

Research on the Cultivation and Approach of Sports Accomplishment in Public Sports Basketball Teaching in Colleges and Universities

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Abstract: Basketball is a global sport, it is not only a sport, but also covers many aspects such as sports, education, society and competition. Basketball can improve people's sports literacy and promote the healthy development of physical, psychological and social aspects. This paper discusses the relationship between basketball and sports literacy from the aspects of the influence of basketball on human health and the role of basketball in education and society by using the method of literature, empirical research and case analysis.

1. Introduction

Basketball is a very popular sport in colleges and universities and is played by many people all over the world. The purpose of basketball teaching is to let students master the basic skills and tactics of basketball, so as to improve their basketball level and competitive ability. Basketball teaching can also help students develop teamwork and leadership skills, which are also very important in later life and careers. Sports accomplishment refers to the comprehensive quality of a person's knowledge, skills, attitude and values in sports. Basketball and sports literacy have an inseparable relationship, let's discuss the relationship between basketball and sports literacy.

2. Definition of Related Concepts

2.1. Sports Literacy

Sports literacy refers to the level of sports culture, which refers to a person's usual cultivation in sports. Sports literacy is produced on the basis of innate genetic quality and through the influence of acquired environment and physical education, which includes sports knowledge, sports awareness, sports behavior, physical fitness level, sports skills, sports quality, sports personality and other elements of comprehensive sports quality and cultivation [1].

2.2. Competitive Literacy

Competitive literacy refers to the quality and ability shown by athletes in competitions [2]. An excellent basketball player needs to have many aspects of competitive literacy. First of all, basketball players need to have a high level of skill. Technical level is the basis of basketball players, only with superb technical level, can better complete the tasks in the game. Secondly, basketball players need to have tactical awareness. Tactical awareness refers to the athlete's ability to make reasonable tactical adjustments according to the situation of the opponent in the game, so as to better finish the game [3]. In addition, basketball players also need to have psychological quality, physical quality and intelligent cognition and other aspects of quality. Psychological literacy refers to the ability of athletes to maintain a stable mentality and cope with various pressures and challenges in competition [4]. Physical fitness refers to the physical fitness and physical condition of athletes, which is directly related to the performance of athletes in competitions [5]. Intelligent cognition refers to the thinking ability and judgment of athletes in the game, which can help athletes better cope with various situations in the game.

3. Function of Basketball

3.1. The Impact of Basketball on Human Health

Basketball is a high-intensity, aerobic and systemic sport that has a positive impact on the health of the human body [6]. First of all, basketball can enhance the body's heart and lung function. Running, jumping, shooting and other movements in basketball require a large amount of oxygen supply, so it can effectively improve the body's heart and lung function. Secondly, basketball can enhance the muscle strength of the human body. In basketball, the body's waist, abdomen, upper and lower limbs, thorax and other parts need muscle support, so they can effectively enhance the strength of these parts. In addition, basketball can also improve the body's sensitivity, coordination, balance and reaction speed and other physical qualities.

3.2. The Role of Basketball in Education and Society

Basketball is not only a sport, but also an educational and social means [7]. Basketball can cultivate people's team spirit, cooperative spirit, competitive consciousness, self-confidence and perseverance. In basketball games, players need to cooperate with each other and support each other, which requires players to have team spirit and a high degree of cooperation. At the same time, the basketball game also needs players to have a certain sense of competition and self-confidence, in order to be able to complete the game better. In addition, basketball can also cultivate people's perseverance, which requires players to make unremitting efforts in training and games.

From the above three aspects, it can be seen that basketball is closely related to sports literacy. First of all, basketball can improve the health level of the human body, which is an important part of sports literacy. Secondly, the role of basketball in education and society is also a part of sports literacy, which can cultivate people's teamwork, cooperation, competition and self-confidence and other qualities. In addition, the competitive literacy of basketball players is also a part of sports literacy, which can help athletes better complete the game and improve the performance of the game [8]. Therefore, it can be said that basketball is closely related to sports literacy, and basketball is one of the important ways to improve sports literacy. To sum up, the impact of basketball on human health, the role of basketball in education and society, and the competitive quality of basketball players are of great significance. At the same time, these aspects are closely related to sports literacy. Therefore, it can be said that basketball is one of the important ways to improve sports literacy. We

should pay more attention to basketball, let more people benefit from basketball, and improve the level of sports literacy of the whole nation.

4. The Relationship between Basketball and Sports Literacy

4.1. Basketball can Improve Physical Fitness.

Basketball is a sport that requires endurance, speed, strength and flexibility. It can build people's heart and lung function, muscle strength and coordination. In basketball games, players need to constantly run, jump, turn and change direction, which can make the body get a comprehensive exercise and improve physical fitness. The improvement of physical fitness can promote people's health, enhance people's immunity, and prevent the occurrence of diseases.

4.2. Basketball can Cultivate People's Teamwork Spirit.

Basketball is a team sport, each player needs to play the best role in his position, but also cooperate with his teammates to achieve the goal of the game. In basketball, players need to pass each other, cooperate in defense, and support each other, which requires the support of team spirit. And the cultivation of teamwork spirit can help people better cooperate with others in life and work, improve work efficiency and work quality.

4.3. Basketball can Cultivate People's Sense of Competition.

Basketball is a very competitive sport, and every player wants to win in the game. In basketball, players need to constantly compete with their opponents for the ball and for scoring opportunities. The cultivation of this sense of competition can make people more active in life and work, the courage to face challenges, and constantly pursue progress and success.

4.4. Basketball can Cultivate People's Sports Literacy.

Sports literacy refers to a person's comprehensive quality in sports such as knowledge, skills, attitude and values (Yang, 2016) [9]. Basketball, as a sport, can let people understand the rules and skills of sports, master the correct sports methods and training methods, and cultivate the correct sports attitude and values. These are all important components of sports literacy, which can help people better understand and enjoy sports and improve their sports literacy level. To sum up, there is an inextricable connection between basketball and sports literacy. Basketball can improve physical fitness, cultivate team spirit and competitive consciousness, but also can help people improve their sports literacy level. Therefore, we should participate in more sports, especially basketball, so that we can get comprehensive exercise and improve in sports, but also cultivate their team spirit and competitive consciousness, and improve their sports literacy level.

5. Ways to Improve Sports Literacy in Basketball Teaching

5.1. Focus on Basic Skills Training.

The basic skills of basketball include dribbling, passing, shooting and defense. Only by mastering these basic skills can we better play our ability in the competition. Therefore, in basketball teaching, we should pay attention to the training of basic skills, so that students can master the correct technical movements and basic skills.

5.2. Focus on the Training of Team Cooperation.

Basketball is a team sport that requires cooperation and collaboration among players to win. Therefore, in basketball teaching, we should pay attention to cultivating students' teamwork spirit, so that they can learn to trust each other, support each other and cooperate with each other, so as to improve the combat effectiveness of the whole team.

5.3. Focus on the Cultivation of Sportsmanship.

Sportsmanship refers to the positive, brave, tenacious, united and cooperative spiritual qualities in sports [10]. In basketball teaching, we should pay attention to cultivating students' sportsmanship, let them learn to fight bravely, not afraid of failure, do not give up, and never give up, so as to improve their competitive level and comprehensive quality. Finally, we should pay attention to the inheritance of basketball culture. Basketball is a sport with profound cultural heritage [11]. It not only has a long history and rich cultural connotation, but also has a unique basketball culture. In basketball teaching, we should pay attention to the inheritance of basketball culture, so that students can understand the history, culture and spirit of basketball, so as to enhance their cultural accomplishment and humanistic quality.

In short, in basketball teaching, we should pay attention to the training of basic skills, the cultivation of team cooperation, the cultivation of sports spirit and the inheritance of basketball culture, so as to improve students' sports quality and let them get a comprehensive exercise and improvement in basketball.

6. Conclusion

Sports literacy is the core extension of sports disciplines. Colleges and universities should not only pay attention to the training methods and approaches of sports literacy in basketball teaching of public sports, but also in the teaching of other technical subjects, according to the characteristics of the respective schools, the local characteristics of the geographical location of the schools, the goal of talent training, the social needs of the professions and other diversified situations. We should keep pace with The Times and innovate the teaching mode to cultivate lifelong sports talents who love and understand sports. Through these measures, it can effectively improve the sports literacy of college students, promote the development of campus sports work, strengthen the construction of campus sports culture, enhance the connotation of campus sports culture, and contribute to the construction of "characteristic sports" in colleges and universities.

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