Research on the Interactive Development of Basketball Course and Sports Teams in Colleges

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Abstract

In this context, in order to explore the College Basketball Teaching innovation, combined with the use of literature in college basketball teaching practice, we analyzed the Basketball Teaching, College Basketball proposed teaching content, teaching methods and new ideas evaluated. As the reform of college sports, sports has not only as a sports course, the new curriculum reform to give it a new mission, physical education began to advocate health education and lifelong education. Basketball is one of the most popular college sports curriculums, how college basketball curriculum reform to adapt to the new curriculum requirements, teaching curriculum of college basketball has an important significance. This paper analyzes the college basketball stage teaching problems and solves these problems made comments to promote the curriculum reform of college basketball. We discussed the current situation and problems of college basketball teaching objectives, content, forms, methods, evaluation, etc., in order to promote the deepening of reform of basketball teaching. Training students basketball comprehensive ability and autonomy are specific requirements of quality education curriculum reform of college basketball raised. College Basketball Teaching should abandon the traditional teaching mode, the establishment of "health first" guiding ideology of teaching in the process of transformation of common objects curriculum teachers, student body double, so that both the interest and technology have both, to impart knowledge, capacity and improve the quality of integration in sports reflects the multifunctional and further highlight its enhanced physical basis, so as to achieve fitness sport education to educational change, and ultimately self-training students to choose basketball and consequent lifetime.

Keywords: school physical education curriculum; teaching reform;; Basketball Course Assessment; Students

1. INTRODUCTION

With the deepening of reform in physical education colleges and universities, the role of physical education in higher education is more and more obvious. Basketball as an important part of physical education, how to make it play educational value to better promote the physical and mental development of students to achieve education the purpose is an important issue on basketball Teaching reform. However, China University Basketball Course is also influenced by the traditional education model, there are still many problems.

Traditional Basketball Teaching Mode too much emphasis on improving technical capacity, only emphasized the technical perfection of normative and student movements, while ignoring the health and physical education lifelong goals. As the Reform of University Sports, the traditional teaching model is clearly not meet the requirements of basketball education courses do not meet the goal of quality education. College Basketball Course for boys is very popular,

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attractive to girls is relatively small and traditional teaching model of basketball universal problem not pays enough attention to education.

Teaching Method in University Basketball Course Basic is the “three-step” strategy: teacher demonstration, instructor, student activities. In the teaching content is the basic passing, shooting, dribbling, he does not emphasize performance and teamwork technology. Basketball is the most stress teamwork, focus only on the development of personal ability is clearly not achieve the educational goals of Basketball Course. Teachers completed the influence of traditional teaching methods, too much emphasis on the task of teaching, teaching machines, mechanical accepted students, the teacher let the students teach complete freedom of movement, students may not grasp the basic content in a short time very well. Students will learn to love basketball first, teaching content and teaching methods so that students become a single passive acceptance of the object. The students affected by the level of basketball uneven foundation, is not conducive to the cultivation of students' interest in learning, let alone by develop basketball awareness of fitness and sports conscious, and not conducive to the cultivation of students' innovative ability.

And the general discipline problems in the same evaluation criteria basketball lesson guitar lessons also score. Often in the content of the examination before the exam teacher told the students, several students for the exam content for specialized training, pass the exam is needed. Even with such a good performance, but for the students themselves to acquire knowledge point of view, there are still a lot of deficiencies. For the sport of basketball, a few nice pass actions can not explain the level of basketball technology, basketball is a group exercise, the team can reflect a person's ability and basketball skills; guitar lessons can only be very one-sided assessment reflecting the level of students. For students, each person's ability to learn and the level of acceptance is not the same, the assessment does not reflect the guitar lessons and learning ability of students accepted in the learning process, the final figure alone to give students the skills to master basketball paste the quality of the label, it is also unfair.

College Basketball curriculum reform requires students life-long sports awareness and health consciousness in basketball, and promote the comprehensive and healthy development of students. Traditional teaching content is too simple, is not conducive to the overall development of students. Teachers in a basketball program, to increase fresh content to meet the needs of students, increase the basketball game, so that students can cultivate team spirit and ability to work in teams to learn basketball skills in the process, the students participate in the work for the future into the community lay a good foundation.

Because of individual differences of students, acceptance of different basketball lesson, some students usually love to play basketball, basketball level like a natural thing, and some students do not like basketball, especially girls, little interest in basketball, teacher to basketball teaching according to each student's characteristics. For basic basketball a little bit weak students, teachers can perform simple basketball teaching, allowing students to master the art of basketball, from the basics, reducing the learning curve and make it easier for students to accept. For good basketball foundation that students, teachers, allowing two pairs to fight exercises to enhance students' sense of competition. Teachers individualized according to the characteristics of students, creating a relaxed learning scope, students interested in basketball lessons to improve students' ability to innovate.

2. THE PURPOSE OF PHYSICAL EDUCATION

The purpose of education is not only to improve students' professional qualities, but also to promote the comprehensive development of students' physical and mental, physical education is no exception. College Sports Basketball courses are not intended to train
professional basketball aspects of personnel, but in order to allow students to master a skill sport, and relax in the study, enjoy learning, to develop good exercise habits.

Therefore Basketball Teaching should pay more attention to students' self-learning ability of basketball, let the students discover the fun of basketball, actively participate in basketball games and other activities, so that students in technology to improve, based on the exercise of their own will, strengthened lifelong sports consciousness. Teachers in the education process should be student-centered, attention to student learning and psychological changes, to give students encouragement and guidance to enable students to take the initiative and creativity in learning, improve their overall quality.

*Improve teaching evaluation*

The traditional way of teaching evaluation over a single, not a good grasp of student learning and development, including the results of the evaluation of teaching is not only teaching, but also should pay attention to students' learning attitude, learning processes and methods, interest in basketball and sports interest and so on, so the teacher should not only focus on learning outcomes assessment, but also pay attention to the learning process of evaluation, emphasis on student self-evaluation, the evaluation of an incentive, to encourage students to active learning, play to their strengths.

College Basketball Teaching Reform must update the teaching philosophy, teaching content, teaching methods change, meet the requirements of physical education, diversify Physical Education. So as to cultivate students' interest in basketball, students health campaign, awareness of lifelong exercise, conforms to the trend of educational development.

Today, the focus is on innovation Basketball teaching college students how to further stimulate widespread interest in the basketball program and take advantage of the basketball program, effective through practical ability Students basketball lesson, organization, coordination, leadership, innovation, solve solving skills and other all-round development of the integrated quality. Training courses in the development of modern basketball new personnel quality potential, so basketball teaching more focused, practical and times and therefore, we should focus on the culture of modern society.

*Basketball Course Innovation*

Faced with a situation of College Physical Education Reform, should re-examine the content of teaching basketball course, from the Students 'athletic ability and personality needs reality innovative teaching content should be the maximum extent to meet students' interests and personality development. Therefore, the teaching content creation should be the "motion technology" as the center to "In sports practice methods, exercise motivation, activities, sports experience" as the center moved, the depth of teaching content should focus on entertainment, health, practicality and sustainability to facilitate students 'interest and motivation to learn, and actively participate in basketball lessons to learn, to master basketball practice methods, to develop the habit of self-training, and to cultivate students' lifelong sports consciousness and to adhere to basketball as the main fitness exercise habits. Basketball innovative curriculum should help students master the technical movements and methods, that complex of teaching basketball skills to streamline the content, making it easier for their fitness activities. This requires innovative technology when teaching, give full play to the leading role of teachers in basketball, mainly with new teaching ideas conceived technology teaching content. Creative Teaching basic idea is: to strengthen the teaching of basic technical movements, such as mobile technology, passing technique, shooting technique, dribbling technology, a breakthrough technology and technical rebound, only to break the traditional emphasis on teaching technical movements impart technical education, while ignoring basic Skill for students practical
application ability to pay attention to basic operation of the teaching and practice of operating combined as appropriate arrangements for some teaching the game, so that students master the moves in practice operation and mutual coordination ability; note practical exercises in teaching combining theoretical knowledge and teaching, breaking the traditional theory and technical Education from the phenomenon, highlighting the basic technical principles and analytical methods, highlight issues and highlight the use of simple tactics to solve the psychological aspects, such as wars do some simple analysis for students happy teaching practice to master basketball tactics specific use, enhance interest in learning and motivation to practice and improve students' ability to analyze problems and solve problems in practice exercises.

_Reform and Innovation of the Teaching Method of Basketball_

Basketball teaching traditional emphasis on teaching basic skills, but also in teaching emphasis on teaching a single action (about 70% of total hours), ignoring the Offensive and Defensive specific application (total only about 10% to 20% of the class); basic part of the teaching in a single action and more action-oriented place, the lack of movement coordination exercises; more emphasis on technical details in the teaching of teaching; teaching theory, the lack of integration of theory and practice, the results seriously neglected teaching college students the search for knowledge and intelligence to improve capacity needs. This weakened the fun of basketball, variability and competitive, so that the already fun-basketball becomes more monotonous, reducing the students' enthusiasm. Basketball teaching reform and innovation, the key is to strengthen the practical exercises to enable students to use technology in a mobile, confrontation exercise, develop intelligence, strengthen cooperation, enhance the sense of competition and capacity. Therefore, the basic idea of innovation Basketball Teaching methods are: outstanding technology portfolio practice; focus on theory and practice; attention to increase the proportion of offensive and defensive techniques exercises; teaching focus should focus on technical, tactical awareness and use, note the relationship between competition and cooperation, Training students' operation ability and innovation ability in skills and tactics used in terms of teaching practice operations. Innovative teaching methods is intended to combine the characteristics of basketball, a lot of college students by culture and practice of competition law practice method collectivist ideology and the spirit of unity and cooperation in basketball. Competitive basketball is a collective project, the prominent characteristics of the sport is a collective offensive and defensive confrontation, variability, intense and comprehensive [4]. Innovation requires combining teaching basketball to develop a variety of quality and characteristics of sports consciousness of students. Basketball collective performance in basketball requires participants in practical exercises or games, must work together and closely cooperate and help each other, which the student solidarity, collective sense of honor and strict organizational discipline, courage and indomitable willpower fighting spirit is very important. Basketball outstanding point is a teaching method innovation through teaching and practice, teaching and the organization of technical and tactical analysis, students compete collaboration capabilities, the ability to withstand difficulties and setbacks, tactical analysis capabilities, as well as organizational and management capabilities. Thus, in terms of the form of teaching should be based on students' basic level of psychological compatibility and other factors, according to the balance, the principle of voluntary teaching grouping and dynamic process of competition and cooperation in the further implementation of regrouping, which is more conducive to play enthusiasm of the students. In the use of Shariah, should widespread adoption of competition law and by creating different teaching environment, to develop their intelligence and non-intelligence factors, and to cultivate the students' creativity.
Innovative Basketball Teaching methods

Traditional teaching methods Basketball Class teachers usually explain, demonstrate and students to imitate the exercises, as well as errors in the practice of teachers to students in the process of teaching to correct other fixed means of the cycle of the teaching process. In Physical Education in the New Situation, the traditional teaching methods difficult language with action, dynamic and static operation, decomposition and complete the operation to be the perfect combination, it is difficult to make the students' sensory system fully to mobilize, not conducive to student learning, mastering and analysis action, can not meet the needs of students and practice. In this regard, in order to improve the operation of the demonstration of accuracy, integrity, continuity and clarity, to fully mobilize the students a variety of senses in the learning process, in order to improve students' powers of observation, thinking and judgment, so that students can form a clear and accurate representation of the action, and establish the correct concept of action to speed up the master action skills.

3. Basketball Teaching forms of innovation

Starting in basketball teaching period should be allowed college students according to their learning time freely choose teaching period. Basketball lessons can be set within 1 week commenced 16 hours, 1 day, 4 hours commenced, and in the form of elective classes opened. Arranged such teaching period students can have more freedom in the choice and freedom to choose other courses, so you can make the selected basketball course students have a more adequate practice time and space. Basketball Theory Course can be combined with open content and students' practical situation and needs arrangements or in the evening commenced at a relatively idle time, through the campus network, leaflets, notice, etc., basketball course in time, location, instructor, teaching content and progress notification to students, so that students can freely choose instructors, lectures time and content.

Network Course

Students in the online click their favorite basketball option class, fill their related learning content and requirements, administrators or teachers teaching basketball set by the network system of teaching basketball related statistics and control, and the number of option classes for students learning content and requirements, determine the number of hours of teaching basketball course, reasonable arrangement of teaching time and place.

Establishing Basketball Course profiles

Establishment of student learning, achievement and physical archives for academic and special sports prominent persons, through personal showcase, team competition, all levels of the game and other means to establish student on basketball sports scores, academic assessment, and so improve the physical, but also for the school, the Department basketball team established talent pool.

Dynamic implementation of network management

Teachers with basketball in Optional relevant information through the network, including basketball elective courses in a number of teaching periods, students learn basketball special requirements, and student learning and progress of special circumstances, so that reasonable arrangements for the course content and progress.

Monitor the implementation of online teaching

When college students out of the classroom and basketball venues in the form of credit card number and record their learning time to practice and to be monitored by a network of
students in classes and other special learning basketball flows, monitoring the effect of school teachers and students, and according to student mobility timely adjustment of teaching hours and teachers.

According to the experience of basketball characteristics and fraternal institutions, it can be introduced into the Basketball Club in teaching courses and training sessions, to open up new areas of teaching basketball, so that physical education industries have been further developed and utilized. Teaching club can highlight the personality development of students, to meet the individual needs of students and the desire to improve the technical level, through the club so that students can learn and practice basketball skills and intelligence to be tested and further developed by college students to develop better means of social club communication, teamwork and interpersonal relationships. Join the club on the program, the student can apply through the relevant technical, physical and psychological tests, and has been discussed by the relevant personnel, and then press club regulations signed relevant agreements, payment of expenses related activities, you can become a member to participate in activities.

Innovation basketball course examination methods

When PE assessment, basketball Students can choose to take the exam, you can also select other items test, even for the same projects, but also to choose a different content examination. In setting examination standards, to set a different exam levels and standards based on the students’ basic level. Students are free to choose by the examination approach to encourage more students to participate in a number of training and learning, to meet the different individual needs of students, a multi-disciplinary sports interest, to cultivate the purpose of lifetime sports consciousness and exercise habits and then also to some extent to improve students' physical examinations.

Students skills and quality aspects of the examinations and tests may not set a fixed time, throughout the school year and can provide students with exam time, as long as the special basketball or other special start dates, students can not affect the premise of the special teaching next, ask the teacher to carry out the examination of special skills and qualities.

The use of network systems theory

Basketball courses can be set up in the network theory exam, exam can mail the form provided on the school's website. Students can choose the relevant special theory test questions by mail, answer within a specified time and then carry out an assignment by mail. Teachers in special skills, improve the quality aspects of the case, the students participate in basketball statistics specific learning or other special status and exercise time by checking the network archives and statistics students, and teachers as student assessment test results and inspection exercise in the reference. Students may also at any time access to their own achievements and lack of specific aspects of the exam through personal web site, in order to adjust their special study, for excellent results.

Direction and goals of education

The needs of society determine educational goals and direction, but also provide the goals and direction of sports courses. College physical education curriculum should be based on the needs of society for higher education and sports, curriculum planning objectives. With quality education, health first, happy sports and lifelong sports ideology has been widely accepted by the community. Our school sports goal being the enhancement of physical one-dimensional target to multidimensional target evolved, not only strengthen the sports and student learning, life and extensive contacts with social and technological development, but also pay more
attention to students' interests, experience, ability and lifelong sports values Training. This paper, school sports ideological system reform and teaching background, based on the current situation in college basketball teaching objectives, content, forms, methods, evaluation and other aspects of analysis, aimed at innovative teaching mode, promote the deepening reform of basketball teaching, students basketball comprehensive ability to be fully developed.

4. BACKGROUND BASKETBALL TEACHING REFORM

With the deepening of education reform college sports, basketball teaching how to better adapt to the implementation of the "quality education", "Lifetime Sports", "Health First" and other teaching ideas, to improve students' physical, psychological and social adaptation phase overall quality, achieve lifetime sports consciousness and ability development education goal has always been the core issue of basketball Teaching reform. Preparation and design methods of basketball basic education curriculum is to learn from the former Soviet Union and the West gradually formed the theoretical basis of the course, after half a century of development and evolution, has formed a relatively complete, strong inertia and stability of the teaching mode. In this mode, the teacher of basketball knowledge and skills transfer initiative, students are its passive recipients. Teaching subjects and the center are teachers, students just a passive process, limiting the student's personality, enthusiasm, initiative and subjectivity play. Correspondingly, the main task of teaching this course is to develop students' collective spirit, so that students more comprehensive, systematic theoretical knowledge of basketball, skills, training and competition tactics and physical training methods, the ability to have a certain game. Purpose is to train qualified primary and middle school basketball teaching, training, competitions, referees and research work of teachers and coaches.

Sports Thought

Overall strategic thinking school sports development should be "community-oriented, physical and mental harmony with the premise of lifelong sports-oriented, happy sports as the main body, health education, to achieve the purpose of the comprehensive development of man." Therefore, the emphasis on basic knowledge (including knowledge) to master, to strengthen students 'basic skills (including skills) training, the development of students' intelligence, students with a pioneering spirit and creative ability of educational thought has gradually become the dominant ideology of China's higher education. Judging from the development process of China's sports school, after a period of biological dimension Sports Concept, a two-dimensional concept of sports during the biological and psychological combination, to the biological, psychological, social time three-dimensional concept of sports and sports multidimensional HUMANITIES after four stages outlook period like school sports in the theory and practice of gradually completed and quality education, health first, happy sports and lifelong sports ideology of integration. Also, school physical education is further divided into sports participation, sports skills, physical health, mental health, social adaptation five fields of study. Overall, our school sports ideological system in the composition have included skills training, health first, Happy Sports and Lifelong sports ideology; on the target, established social needs, discipline system and overall development of students as the key to improve students' physical fitness as the core culture "physically and mentally" healthy and harmonious, adapt to modern social development, with a new generation competitive spirit; on the build ideas, through the introduction of foreign advanced school sports and learning theory, and summarize and refine our own school sports theory and practice of achievements made, and gradually form a school sports thought with Chinese characteristics.
Traditional sports teaching perspectives technology teaching center, resulting in students trained only know the technical and tactical methods, can not adapt to modern society and schools multifaceted, multi-level needs. Physical Education "Health First" and "Happy Sport" Early guidance, teaching guiding ideology by ideology appears athletic aptitude entertaining transformation While students focus on learning and physical and mental experience, but it has played down the teaching methods and skills to master, He appeared not all students trained qualified teaching basketball phenomenon of modern society and the quality of sports talent not meet the requirements. To this end, the Ministry of Education teaching objectives and tasks of Basketball Specialized Course binding characteristics and rules of basketball, more attention to the ideological and moral quality of education and the will to improve and enhance students' comprehensive abilities as a center of gravity, so that students will not only have a solid basketball basic skills, and have a good overall quality in basketball. Therefore, the selection of teaching materials should, reform of teaching methods, improve sports activities, and actively cultivate students' interest in sport, help students to establish the concept of lifelong physical activity.

Interest in Sports is the impetus for students to engage in physical learning and training, as well as students' physical learning and training initiative "the most active and most active" a psychological factor is that students acquire basic knowledge and master the basic guarantee of basic skills, but also the students form a correct an important basis for values. Visible, no subjective awareness raising student can not achieve a high level of demand for teaching and teaching effectiveness. Physical Education Teaching Evaluation is an integral part of educational evaluation, general evaluation activities specifically in the field of education, according to certain evaluation criteria, the use of scientific methods and means of the elements of sports teaching process and the benefits of value judgments activities.

In the Education Reform Today, physical education curriculum reform to inherit the essence of traditional teaching model, embodied in sports versatile and further highlight its enhanced physical foundation. In teaching, students choose the course content, classroom teachers choose, choose class time, teachers and awareness programs, reform attitudes, knowledge and skills, scientific research and other aspects will have a significant impact on teaching effectiveness, therefore, must be based on imparting knowledge and educating pronged approach, teachers, students double joint body transformation program this object.

Technology to revolutionize basketball centered teaching system, the establishment of "health first" guiding ideology of teaching, from education to sports basketball the main line to the main line in order to change health education, health education and do basketball basketball theory, Teaching combine to impart knowledge, build capacity and improve the quality of integration, rich cultural connotation of basketball, finally let students self-training and lifelong benefit basketball media.

5. Conclusion

College basketball program has been a favorite of college student physical education curriculum and training programs attract many students to participate in elective classes learning and training activities, with a certain mass base in College Physical Education. College Basketball Teaching innovation allows more colorful, flexible, lively. This will attract more college students to participate in basketball lesson learning and training activities to meet the individual needs of development and college students to train students' lifetime sports consciousness and regular physical exercise habits, and improve the standard of teaching basketball course. Innovation after college basketball programs will be more responsive to the
needs of today and the development of higher education, so that basketball courses for training in modern society required a comprehensive quality talent to play its unique role.

References


