.

Question 5. What are the conditions of the fields in your school?

Almost all schools have very good venues with plenty of table tennis tables to use. However, most of them are not used independently. Daily PE lessons take up space and table tennis teams can only use the courts during scheduled training times. Because of this, the venue is used for other courses or operated for a fee during free time.

Question 6. How was your participation? Are you satisfied?

All schools participate in a number of competitions in the province or nationally. Students who have passed the physical education exam compete in the professional division, and students who have passed the general entrance exam compete in the "Sunshine Division". The results of the competitions vary according to each school, but the coaches are satisfied with the results.

Question 7. Is your team well-funded? What are the sources? How do you allocate and reimburse them?

All table tennis teams are funded by school grants. Their reimbursement also follows the school's process. The funds are basically used for students' training and competitions, e.g. training balls, regular expenses for competitions, sports uniforms, etc. The table tennis team does not need to pay student fees because they have the dual status of athletes and

students.

Question 8. How strong are your teams in terms of research, medical and safety?

In terms of research, if the school has a Master's degree in Physical Education, the table tennis team will be stronger and have more opportunities for research; if the school does not have a Master's degree in Physical Education, the only people who are involved in research are often the coaches of the table tennis team. In terms of health and safety, there is no need to worry about any school in China as there are very specialized school hospitals and campus security facilities for students and teachers.

## 7.2. Table Tennis Players Interviews

The following is a compilation of my interviews with athletes. Due to space constraints, I have summarized my interviews with 12 athletes and written them down after each question.

Question 1. Are you satisfied with your role as a member of the school table tennis team? What are the reasons?

I am satisfied that I am a member of the ping pong team and I am proud of it. The table tennis team is full of college students who love to play table tennis, we share the same love and topic, and we all cherish the opportunity to play table tennis together. We have a deep sense of belonging to the team.

Does your school table tennis team pay attention to your training?

Yes, they do. The coaches of the university are retired professional athletes with high level, many of their training experiences and theories are never touched by the students, and the training programs and guidance to the students on table tennis are very valuable to the students. The students interviewed generally said that they have never been in contact with such a high level of athletes and coaches, and they can learn a lot from the coaches.

Question 3. What was your process to pass the university exam? Are you satisfied with the current admission system for college table tennis players? What are the reasons?

Six of the students interviewed were admitted to universities through independent examinations in sports. Four were admitted to universities through the cultural scores of the Chinese college entrance examination, and two were admitted to universities through a combination of high-level athlete tests and college entrance examinations. People are generally satisfied with the current system of admitting table tennis athletes to universities and believe that the current test system will be fairer and more rigorous.

Q4. What do you think about the school's arrangement of your daily cultural course study?

Most of the students thought that the cultural course study arranged by the school meets their current needs. Only one candidate who combined high level and college entrance examination thought that the course was too difficult for him, he said, "My major is Economics and Management, the course arrangement is more difficult for athletes, and it does not help too much if they still need to work in sports, and the major has more limitations."

Question 5. Are you still satisfied with the training and competition arranged by your coach? What are the reasons?

All were very satisfied. One of the students said, "The training and competition plan made by the coach enables me to reasonably improve myself, recognize my own deficiencies, reasonably arrange the training time, adopt scientific and effective training methods, reasonably arrange the training

intensity according to the individual's physical condition and training goals, and avoid over-training and injury. Reasonable arrangement of diet and rest to ensure that the body receives adequate nutrition and rest. Regularly conduct evaluation and feedback of training effects, and make adjustments and improvements based on the feedback results."

## 8. Conclusion

The table tennis teams of the universities interviewed are mainly divided into three types. The first type is independent enrollment, which requires students to have a second-level athlete's certificate, and the table tennis examination and the cultural examination are carried out independently. The majors these students study are sports training, and the competitions they participate in are for the professional groups of college students. The second type is for the students who enter the university through the general college entrance examination, after they enter the university, they participate in the school's selection competition, and the winners are selected into the school's table tennis team, and their majors are various, which have nothing to do with sports, and they participate in the competition in the "Sunshine Group". The third type is the combination of the high level admission test and the college entrance examination. After passing the school's table tennis test, the students will take the college entrance examination and will be admitted on the basis of merit after reaching the school's admission line. This type of students can choose to study sports majors or other majors, have greater autonomy to participate in the competition is to participate in the professional group.

Coaches and athletes generally believe that nowadays the examination system for college athletes is getting better and fairer, and that coaches and athletes are highly recognized by their school's table tennis teams. Each school has well-developed training, teaching, and medical facilities and security, and participates in regular competitions in the province or the country, with a good atmosphere for training and competition.

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