

A practical study on the lesson practice of college sports wisdom system

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Abstract: The continuous deepening of the reform of physical education puts forward higher requirements for the innovation and development of college physical education curriculum teaching, and the development of information technology provides powerful technical support for the improvement of the timeliness of physical education. Digital and intelligent teaching is also the innovative choice of college physical education at this stage. This paper takes the basketball course teaching in colleges and universities as an example, such as the feasibility and teaching ideas of wisdom classroom and wisdom system proposed by colleges and universities, and focuses on the practice of specific teaching lessons.

1. Wisdom teaching course ideas

The thinking of classroom practice teaching is shown in Figure 1:

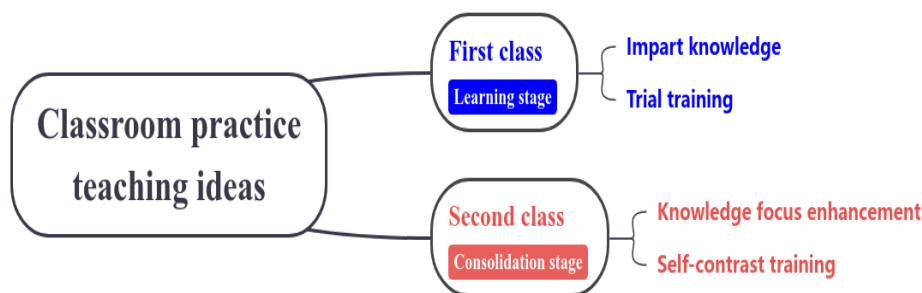


Figure 1: Thinking of classroom practice teaching

The first class: it mainly imparts knowledge, enables students to master the learning methods of physical education courses, and enables students to conduct trial exercises through new theoretical knowledge. In this stage, the teaching process of physical education teachers is mainly based on classroom teaching tasks to carry out teaching design, introduce classroom knowledge, guide and explain key points, and summarize and comment. Under the guidance of teachers, students complete the course preview and discussion, cooperative learning, inspection learning and teaching. In this stage, the interaction between teachers and students is emphasized. The teacher guides the students to complete the course through self-study, cooperation and communication.

The second class: on the basis of knowledge learning in the first class, focus on strengthening weak points. Based on the results of the first class test, teachers focus on strengthening students' weak physical education knowledge, push audio and video information to students through intelligent terminals, set clear practice goals in combination with teaching tasks, provide online guidance and evaluate students' learning effectiveness, and allow students to conduct self-comparative training with targeted audio and video teaching content. According to the information collected twice, teachers can check whether students' learning results in the second class are up to standard[1].

2. Practice specific teaching examples

This section takes college basketball classroom teaching as an example, through the first class preparation and the second class teaching consolidation to further elaborate the practice process and specific content of college physical education under the wisdom system.

2.1. Use micro-class to do a good job in the first class teaching practice

Under the sports smart teaching system, it is to create a model of "digital technology + smart classroom + physical education", and use digital and intelligent teaching content and environment to create and combine students' basketball foundation to improve the teaching design of the first class. The purpose is to prepare students for class by means of micro-lessons. It will pave the way for the practical teaching of the second class[2].

The content of micro-class design should be as simple as possible, and the video content should not exceed 10 minutes. For example, a 6-minute video is used to describe the development history of basketball, in which digital dynamic images are inserted to show the technical and tactical movements of basketball, and important technical and tactical movements such as shooting, dribbling and layup are shown to students in slow motion. For example, take the teaching content of basic movements as an example, and combine the content in Table 1 to select the appropriate video production content:

Table 1: Teaching contents and specific requirements of basic basketball movements

Serial number	Basic action	Specific content
1	dribble	Forehand dribble, backhand dribble, alternate dribble, moving dribble, etc
2	dribble	Straight pass, arc pass, backhand pass, backbody pass, jump pass, etc
3	Shoot	Shooting in place, shooting in motion, three-step layup, three-point shooting, etc
4	backboard	Offensive rebound, defensive rebound, rebound card, etc
5	defend	Close defense, defensive rebounding, etc
6	shield	Offensive screen, defensive screen, etc

The recording of the overall content should not be too much, just to let students understand the basic attempt of basketball and lay a theoretical foundation for the practical demonstration of the second class. Of course, teachers can also combine the current situation of school basketball teaching, record the basketball course content targeted, and push it to students through wechat group, educational administration system and other ways. Students can also inspire their thinking ability in basketball learning through micro-class learning, try training with the guidance of micro-class knowledge system, and record pre-class practice videos. Teachers can give guidance and suggestions according to students' pre-class practice, and carry out targeted second class to consolidate teaching^[3].

2.2. Using digital multimedia technology to carry out the second classroom consolidation teaching

2.2.1. Interest-based teaching

Be good at using students easy to accept and welcome the teaching technology to stimulate students' interest in basketball learning^[4]. For example, in shooting teaching, teachers can repeatedly play shooting video materials of NBA stars Kobe Bryant and McGrady, and use video editing tools to make special shooting video teaching materials. By slowing down and doubling the speed, students can gradually master the basic essentials of shooting and understand the essentials of important parts such as hands, eyes and arms in shooting movements. Conditional schools can also use digital simulation technology to build virtual simulation situations, such as the use of VR eyes and other intelligent equipment, so that students in the virtual movement time scene to imitate and learn shooting skills. In this process, teachers should pay attention to the following two points in the process of integrating curriculum and teaching materials:

First, professional, representative and attractive video materials must be selected. For example, NBA stars and women's basketball stars should be selected as video materials in view of the differences between boys and girls in interest points. Meanwhile, targeted follow-up editing of video content should be carried out to truly guide students' learning and engage them in video teaching through interest points. Therefore, it is more targeted to discover the defects and problems of basketball, and explore students' basketball skills with rhythm and purpose^[5];

Second, introduce the athletes who like students like to different the contents of basketball, and enhance the endogenous motivation of students to learn basketball courses. For example, combining five positions on the basketball court, choose five representative basketball stars as video selection materials. Video teaching of the location allows students to master different role functions.

Through attractive video content and coexistence stars, it is driven to stimulate students' basketball courses for learning interest, thus laying the foundation for subsequent curriculum teaching and consolidation training.

2.2.2. Practical training of basketball teaching

This section takes dribbling and shooting instruction as an example.

(1) Combining the requirements of basketball teaching for physical fitness, use smart devices for physical assistance exercise

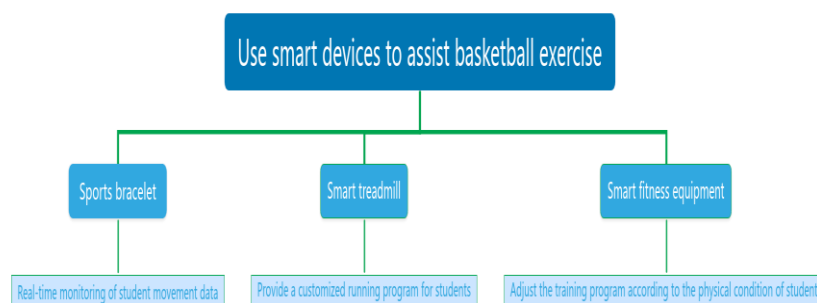


Figure 2: Smart devices assist basketball training

Basketball classroom teaching is not only practical training related to basketball, after all, basketball is a sport with high physical requirements. Therefore, teachers should design interesting and challenging physical education courses through smart classroom technology, so as to stimulate

students' enthusiasm for classroom teaching, improve their comprehensive physical fitness, and enable them to master basketball skills and tactics. The smart devices that can be utilized are shown in Figure 2:

Teachers grasp students' comprehensive physical training through sports bracelets, treadmachines and other intelligent devices, guide students to correct exercise posture through instant data feedback, provide training guidance to students anytime and anywhere through remote data viewing, and timely adjust basketball training programs according to students' physical conditions.

(2) Course assessment preparation

On the one hand, it is necessary to have a comprehensive understanding of students' learning of basketball knowledge. For example, students can be assessed before class by the class optimization master, and then information such as the class student list can be imported into the system to form electronic data of students before basketball teaching, and different groups can be set according to the actual situation of students and the requirements of basketball teaching. In the specific teaching process, observe and record students' basketball training data throughout the process, and timely sort out and summarize basketball training data to provide data support for after-class evaluation.

(3) Basketball ability training teaching

Dribbling is the most basic skill of basketball. As can be seen from Table 1, dribbling includes forehand dribbling, backhand dribbling, alternate dribbling and moving dribbling, etc. Each dribbling mode has high requirements for students' leg posture, hand movements and coordination. In order to improve the level of basketball dribbling, teachers should carry out intensive training.

First of all, the physical fitness test is carried out for students in combination with the physical fitness assistance training of smart devices, and the characteristics of physical coordination and hand linkage in the process of dribbling are observed. The students are consolidated and guided according to the results of physical fitness test and observation test. Secondly, students are guided to carry out dribbling training under different conditions, such as stationary dribbling and moving dribbling, etc. Students are allowed to familiarise themselves with basketball dribbling skills by combining walking, jogging, straight line walking and arc walking, etc. On this basis, three-person combination training is organized and dribbling skills are constantly explored in the training.

(4) Basketball shooting training teaching

Adequate preparation activities should be carried out before shooting teaching, as shown in Table 2:

Table 2: Preparation activities for shooting instruction

Serial number	Activity item	Specific content
1	Assemble in line	Check the students' attendance and arrange the course teaching content
2	warm-up	Jog before practice to move the whole body joints
3	Skill review	Dribbling, passing skills review

On this basis, students are asked to carry out in-place one-handed shooting, jump shooting and shooting skills training. The teacher must first demonstrate the first two contents, and students should combine the teacher's demonstration movements and the early micro-class video teaching content, and constantly master shooting skills in the follow-up exercises. Finally, students can improve their interest and enthusiasm in basketball through group shooting competitions.

2.2.3. Wisdom teaching evaluation after class

Intelligent teaching evaluation mainly includes two aspects. The first is the online intuitive course data evaluation, which refers to the evaluation of students' learning situation in the process of online

learning, including online learning behavior, learning habits and other trace data, according to which online learning evaluation is carried out. The second is the offline course evaluation, which refers to the students' actual learning behavior and test scores in the basketball teaching classroom.

For example, taking shooting between dribbles as an example, the assessment method requires students to shoot twice between dribbles in the whole court, requiring students to make the shot, if they fail to make the shot, they need to continue shooting until they make the shot, and finally calculate the score according to the completion time (as shown in Table 3). If there is any violation during dribbling, 5 points will be deducted/time.

Table 3: Comparison table of shooting score between dribbling progress in the whole court

	Unit (second)									
Grades (Boys)	20	19	18	17	16	15	14	13	12	11
Grades (Girls)	24	23	22	21	20	19	18	17	16	15
cross-grade	10	20	30	40	50	60	70	80	90	100

Of course, when conducting some team-type evaluation, such as the evaluation of basketball matches, it is necessary to consider the actual competition situation of different students, which needs to consider a number of contents.In the smart classroom teaching mode, teachers must be good at using digital technologies such as big data and cloud computing to comprehensively organize and summarize students' classroom learning and basketball performance. Analysis, the use of digital+smart classroom+sports teaching mode to better complete the specific goal of basketball teaching. At the same time, we must be good at using intelligent technical means to give feasibility suggestions for the results of students' teaching evaluation, and provide students with more complete after -school counseling and consolidation training guidance.

3. Conclusion

To sum up, the curriculum practice of college sports wisdom system, as a new teaching form, is to create intelligent, digital and personalized physical education teaching mode for students through the reform of curriculum teaching methods and the application of diversified teaching techniques. The realization of sports wisdom classroom in colleges and universities needs to take curriculum teaching objectives as the guide and teachers' wisdom teaching as the fundamental condition, promote students' intelligent and comprehensive growth, maximize the effect of sports classroom teaching, let students master sports skills at the same time, develop the habit of exercise, have full interest in sports courses and physical exercise, and promote the development of students' comprehensive ability.

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