

The Status and Development Strategies of Table Tennis in Guangzhou city

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Table tennis, a sport on the table, became the national sport of China in the 1950s and has since become a dominant sport in Chinese competitive sport, peaking over the years (1950-1960) at the Table Tennis Summer Olympics. However, due to the lack of technical innovation in recent years, the strength of China's table tennis is facing a serious challenge. In order to develop table tennis in China, the current situation must be understood. In this thesis, Guangzhou city is taken as the object of investigation. By using the methods of literature review.Questionnaire, mathematical statistics and paper interview, this thesis makes a comprehensive investigation and analysis on the situation of table tennis in Guangzhou, the results show that the development of table tennis in Guangzhou is rapid and the mass base is good, but there are still many problems: the gender ratio of residents in table tennis is out of balance, the level of age drops, and the level of consumption is low. Compared with Beijing, Shanghai and other cities, there is still a certain gap in the development space of table tennis in Guangzhou. The government sports departments should strengthen and standardize the management of the sports fitness and entertainment market, to strengthen the professional guidance and publicity support management of table tennis, increase input, increase some professional guidance of table tennis coach to residents and guide Guangzhou Table Tennis Market to prosperity.

Key words

Table Tennis Status Development

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1 Introduction

1.1 The origin of table tennis

Table tennis started in England and is derived from tennis (ITTF 2020). Inspired by the sport of tennis, around the second half of the 19th century, an indoor game similar to table tennis was popular in England with no uniform rules: it could be played to 10 points, 20 points, 50 or 100 points per game. According to the original rules, the ball can be served directly to the other side of the table or it can be served first to one side of the table and bounce to the other side of the table. The equipment used was quite different from today's rackets, which are hollow and shaped into a long-handled oval with parchment. The court was very simple, sometimes with a net on the table, sometimes with a net hanging from the floor between two chairs as pillars.

Around 1890 the English came across a hollow ball made of celluloid that was very bouncy. Thus, the ball slightly improved after the gradual introduction of the United Kingdom. Because the racket and the ball hit issued "ping" and the landing issued "pong", the game was also called "Ping pong Ball". In December 1900, the first big table tennis competition was held in London, England at the Summer Olympics. Men wore starched-collar shirts and slacks, and women wore skirts and even hats. (Xu 1965.)

With the continuous improvement and standardization of the rules of table tennis, table tennis has gradually become a professional sport. In 1926, the ITTF International Table Tennis Federation in Berlin, Germany, marking the formal entry of table tennis into the international arena. The establishment of the International Table

Tennis Federation has provided a broader stage and a more perfect organizational structure for the development of table tennis, and promoted the popularization of table tennis in the world.

The development of table tennis in the 20th century has experienced many changes and innovations. In 1930s, table tennis began to gain widespread popularity in the Asian region and became an important sport in countries such as China. In the 1960s, table tennis began to become an international sport, especially in the late 1960s to early 1970s, table tennis in the United States and other countries to create a boom.

After the Second World War, table tennis quickly became a popular sport all over the world. Table tennis was recognized by the International Olympic Committee and became an Olympic sport for the first time in 1988.

With the progress of Science and Technology and the development of globalization, table tennis has been more widely promoted and popularized. Nowadays, table tennis has become a high-profile international sport, with World Table Tennis Championships, Olympic Table tennis at the Summer Olympics and other important events held every year. Table tennis has also become a popular sport among young people. Many countries and regions have set up special table tennis training schools and clubs, it provides more opportunities for young people to take part in table tennis.

1.2 The characteristics of table tennis

Table tennis is a sport that requires intelligence, skill and physical fitness. Out of these, intelligence is the main confrontation. The five competitive elements are speed, rotation, power, arc and the point of impact. The game is scored by hitting the ball on the other side of the table in accordance with the rules to force the opponent to return the ball out of bounds or caught. It is characterized by a small ball, fast speed, many changes, strong skills and it is not limited by age, sex and physical conditions. It can be carried out in indoor and outdoor settings. Exercise can be light or vigorous with a wide range of adaptability and higher exercise value is relatively easy to carry out and popularize. (Tang 2005.)

Table tennis has three basic characteristics: diversity, openness and fineness. Regular participation in table tennis can develop people's strength, endurance, agility and speed. The intensity of sports is closely related to the level of skill, the intensity of competition and the level of practice. The athletes with high level of skill and the strength of the two sides are equal to each other, the intensity of the movement is big when they have many rounds in the competition, high quality of hitting the ball, and opposite when they are engaged in general practice and entertainment. (Wu 2004.)

Long-term participation in table tennis can effectively improve people's physical quality. With the continuous improvement of the level of activity range of the increase of exercise volume not only correspondingly improve the speed quality, strength quality and the body's sensitivity and coordination. It also improves muscular fitness and makes joint more flexible and stable. And It also regulates and improves nervous system flexibility. It enhances the central nervous system's ability to regulate other systems and organs, increasing the speed of response. When playing table tennis, the speed of the ball flying in the air is very fast. In a short time, the players are

required to observe the coming ball's direction, rotation, strength, landing point and so on in high-speed movement, make rapid judgments and take prompt countermeasures. (Chi 1996.)

1.3 The importance of table tennis in Guangzhou

In this bustling city of Guangzhou, table tennis is not only a sport, it is a culture, a spiritual sustenance, a link between people.

First, let's look at the importance of table tennis in Guangzhou from a historical perspective. As the South Gate of China, Guangzhou has always been a place where Chinese and Western cultures blend. As early as the early 20th century, table tennis has taken root in Guangzhou. At that time, people in Guangzhou were influenced by Western culture and began to contact and love table tennis. They set up clubs, associations, held a variety of games, and table tennis became an important way of leisure and entertainment in Guangzhou. This tradition has been continued to this day, making table tennis in Guangzhou have a deep history. (Liu 2003.)

Next, we will look at the status of table tennis in Guangzhou Society. As a national sport, table tennis is very popular in schools, communities, enterprises and institutions in Guangzhou. Table tennis is a good choice for adults, after-work recreation and for children's after-school entertainment. It not only can exercise the body, but also can train people's team spirit and competitive spirit. In addition, more and more table tennis events in Guangzhou, such as the annual "Guangzhou table tennis championship", "Guangzhou youth table tennis" and so on, attracting more and more people to participate.

At the same time, table tennis is very important. First of all, it is a kind of a communication bridge. Whether it is a business negotiation or a gathering of friends, table tennis can be a medium for people to communicate. Through table tennis, people can get to know each other better and build deeper connections. Secondly, table tennis also plays an important role in Guangzhou's education. Many schools take table tennis as a compulsory course, which aims to cultivate students' physical quality and competitive spirit. In addition, table tennis can also help people release pressure, adjust the mentality and better face the challenges of life.

2 Research Overview

2.1 Research background

After the founding of the People's Republic of China, Chinese table tennis gradually developed under the leadership of the government. In October 1952, the first national Table tennis competition at the Summer Olympics was held in the capital, Beijing, with the participation of male and female athletes from the six administrative regions (south-central, north-eastern, southwest, northwest, and East China) and the Association for the sports of the railway system, opening a new page in the history of the development of table tennis in New China. At the same time, "the Chinese Table Tennis Association" joined the International Table Tennis Federation. Since then, the national table tennis mass activities developed rapidly, and every year a variety of national table tennis events were held at the Summer games.

With the continuous enhancement of people's health awareness, people began to pursue a higher quality of life. As table tennis is a sport of great interest and entertainment, with simple equipment, skillful play and endless changes in actual combat techniques, it is easy to be widely developed and suitable for various crowds of men, women and children, and often participating in table tennis practice and competition can effectively develop sensitivity and coordination, improve movement speed and physical activity ability, improve the function of cardiovascular system and improve physical and mental health. It is helpful to cultivate the excellent quality and style of wit, determination, tenacity and enterprising, as well as the excellent performance of our table tennis athletes in the Olympic Games, which makes people more and more optimistic about table tennis. By combing the previous research literature, referring to the previous research results, the direction of the follow-up research, this thesis makes a systematic investigation and research on table tennis in Guangzhou, to understand the basic situation of table tennis and the participation of the public, to identify the factors restricting its development, and to put forward

possible countermeasures and suggestions for the development of table tennis in the city, and for the competent departments to formulate policies and systems, to provide a certain theoretical and practical basis. The aim of this thesis is to promote the development of public fitness and table tennis.

Table tennis is called "National Ball" in China, so there are many research results. Many experts and scholars have studied the development of table tennis in a certain field. Studying the development of table tennis in Guangzhou, Yu (2001) pointed out that the authorities, schools, enterprises and institutions had all seen good development and that table tennis was relatively weak in post-war sports competitions. The government should strengthen the sports public facilities and public sports activities, improve the level of public health, strengthen the grassroots community table tennis activities for the construction of services. Yang (2006) pointed out that the development of table tennis should pay more attention to recreation and fitness, the government and other state organs should provide policy guidance and legal supervision and protection for the development of table tennis, the government should invest in the research and infrastructure of table tennis in Yuan dynasty in accordance with the law, which indirectly provides guarantee for the realization of competitive table tennis and the development of table tennis league on the basis of serving the masses.

Some scholars have also studied the significance of table tennis for national fitness, and Yang (2000) pointed out in his academic research on the role and development strategy of table tennis in national fitness, table tennis is an important measure of national fitness reform and plays an important role in national fitness. It not only

enriches national fitness activities, but also opens up a bright road for its own development.

Although domestic research on table tennis has been carried out at various levels, and many good results have been achieved, but a review of the literature revealed that scholars either focus on the national perspective, or focus on the development of table tennis in big cities. Only little attention is paid to the development of small and medium-sized cities, and therefore, it is necessary to make in-depth understanding of the development of table tennis in small and medium-sized cities, it cannot only provide some reference for the local sports authorities, but also enrich the content of our table tennis research.

2.2 Research object

The target group of the study is table tennis enthusiasts in Guangzhou. Because of the high level of economic development in Guangzhou, the development of sports industry is relatively fast, especially table tennis, and it is more influential than other cities. Guangzhou city is chosen as the research object, in order to better understand the development of table tennis in Guangdong province and even in the whole country, and provide useful reference for the development of table tennis.

3 Research methods

3.1 Statistical methods of data

According to the need of research, I collected relevant data through consultation, investigation and interview. After that, the collected data were classified and collated, and data analysis was carried out using SASD and SDAS software.

3.2 Information methods

According to the research needs, I consulted a large number of domestic and foreign research literature and works related to this topic. In the Library of Weifang University, I collected books and academic journals, and consulted 20 related articles through the Tsinghua Tongfang database, reading the documents such as "The research on the consumption of table tennis in China" (Wu 2004), "The change of government function in the sports market of China" (Zhang 1988) and so on, thus providing a lot of useful information and strong theoretical basis for the research of the subject.

3.3 Interview method

In order to understand the situation of table tennis among the residents of Guangzhou, an interview was conducted with local table tennis associations, managers of table tennis clubs, and table tennis coaches. We will interview by way of inquiry. During the interview, we got some teaching and training methods of table tennis skills. At the same time, they also told me that some of the historical development of table tennis in Guangzhou, from the initial stage to the development and expansion, the citizens and local governments of Guangzhou are paying more and more attention to the development of table tennis, provide more support and resources for table tennis. At the same time, some of their outstanding coaches and athletes have also joined the Guangzhou table tennis team, to bring new vitality to Guangzhou.

3.4 Questionnaire method

(1) Design of the questionnaire

In order to understand the current situation of table tennis in Guangzhou City, a questionnaire survey was conducted among the residents of Guangzhou City. According to the contents and purposes of this study, the basic requirements of questionnaires' design for sports scientific research methods were followed and used in the design of "Guangzhou Table Tennis Questionnaire". The first draft of the questionnaire was sent to experts for advice, and after repeated revisions it was developed into a directional questionnaire.

(2) The reliability and validity of the questionnaire were tested

In order to test the reliability of the questionnaire, a small part of the survey was tested by the retest method, and the correlation coefficient was 0.889, which was calculated twice, which shows that the survey results have high credibility.

Table 1. Questionnaire reliability check list

| Retest plural | The time between two intervals (day) | correlation | p |
|---------------|--------------------------------------|-------------|------|
| 30 | 5 | 0.889 | 0.01 |

The validity of the questionnaire was evaluated by experts. After the questionnaire was designed, experts and professors were asked to conduct a comprehensive review and evaluation. It shows that the questionnaire has high validity.

Table 2. Whether the experts can reflect the content of the research

| Composition of Experts | Number of people | Able | Veryable | Average | Can not |
|------------------------|------------------|------|----------|---------|---------|
| Professor | 2 | 0 | 0 | 1 | 0 |
| Associate | 3 | 1 | 2 | 1 | 0 |
| Professor | | | | | |
| Coach | 5 | 0 | 5 | 0 | 0 |
| Total (people) | 10 | 1 | 7 | 2 | 0 |
| Percentage | 100 | 10 | 70 | 20 | 0 |

(3) Distribution and recall of questionnaires

In the Guangzhou area, people were distributed questionnaires and feedback. A total of 300 questionnaires were randomly distributed to Guangzhou residents and 300 were recovered, with a total recovery rate of 100%: 288 effective questionnaires, with an effectiveness rate of 96%.

According to the experts, the recovery rate of more than 50% is appropriate, more than 60% is good, more than 70% is very good, so the questionnaire can meet the needs of analysis.

4 Results and analysis

4.1 The popularity of table tennis in Guangzhou

During the course of the survey, a total of 500 people were surveyed, of whom 300 gave feedback. Of which 200 boys and 100 girls, then 300 survey responses, how many people have played table tennis it.

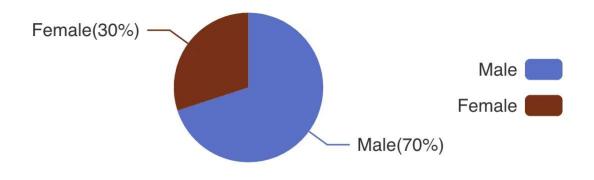


Figure 1. Ratio of male and female table tennis players

As can be seen from Figure 1, table tennis is very popular in Guangzhou. In the gender difference survey, almost all men (70%) have participated in table tennis and have certain understanding about it. The survey showed that only a small number of woman (30%) have participated in table tennis, This is caused by many factors.

First of all, social and cultural factors are one of the important factors that affect the difference between men and women in table tennis participation. The traditional view is that men are more active in the field of sports, while women are more given family and professional responsibilities by society. This kind of gender role is also reflected in table tennis. Men are more likely to be encouraged to play table tennis, while women are restricted. In addition, table tennis is considered to be a competitive sport, requiring high strength and speed, which makes some women prefer other sports.

Secondly, the economic factor is also one of the important reasons that affect the difference of male and female table tennis participation. The table tennis needs certain equipment and the field condition, and these all need certain economic support. As women are generally in a relatively disadvantaged position in terms of economic income and social status, the opportunity to participate in table tennis is correspondingly less. In addition, men have a comparative advantage in terms of employment and competition in the workplace, and they generally have more time and resources to devote to their personal interests and hobbies, making it easier for them to participate in table tennis.

Finally, physical education is also one of the important reasons that affect the difference between men and women in table tennis participation. In physical education on campus, there are often differences in physical education curriculum between boys and girls. In general, boys are more involved in competitive sports such as table tennis, while girls are more involved in sports such as dance and aerobics. To some extent, this difference limits women's contact with and interest in table tennis. In addition, gender bias and discrimination in physical education may hinder women's participation in table tennis.

With the progress of society, the development of economy, the popularization of mass fitness, the function and development strategy of table tennis in the national fitness, as well as the change of people's ideas, the number of female participants needs to be increased in the future. (Li 2001.)

4.2 Analysis of the characteristics of residents

4.2.1 The age distribution of the residents

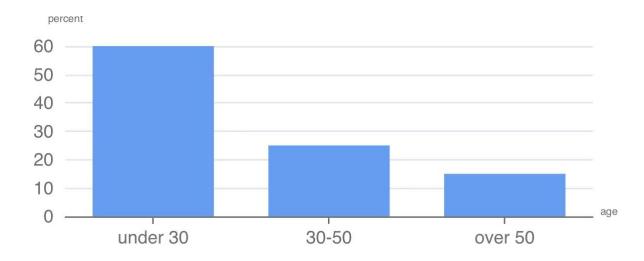


Figure 2. Age distribution of residents participating in table tennis.

As can be seen from figure 2, most of the residents participating in table tennis in Guangzhou are under the age of 30. They accounted for 60%, only 25% of the residents participating in table tennis were aged 30-50, and 15% were over 50. The difference among the age groups of the residents participating in table tennis is relatively large, and the size of the groups participating in table tennis gradually decreases with the increase of age.

4.2.2 Source statistics of residents

Table 3. Table tennis residents source statistics

| People | Percent |
|-------------------|---------|
| Students | 45 |
| Teenager | 20 |
| Middle-aged crowd | 25 |
| Retiree | 10 |

With the growing popularity of table tennis, many schools have added some table tennis courses. As can be seen from the table, in table tennis sports groups, students are the main participants. Young people are busy with work, so they seldom take part in table tennis. With the change of attitude towards health, some middle-aged and old people begin to take part in sports. Because table tennis has the characteristics of strong interest and entertainment, simple equipment and small amount of exercise, it also has attracted some active participation of the elderly. (Han 2010.)

4.3Analysis of behavior characteristics of residents

4.3.1The motivation to play table tennis

Table 4. Motivation statistics

| motivation | interpersonal relationship | Keep fit | Relax | Training | Other | Total |
|------------|----------------------------|----------|-------|----------|-------|-------|
| Number | 15 | 87 | 89 | 23 | 16 | 230 |
| Percent | 6.52 | 37.82 | 38.70 | 10 | 6.96 | 100 |

In modern society, the aim of residents participating in sports is diversified, but in order to investigate the main reasons of residents participating in table tennis, a single investigation was carried out. As shown in the table, the main motivation of the residents participating in table tennis was physical fitness and recreation. There were 176 people, 76.5% of the total. The proportion of physical fitness and recreation was almost 37.82% and 38.7% respectively. There are 23 who participate in table tennis for training purposes, it was 10% of the total. Interpersonal and other purposes were 15 and 16, also 6.52% and 6.96% respectively. Due to the acceleration of the pace of modern work, people's growing psychological pressure and timely adjustment of the state of mind, relaxation is very necessary. With the development of the society, all kinds of motives for keeping fit are changing, and table tennis is becoming more and more popular. (Song 2004.)

4.3.2 Statistics of sports places

Table 5. Statistics about places where table tennis is played.

| Place | Club | School | Park | Community | Home | Others | Total |
|---------|-------|--------|-------|-----------|------|--------|-------|
| Number | 33 | 78 | 39 | 59 | 8 | 13 | 230 |
| Percent | 14.35 | 33.91 | 16.96 | 25.65 | 3.48 | 5.65 | 100 |

As can be seen from table 5, in terms of sports sites, schools, communities and parks form the largest proportion, accounting for 77%. And the use of these places do not need consumption, it can be seen that most of the residents will choose no consumption places for table tennis. Among them, 78 people took part in table tennis at school, accounting for 33.91%; 39 people in parks, accounting for 16.96%; and 59 people in communities, accounting for 25.65%. It can be seen that residents choose indoor sports like schools and communities more often than open-air parks. Exercise at home was the least popular choice, with only 3.48 percent. The survey shows that the places where Guangzhou residents take part in table tennis have a great relationship with consumers. Residents often choose places where they do not need to consume to play. consumption of table tennis and even sports is not high, since people are not willing to spend money on sports before their living standards have improved. At the same time, schools and communities typically have small and subpar table tennis facilities that do not meet the needs of residents. (Yuan 2008.)

4.3.3 Frequency of participation in sports

Table 6. Frequency statistics table

| Frequency | Everyday | Three or four times a | Once or twice a week | Twicea month | Occasionally | Total |
|-----------|----------|-----------------------|----------------------|-----------------|--------------|-------|
| | | week | | | | |
| Number | 15 | 14 | 89 | 46 | 66 | 230 |
| Percent | 6.52 | 6.08 | 38.7 | 20 | 28.70 | 100 |

According to the table, only 15 residents (6.52%) take part in table tennis every day, 14 (6.08%) take part in table tennis 3-4 times a week, and 89 (6.08%) take part in table tennis 1-2 times a week, 38.7% of these are people who regularly participate in

table tennis. It can be seen that only 51% of the residents have participated in table tennis for a long time, accounting for half of the residents participating in table tennis. In table tennis as a public sport. So, there is a need to continue spreading information about table tennis, since people's awareness of the sport is still very low.

4.3.4 Analysis of consumption

Table 7. Comsumption statistics

| Amount of | 0-49 | 50-99 | 100-149 | 150-199 | 200-499 | Over | Total |
|-------------|-------|-------|---------|---------|---------|------|-------|
| consumption | | | | | | 500 | |
| Number | 47 | 89 | 34 | 28 | 24 | 8 | 230 |
| Percent | 20.43 | 38.70 | 14.78 | 12.17 | 10.44 | 3.48 | 100 |

As can be seen from table 7, 47 people, accounting for 20.43 percent, 89 people, accounting for 38.7 percent, 34 people, accounting for 14.78 percent, spend less than 49 yuan on table tennis each year, twenty-eight people (12.17 percent), 24 people (200.499 Yuan), 8 people (10.44 percent), and 8 people (3.48 percent) who spent more than 150 yuan to 199 yuan. Therefore, the consumption level of Guangzhou residents is relatively low, which is inseparable from the daily consumption level of residents, the living standard and sports consumption level of Guangzhou people need to be improved. (YuJun 2005).

4.4 Residents' views on table tennis

This question was asked in an open-ended manner. People also have different ideas about table tennis. But most of the residents like table tennis. They have some own understanding of the present situation of table tennis in our country. Here are some excerpts from the questionnaire:

Some investigators believe that the number of people playing table tennis in Guangzhou city is decreasing. There are very few tables in the gymnasium compared

with badminton. There are fewer and fewer tables in the school, and the level is also stagnant. There are even signs of backsliding, a talent gap, with the domestic table tennis talent is getting younger and younger, but also the number of coaches is not high, the level is not high. But the Guangzhou ping-pong has the fine tradition, the amateur is also not in the minority, it also has the folk organization and the forum. The current difficulties can be said to be overcome. Although there are many difficulties, there is an old saying that if you want to rapidly improve the level of table tennis, you must raise the number of players, their interest and strength, more people should pay attention to it and participate in it. Therefore, the association should do more publicity and public relations work. Government sports departments should also provide some table tennis venues and equipment for the public. I believe that with our efforts, Ping-pong sports will be better tomorrow.

In the interview, we learned that most of the respondents think that Chinese table tennis is already in a rather awkward position in the international arena. Although on the surface it seems that the gold medals are all enjoyed by the Chinese, in fact, this is a way to stifle the ping-pong sport. This is what they do not want to see, when a sport is not competitive, that is when it dies.

4.5 Comparison with Beijing, Shanghai and other cities

According to the conversations with the Table Tennis Association and the general public as well as internet surveys, the sport of table tennis in Guangzhou still lags behind that of Beijing, Shanghai and other major cities. They carry out a better national fitness, table tennis venues, better equipment, they provide better opportunities for people to participate. Also, fitness clubs have special table tennis training rooms, some also have a special coach guidance and sparring. There are many professional table tennis clubs, which members can follow the coach to learn, as well as the sparring partner, so the level of table tennis is growing quickly. It can be seen that the table tennis in Guangzhou still has some deficiencies.

Guangzhou table tennis started late, thus the market is not mature. There is a major problem in the development, which is normal, but also the wisdom of time. With the continuous and rapid economic development of Guangzhou and the prosperity of urban and rural areas, the table tennis market will become more active under the background of the improvement of people's health awareness and lifestyle and their understanding of table tennis, there will be more table tennis business enterprises and table tennis sports market will be more prosperous.

5 Conclusion

Guangzhou has a good mass base of table tennis, and the participants have a certain understanding of table tennis. However, the gender ratio of the residents participating in table tennis is not balanced. The age of the participants is mainly students under 30 years old. The level of table tennis consumption of Guangzhou residents is lower: in sports places, schools, communities and parks take a larger proportion, the participation of the crowd tends to be in low-consumption places. Compared with Beijing, Shanghai and other cities, the level of marketization still has a certain gap. Infrastructure is not perfect: table tennis venues, training facilities, such as insufficient to meet the needs of the majority of table tennis enthusiasts. As table tennis is a skill-based sport, the training environment for the higher requirements, the lack of advanced equipment and venues, will affect the development of athletes. The popularity of table tennis in Guangzhou is not high enough. The popularity of table tennis in Guangzhou may be influenced by the competition of other ball games. Guangzhou is a city with a wide variety of sports, including football, basketball, badminton and so on, so table tennis may not get enough publicity and promotion in the competition.

Overall, this is an in-depth, comprehensive, prospective research article. Through the analysis of the history, Present Situation and development trend of Guangzhou table tennis, we find that Guangzhou table tennis has certain advantages and disadvantages. On this basis, we put forward targeted suggestions and prospects for the future development of table tennis in Guangzhou to provide strong support. I believe that with our joint efforts, Guangzhou table tennis will be able to achieve more brilliant results in the future.

At the same time, I think this is a good thesis topic, but there are some areas that need to be improved, such as incomplete data and unclear expression problems, but a good paper is through continuous revision, it takes more patience. In the future, I will further strengthen the strength of data analysis and empirical research in writing, but also pay attention to the vivid and interesting language expression, with a view to achieving better results and influence in the academic field.

6 Suggestions

Table tennis in Guangzhou City has a long history and a deep mass base, but there are also some deficiencies and problems in development. In order to promote the development of the cause of table tennis and improve the level of participation of the masses, the following suggestions are put forward:

First, strengthen the grass-roots training of table tennis in Guangzhou grass-roots training of the quality and level of table tennis is an important foundation for the development of the cause of table tennis. At present, there are some problems in the grass-roots training, such as the imperfect field facilities, the instability of the coach team, the imperfect training mechanism and so on. Therefore, it is suggested to strengthen the grass-roots table tennis training, improve the level of the perfect facilities, increase the training and introduction of coaches, establish a sound training mechanism, and encourage more young people to participate in table tennis training.

Second, to promote the knowledge and culture of table tennis. table tennis is a sport with profound cultural heritage, but at present, the knowledge and culture of table tennis in Guangzhou is not widely spread. Therefore, it is suggested to hold table tennis knowledge lectures, table tennis culture exhibitions, to increase people's understanding of table tennis and enhance people's willingness and enthusiasm to participate in table tennis.

Third, strengthen the table tennis events to hold. table tennis events to promote the development of the cause of table tennis plays an important role, but the current table tennis events held in Guangzhou is not enough, not enough big, not enough exciting.

Therefore, it is proposed to strengthen the organisation of table tennis events, such as City Table Tennis Championships, table tennis star competitions and youth Table tennis at the Summer Olympics, to attract more people to participate in table tennis, improve the popularity and influence of table tennis.

Fourth, strengthen the training and support of excellent table tennis players. Guangzhou has many excellent table tennis players, but their training and support is not enough. Therefore, it is suggested to strengthen the training and support of excellent table tennis players, to provide them with better training conditions and life support, and to help them improve their competitive level, in the international table tennis competition to achieve better results for the development of table tennis in Guangzhou to make greater contributions.

Fifth, to strengthen the construction of table tennis talent team, table tennis coaches, referees, administrators and other talent team building is an important guarantee for the development of table tennis. At present, there are still some problems in the construction of table tennis talent team in Guangzhou, such as the shortage of talent reserve, the imperfection of talent cultivation and the inadequacy of talent treatment. Therefore, it is suggested to strengthen the construction of table tennis talent team, to improve the introduction and training of talent, to improve the treatment of talent, to improve the overall quality and level of talent team.

Sixth, Strengthen the international exchange and cooperation of Table Tennis Guangzhou, as an international metropolis, should strengthen the international exchange and cooperation of table tennis to promote the development of the cause of table tennis in Guangzhou. The association and cooperation between Guangzhou and the international table tennis community can be enhanced by organizing

international table tennis competitions, international table tennis exchange activities and international table tennis cooperation projects, to enhance the international influence of Guangzhou's table tennis career.

Finally, Strengthen the development of table tennis-related industries .table tennis is a sport with great market potential, in Guangzhou should strengthen the development of table tennis-related industries, provide better support and guarantee for the development of table tennis. We can promote the development of table tennis industry by developing table tennis equipment manufacturing industry, table tennis training institutions, table tennis tourism industry, etc., provide more resources and power for the development of Guangzhou Table Tennis.

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