The Application of the New Concept of “People–oriented Happy Sports” in College Basketball-Teaching

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Keywords: Happy Sport; Sport Teaching; Basketball Teaching; Teaching Reform

Abstract. Along with the reform of teaching, the traditional teaching mode has not adapted to the development of modern teaching situation. This article from the new concept of happy sports, to explore the people-oriented sports teaching in college basketball teaching application. Through theoretical research and teaching practice, and draw happy sports teaching in college basketball teaching is effective, is rich in scientific, interesting and practical method. Influenced by the traditional physical education thought and the fixed physical education teaching mode, the teaching of physical education in the past emphasized on the "teaching method", but seldom considered the main body status and the "learning method", which limits the students' main function and physical ability. College basketball is one of the main teaching contents of physical education in Colleges and universities. It is a better teaching quality to improve the teaching quality of college basketball. In this paper, a large number of literature on the happy sports teaching, combined with the practice of college basketball teaching, from the current situation and characteristics of college basketball teaching, the implementation of the new concept of sports for college basketball to demonstrate the feasibility and applicability of the new concept of happiness, as a reference to improve the quality of Basketball Teaching in Colleges and universities.

The Concept and Characteristics of People Oriented Happy Sports

The ancients said: "those who know better than the good man, as the music man." In contrast, happy sports, it is a lifelong education and personality development needs to start, with interest as the guide, from the emotional start, there is a purpose, a sense of health and physical education of the students a new educational ideas and teaching mode, but also physiological, psychological and social three-dimensional physical education.

Happy sports also know as "Happy Sports" or "successful sports", the core is "people-oriented", the comprehensive education as the starting point and destination, the characteristics of the following several points:

One, happy sports are the happy feeling through the sports experience, which stimulates the students to participate in the sports consciousness and initiative.

Two, happy sports in the teacher's leading role in the emphasis on the role of the main role of the students play, pay attention to create a relaxed, happy classroom atmosphere.

Three, happy sports in the joy of learning knowledge, technology, enhance physical fitness, shape personality, develop expertise, and promote the development of physical and mental health of students.

Status Quo of College Basketball Teaching

The form of teaching organization is lack of scientific nature. The students’ physical fitness and basic basketball level exist great differences. However, the majority of colleges and universities by the nature of class based gender divide into classes according to the teaching methods. This teaching organization form, which often emphasizes the teaching content and requirements, therefore, in the activities of the monotonous, mechanical, repetitive, and even mandatory form, and neglect the differences between the physical and basketball foundation level, the students are
limited to fixed team activities, so as to produce some students cannot give full play to the individual's ability, so that teachers can not accurately grasp the situation of the course schedule. In the end, some students will be eliminated and the students can't keep up with the progress. And the other part of the students because of their sports curriculum cannot meet the requirement and produce "weariness", "slack" phenomenon.

Teachers' teaching methods and methods are obsolete, and the classroom atmosphere is not active. Cause the teaching content boring, students learn a lot, hands and only a little, and often appear class is to practice technology, resulting in students' learning interest is not strong, students' enthusiasm, initiative to mobilize up, even if some students would prefer basketball also due to the practice of tedious and lose confidence.

In the traditional basketball teaching, teachers are not only the control of the teaching process, the organizers of teaching activities, teaching content and students' achievements, but also the embodiment of truth and absolute authority. In such a relationship, students' innovation ability is severely restricted. Only by getting rid of the traditional basketball teaching model and the advanced concept of happy sports into the basketball teaching in teachers through adding elements of happy sports in compiling the textbooks and forms of organization, teaching methods, teaching means, to cultivate students' interest in learning, let students in learning, the formation of "want me to learn" to "I want to learn"; "wanted me to practice" to "I want to practice" ideological transformation, realize the tenet that "happy" in basketball teaching process, let the students in learning to enjoy the basketball, enjoying basketball brings happiness.

The Necessity of the Implementation of the People-oriented Happy Sports Teaching in Colleges and Universities

First of all, the shortcomings of the traditional basketball teaching, looking forward to teaching reform. The education system in China's colleges and universities basketball teaching model has followed the former Soviet Union in the 1950s, the "Three Basics" as the guiding ideology of legal, school teaching starting point and destination always falls on the teaching of sport technique and skills. Neglect the students' initiative, personality characteristics, ignoring the people-oriented. On the contrary, if we take the students as the main body in the teaching, the students are guided by the teacher, actively and actively explore learning, so as to experience the fun, the growth of knowledge, improve the ability to exercise. Such teaching method has great benefits for the development of students' personality development and the cultivation of students' self - learning and training ability. So the traditional closed education idea cannot adapt to the contemporary college students' new sports concept and sports requirements, only to reform the old ideas, open up new teaching ideas, to better carry out the college basketball teaching.

Secondly, the teaching content of college basketball, out of the need of real life. Students in the classroom learning content after graduation no, life in class but can't learn, ignoring the development of students' personality, ignoring the to develop students interest in basketball and habits, inhibit the young and lively, cheerful, likes playing the active nature and students' subject consciousness, the spirit of innovation, practical ability, resulting in students "love basketball, not to fall in love with the basketball class," the strange phenomenon.

Finally, the organization form of the university teaching is not reasonable enough. It is widely used in the teaching method, which is easy to arrange, but because of the students' basketball foundation level individual difference, accepting ability is uneven, so as to master the content of teaching material, it is difficult to meet the needs of different levels of students learning, which is not conducive to the development of students' personality and ability, it is difficult to achieve good teaching effect.
Happy Sports in College Basketball Teaching Application

Simplify the teaching content

The main content of college basketball teaching is the basic technology and tactics of basketball, there are many kinds of tactics, the students have great difficulty in mastering skills and tactics, so as to affect students' interest. At the same time, it should be at any time to grasp the problem of interest in the content of teaching materials, and strive to combine basketball knowledge and learning interest in the cultivation of organic combination. Carefully capture the hidden happiness, so that students in learning to find happiness let the joy of learning fully mobilize the enthusiasm of the students. In addition, in the teaching process can reduce the students' requirements, after all, students are in the interest of elective basketball, and not for professional learning, for some difficult technical and complex tactics cannot do special teaching requirements, should let the students in a more relaxed and happy environment to actively participate in the basketball game, so as to meet the needs of students learning basketball, but also for the future of lifelong sports. This will help improve the quality of teaching and students learning effect.

Innovative teaching method

Physical education teaching method is the general name of the way, the way and the means to achieve the task or goal of physical education. It plays the role of bridge and intermediary. It solves the problem of how to teach and how to teach students how to learn. The traditional basketball teaching emphasizes on the teaching of the basketball skill. In the teaching method, the teaching method, the demonstration method and the practice method are mainly used, but these teaching methods cannot arouse the enthusiasm and interest of the students. So it should be the teaching method innovation, will be happy sports teaching philosophy is used in basketball teaching process, such as the game teaching method, competition teaching method, mutual guide, encourage teaching method etc., to enable students to fully experience the basketball to bring them happiness, as into a step learning basketball lay the foundation.

Game teaching method has the characteristics of interest, popularity, competition, entertainment, intelligence and knowledge. Games are in a happy atmosphere of competition, in the competition to experience pleasure, improve the excitability of the nervous system, the use of this approach to teaching, students will not be bored and boring. So in basketball teaching can be appropriately interspersed with some games, through the game to promote students to play basketball.

Game teaching method in basketball teaching, using the game teaching method can promote students' learning, at the same time to facilitate students to improve basketball skills and tactics, so that students in the game to experience the real fun of basketball. As a successful steals or a successful assists will bring them endless joy.

Self-learning mutual guidance method "self-study" refers to the students clear learning objectives and methods of independent learning; "mutual" refers to in self-study, between teachers and students, cooperation between students learning, mutual help, "guidance" refers to the teacher organizations, encourage, guide and guide the students to learn. "Self-study" is the premise and foundation of "mutual", bring up a part of the first meeting, also part of not meeting, and part between the two, the first will also think about knowledge of key points where, thinking with what method to help will not. At the same time, the teacher in students' self-learning, and is not a spectator, but to observe, discover, thinkers, planners, thus is mutual. This is a kind of under the background of new curriculum, underlines the subject position of the students to independently and cooperation and mutual as the main forms and Strategies of classroom teaching reform ideas. In basketball teaching, the self-learning mutual guidance method can cultivate students' consciousness, initiative and cultivate students cooperative learning ability, let each of the students in the class are "moving", let students to participate in a real "student student interaction, interaction between teachers and students, which can not only enhance mutual between students and teachers and students between the feelings, closer the distance between teachers and students, but also able to fully reflect the true value of every student, let them produce interest and confidence to the basketball class.
Encourages the teaching method to encourage the teaching method is the "humanist" the teaching method. In basketball teaching, to cultivate students' interest in learning and passion, praise in public, to meet the psychological needs of students' self realization, encourage students to use their brains to think about the problem, cultivate innovation ability. Such as in the basketball game, a successful breakthrough or a successful cooperation are given praise, so that they have confidence, the enthusiasm of learning basketball, so as to achieve the goal of teaching.

Modern teaching means

Modern teaching methods will stimulate the students' interest and desire for knowledge. If basketball teaching is just outside the technology and tactics Exercise, a long time, will allow students to generate ideas on the fatigue and psychological boredom. Might as well add some modern teaching Means, specifically, is to use the projection, television, film, video, electronic computers and other modern tools to assist teaching. Such as basketball tactics teaching, teachers can teach the tactical content with PowerPoint, Author, ware Flash and other software to make teaching courseware, through the computer and projection equipment to demonstrate the position of the players and defensive players, the ball moves the line between players, and then let the students to practice. Or let the students enjoy the NBA by TV, so that they can really feel the charm of basketball, so as to stimulate their passion for basketball and the knowledge of basketball learning.

Improve teaching organization form

In our country, the organization of Basketball Teaching in Colleges and universities is still in the teaching mode of group and group. Although uniform and orderly, but also facilitate the control of the whole teaching. But it is not easy to according to the individual differences of students, interest hobby, to master the technology of method and ability, and life-long sports concept of stereotypes, effective education and training. So we can try in basketball teaching, according to the students' ability level will be divided into excellent group and ordinary group, teachers will focus on the ordinary group, the general group of students to strengthen teaching, so that they feel the teachers and not because their level is not high, but their concern for them. Appropriate to the advantages of ordinary teaching method, the students of the outstanding group of higher requirements, and the dynamic lifting system, so not only outstanding students have a sense of superiority, but also promote the general group of students to study, the ability to improve the ordinary group of outstanding group, so that they have to continue to work hard. Or according to the students' level of the basketball classes teaching, teaching at different levels, so that the students can not only according to their basketball foundation, ability to choose suitable for their own learning content, to meet the needs of different levels of students, improve the enthusiasm of the students learning interest and class, better promote the improvement of students' personality development and the ability, at the same time, but also help teachers to organize the teaching.

Pay attention to the emotional communication between teachers and students

Teachers are not only knowledge, is the engineer of the human soul, teacher's words and deeds, every move will produce profound influence on students. The teacher's knowledge, broad mind, Xuan Yu's temperament, neat and decent dress, beautiful demonstration action will conquer the students, and can make the students produce positive learning attitude, which is the basis of the emotional exchange between teachers and students. In addition, the traditional concept of teachers and students to a great extent affect the students' spirit of the play and the development of personality, as a teacher must abandon the old concept, respect students' personality, followed by the students with love, the teacher's love once immersed in the students' mind, will have a tremendous power, not only will make the students develop a good, noble feelings, but also can ignite their wisdom of sparks. A high-quality teachers should learn to learn from the students, respect students' divergent thinking, only in this way can we establish the true democracy, equality, the friendly relationship between teachers and students, and students live in harmony, reasonable blend, for students to create a relaxed, pleasant learning environment.
Conclusions

The new concept of "people-oriented" happy sports into college basketball teaching, is a scientific and feasible teaching new model. It is important to understand its connotation and be flexible in practice, improve the teaching quality and students' comprehensive quality. It will play an important role in the teaching of basketball and play a positive role. So, only the new concept of happy sports teaching content, teaching methods, teaching means and teaching organization form to fully integrate into the basketball teaching to, in order to more effectively improve the quality of teaching to social bred more qualified personnel, lay a foundation for lifelong physical education.

References


