Review on the Research of University Basketball Sport in China in Recent 11 Years

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Abstract: In this paper, using the method of literature, mathematical statistics and logical analysis, taking the research works about college basketball published in CNKI in 2006-2015 as the research samples, discusses the basic themes and characteristics of college basketball sport in China, and evaluates and analysis the existing problems.

Introduction

Research on Chinese college basketball sport has made remarkable achievements, from the vertical perspective, fruitful research results; from the lateral view, it covers a wide range, but the quality remains to be further improved. Through online inquiry in CNKI, from 2006-2015, a total of 2830 papers published in academic journals, including a total of 171 in and above the core journals, accounting for a total of 6.1%, the specific data can be seen in table 1. Now the author introduces 4 parts which from the 2006 to 2016 theme of the college basketball in China is divided into, the construction of college basketball culture, college basketball teaching reform of college basketball, physical training of college basketball and basketball tactics, summarizes the existing problems and provides corresponding measures excepting to provide theoretical references and feasible suggestions to the development of China College basketball sport.

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Research on Culture Construction of College Basketball Sport

Culture is a wide and deep concept, simply said that culture is the sum of all material and spiritual civilization, including traditions, lifestyles, values and so on. However, basketball culture is the floorboard of activities related with basketball activities, and culture has a profound impact on
people's way of life, and the richness of college basketball culture the indirect effect on the students' learning life, and college basketball culture richness will indirectly affect the students' learning life and physical exercise and reflect the development level of basketball in China. [1] She Yanli analyzed the connotations of college basketball culture, so as to explore the various functions of college basketball culture and points out the influence of basketball culture on College Students' body and mind. [2] Li Xiaoying analyzed and discussed from the four aspects of China's early campus basketball, the country's emphasis on college basketball and college basketball game and CUBA prosperous campus culture, emphatically analyzed the prosperity of college basketball culture and the CUBA campus culture and pointed out that CUBA will create the future for the development of Chinese Basketball games.[3] Huang Youqiang, Zhao Liang, Wang Yong pointed out that the culture of Chinese University Basketball Association will influence the formation of the students' quality and self-cultivation and formation of their good physical exercise habit. CUBA should pay attention to the brand building in the process of developing and the formation of a good social effect. [4] Zhao Ying analyzed from two aspects of the CUBA culture on campus sports culture and the role of building a positive CUBA cultural mechanism to promote the construction of campus culture, pointed out that the Chinese University Basketball Association (CUBA) contains a rich cultural heritage, it can effectively promote the construction and development of campus sports culture, promote the all-round development and improvement of the quality education of college students, play an important role in cultivating excellent talents.

**Study on the reform of College Basketball Teaching**

Teaching is that teachers guide students to learn and master the basic knowledge and skills of the aspects of science and culture purposeful, designedly and systematically and promote students' comprehensive quality improvement, advanced, original, and scientific teaching methods can effectively improve the quality of teaching, but can prevent and reduce teaching effect, On the contrary can prevent and reduce teaching effect. [5] Jin Houzhong, Fan Hongwei, Liu Wanling and so on conducted in-depth analysis and summary from the status quo of college basketball and the existing problems in aspects of teaching thought, content, evaluation and other aspects that schools should establish the guiding ideology of "health first" and "Happy Sports" in the basketball teaching thought, change the previous competitive property to entertainment , pay attention to students morality and willpower education, introduce the modern education idea and the education method into the basketball class teaching in the teaching method, treat teachers as guide role and the students as the main body, change the teaching style to guidance driven, in teaching methods to teach to guide the change, evaluation their performance from multilevel and multiple perspectives in teaching evaluation. [6] Dong Lunhong, RaoYing analyzed the reason why effects of basketball teaching English in China is not good, and on this basis, put forward specific steps and methods of the reform of Basketball Teaching in Colleges and universities, divided the college basketball teaching content into 4 projects to teach, respectively, from the power to observe the offensive, defensive positions and keep turns from. [7] Zhang Dongmei put forward that reform should break the traditional model, teach basketball teaching knowledge to students with new teaching mode and means. Firstly, the teaching level of teachers and professional level have to be improved and perfected, secondly in teaching evaluation, teachers focus more on learning skills, ignoring the happiness and joy in the basketball teaching, the teaching method is monotonous, outdated and inflexible which seriously influenced the enthusiasm of the students. [8] Cheng Xiaohua pointed out that in the teaching reform of basketball course, teachers should change the teaching idea that students should also change the way of learning, with the innovation and explore ways to motivate and mobilize the learning interest and motivation, strengthen the function of basketball fitness and entertainment, pay attention to the cultivation of students' autonomous and innovative consciousness, combined with modern multimedia teaching means, cultivate students' comprehensive quality through the form of competition.
Study on college basketball physical training

College basketball physical training is under the guidance of the teacher or coach, to master certain skills through training in a planned way, step by step and purposefully, which including speed, strength, endurance and heart and other aspects of targeted exercises. [9] Chen Jinsong pointed out that the athletes’ physical ability is the key factor for the victory, the results show that the main problems existed in college students basketball fitness training are strength training, speed training and endurance training. [10] Zhang Baiming put forward the importance of physical stamina in basketball sport, master good physical training skill in the process of physical training, avoid overload training and improve the "tolerance" training, while physical training such as the bounce training, muscle endurance training for basketball athletes and so on should be strengthened. [11] Li Zicong pointed out that the traditional college basketball teaching has been unable to meet the requirements of the current basketball teaching in colleges and universities, expanded basketball training should be joined in the teaching process of the basketball teaching. Expand training is not only a basketball training follow up, also will strengthen the training of basketball player in the aspect of mind training, perfect personality and team cooperation, cultivate and improve their executive ability and cohesive force. [12] Duan Jun, Liu Heyun analyzed the influence and functions of extended training in the process of development of university basketball training, extended training under the guidance of the church combined with modern equipment for teaching and training activities improved the overall quality of students, expanded training can stimulate the students’ individual potential and basketball team and coordination ability. [13] Wang Mingming discussed deeply the extended training and basketball training in colleges and universities, put forward the development trend of the expanded training in basketball training in colleges and universities, and elaborated the significance of college basketball training combined with extended training. So college basketball training should be combined with extended training organically, remove the unreasonable and unscientific training methods and means, so as to improve the level of college basketball. [14] Jiang Zhijun pointed out that in the background of the new curriculum reform, expanded training absorbed into the college basketball elective courses greatly enriched the teaching contents, changed the rigid classroom teaching.

The research of college basketball tactics

Basketball tactics refers to offensive and defensive methodologies that athletes adopt in the basketball game, and the purpose is to better play the tactics of players while limiting the performance of opponents and to grasp the initiative in the game and win a basketball game. If the lack of tactics, then the ornamental value of the game, which could discount competitiveness greatly. The basketball technology refers to methods in the game to beat the opponent. [15] Qiang-qiang Wang put forward that basketball consciousness is very important in this game, and basketball consciousness include passing consciousness, shooting consciousness, consciousness of breakthrough, running screen, defensive and fast-break awareness and consciousness for rebounds. In the sport of basketball, consciousness training is a long process which should care more about the basic training and combine theory with practice meanwhile, and constantly improve the ability of basketball tactics. [16] Ya-li hu discussed the basketball consciousness and deeply discussed its training in basketball tactics teaching. Through the game teaching method to cultivate students’ basketball consciousness, in the practice of the tactics teaching and training to cultivate basketball consciousness, reasonable use of tactics structure characteristics, the cooperation rule should be paid attention to and pay attention to the students in the practice of the tactics for the selection and analyticity of visual cultivation and the resilience for the trained student when they are fighting alone. [17] Yu-ping mei comprehensively analysis the three kinds of relations in basketball tactics teaching and the three relations including tactics and tactics, individual and collective tactics, offensive and defensive, and the three relations should be correctly and reasonably dealt with. A lot of scholars have studied each part in the basketball technology, but on the whole, college students' basketball basic skills are relatively poor. [18] Song
tao put forward that today's students basketball basic technical skills are not solid and targeted and comprehensive teaching should be taken.

College basketball existing problems and solutions

It must be admitted that 11 years, from 2006-2016 in our country, there are a number of sports scholars extensively studied colleges basketball sport, which has made gratifying achievements, but we are sure of its performance at the same time also pay attention to the college basketball's problems in the development process of the sport. First, in academic theory, papers about Chinese college basketball that belong to core articles or above query from China journal net are very few, this fully shows that the research is not enough on the quality and research depth. In the future, it still needs more sports workers with constant learning and hard work, in-depth research on it. Second, propaganda of college basketball is not enough, should strengthen the propaganda of the basketball sport, hold more basketball matches to create a good atmosphere, which can not only enhance the school basketball level and promote college students consciously participate in physical exercise and physical fitness, but also can promote friendship between colleges and universities, realize the sharing of resources and complementary. Once again, the university sports facilities are weak. Universities should optimize the physical hardware infrastructure, constantly update the old sports equipment, and use sports facilities reasonably to meet the needs of university students' physical exercise. Finally, the colleges and universities should take the modern teaching methods, teaching methods and extended training into the basketball teaching, make students active in the learning process, consciously take part into learning and training, and change the rigid teaching method, make full use of the games or extend training, put basketball tactics and physical exercise cleverly into teaching and training, constantly improve the quality of teaching and the level of College basketball.

References

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