

Research on the Coordinated Development of Basketball in College Physical Education

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Abstract. In the new era, colleges and universities are the cradle of talents and an important force in China's future modernization. Basketball Teaching in Colleges and universities is not only related to the physical and mental health of college students, the long-term development of basketball cause in China, but also affects all aspects of social development in China. To improve the level of Basketball Teaching in Colleges and universities, and to find a breakthrough in the bottleneck of the development of Basketball Teaching in Colleges and universities, has become an urgent problem for basketball teaching workers in Colleges and universities. This paper takes the basketball education in Colleges and universities as the analysis object, analyzes and discusses the specific current situation and future development countermeasures of the subject teaching, in order to provide some reference for the improvement of the basketball education quality and teaching level.

Keywords: colleges and universities; physical education; coordinated development of basketball.

1. Introduction

Basketball course is one of the important parts of Public Physical Education in Colleges and universities, and it is also one of the special projects welcomed by students. The purpose of college public basketball course is to help students build up their bodies, master the knowledge of sports science, cultivate the spirit of competition and enterprising, and set up the concept of lifelong sports on the basis of middle school sports. In recent years, China's colleges and universities continue to deepen the reform of public physical education, and the author has made continuous exploration and improvement in the teaching process. This paper analyzes the existing problems in the current public physical education basketball teaching in Colleges and universities, and discusses how to optimize the teaching content, concept, method and mode of basketball in the future teaching.

Table 1. Comparison of exercise modes

	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
T1	4.43	3.775	4.63	2.734
T2	2.06	1.714	1.91	1.422
T3	2.06	1.110	2.00	1.328
T4	2.26	1.094	1.49	0.658

Table 2. Analysis of mean standard deviation of emotional dimension

	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
T1	0.43	0.778	0.71	0.893
T2	4.29	2.204	4.97	1.689
T3	5.69	1.659	4.14	1.537
T4	6.20	1.922	4.26	1.859

2. The Current Situation of Basketball Teaching in Colleges and Universities

As far as the overall situation of Basketball Teaching in Colleges and universities in China is concerned, the basketball teaching of physical education and basketball major is relatively systematic, and the basic skills of students are relatively solid. Instead of physical education, students' basketball skills and foundation are generally poor. The classroom teaching of basketball is only to learn several commonly used actions by index, such as shooting at a fixed point, three-step cross basket and other items that will be examined in several examinations. Students have no interest in learning, teachers have no enthusiasm for further strict requirements, and basketball class has become entertainment class and playing class. With the rapid development of China's economy and society, the traditional basketball teaching mode has been unable to meet the needs of basketball teaching. In the actual teaching practice, there are also such and such problems, mainly as the following:

2.1 The Teaching Method is Single, and the Basketball Theory Teaching is Ignored too Much

Basketball is not only a sport, but also a science, which is supported by a lot of theories and science. Basketball Teaching in Colleges and universities in our country is basically carried out outdoors. Classroom teaching is basically practice after practice and Practice on the basis of practice. Basketball is a very practical course. There is no problem in practice or in practice. The key to the problem lies in the proper control of the degree. Due to the lack of theoretical teaching, the basketball teaching in Colleges and universities has lost its systematic nature, and become a single practice course and training course. Students can not form a systematic understanding of basketball, let alone use scientific theory to guide practice. This not only deviates from the goal of basketball teaching, but also is not conducive to the improvement of students' basketball knowledge and skills.

2.2 Insufficient Teachers and Professional Level

Generally speaking, the education of our country "emphasis on culture and light on martial arts", no matter the school, teachers, parents, or students themselves, generally do not pay enough attention to sports subjects, which also leads to the lack of talent supply in basketball in our country, which is reflected in the basketball teaching in Colleges and universities, that is, the basketball teachers are less equipped, the education level is low, and the professional skills are poor. Basketball teachers play a leading role in Basketball Teaching in Colleges and universities. Their understanding of basketball theory, mastery of basketball skills and teaching level will seriously affect the quality of basketball teaching. At present, basketball teachers in Colleges and universities are not professional, coupled with the lack of quantity, which will inevitably have a negative impact on the improvement of basketball teaching quality in Colleges and universities.

2.3 The Teaching Method is Backward and Students' Interest in Learning is not High

With the rapid development of society, people's thinking has changed dramatically. Some people even think it's a personalized era. As far as the current colleges and universities are concerned, students come from all over the world, and their individual performance varies greatly. The traditional basketball teaching method can not meet the individual needs of students at all. The monotonous and unchanging teaching mode can't arouse the students' interest in learning basketball at all. The students' enthusiasm for basketball continues to fall, which makes the basketball teaching unable to proceed smoothly, and the goal and task of basketball teaching can't be realized effectively.

2.4 Large Scale Enrollment of Colleges and Universities, Relatively Insufficient Basketball Venues

The party and the state have always attached great importance to basketball, and have also been increasing the investment in college basketball venues and facilities. However, due to the expansion

of college entrance examination, the investment speed of venues and facilities can not catch up with the expansion of college entrance examination, which leads to the relatively insufficient supply of college basketball venues, specifically reflected in the following situations: the size of basketball venues is not large, the quantity is not large, the quality is not high, and the maintenance is not enough. Basketball is a very practical subject, and the lack of basketball teaching places seriously restricts the development of basketball in Colleges and universities. Due to the lack of sufficient basketball venues, the students' basketball training has been greatly affected. In addition, the maintenance is not timely and the safety cannot be guaranteed, which greatly affects the enthusiasm of the students' basketball movement and indirectly affects the improvement of the basketball teaching quality.

3. Countermeasures to Promote the Development of Basketball Physical Education

In physical education, physical training and physical training are closely linked, although they are different. The quality and level of physical education can be improved only through the coordinated development of reasonable methods. It's a relationship. First, according to the local education environment, the relevant departments can design an education program suitable for local physical education, carry out experiments at designated points, and constantly optimize and improve the program. After that, the education program will be promoted in the local schools, and each school can be supervised to implement the education program, or improve according to the characteristics of the students and the venue of the school.



Figure 1. six characteristics of "sports education mode"

3.1 Improvement of Teaching Content

In the framework of high quality education, physical education should be carried out within the scope of students' all-round development. At the same time, we should pay more attention to the development of physical education in practice while improving students' written skills. Students' physical and mental and physical ability is the key that we should pay attention to. Physical education workers should set the content of class according to students' actual psychological quality, physical condition and interest. The content of class should be defined from a scientific and reasonable point of view. Adhere to the education concept of healthy sunshine, not blindly obey and do rude things, according to the local seasonal changes and popular sports goods, constantly change

the types of sports to find out some sports suitable for students to participate in in the season. Teachers can also join some new sports activities, such as tennis, basketball, football, etc. diabolos can also be selected as the object according to the local situation, combining with the school's own sports equipment and sports facilities and other conditions to carry out a variety of curriculum arrangements. Due to some special majors, the proportion of men and women is unbalanced. Among the majors with more girls, we can offer flexible ball, aerobics and other sports courses that are more suitable for girls to participate in. We can also combine students' interests and hobbies to create a sports interest class, or choose according to their major and future development direction, so as to improve students' professional quality for employment in the future. According to the characteristics of students, physical education can also include recreational activities and fashion activities. These activities not only help to improve students' interest. At the same time to meet the needs of today's students in competitive sports, help students to establish a healthy lifestyle and sports culture.

3.2 Innovative Methods of Optimizing Physical Education

In sports, teachers pay more attention to the "education" in sports, which leads to the neglect of students' training in sports. The committee recommends that physical education professors continue to improve the methods of physical education used to attract students' interest in learning as much as possible and let them express their interest in sports spontaneously. Physical education educators should make great efforts to enhance students' ability of independent learning and promote their spontaneous sports by organizing learning and analyzing some knowledge about sports. Make students realize that actively engaging in outdoor sports can continuously improve their physical quality and healthy mentality. The focus of education is students' interest in learning. When students' interest in sports is increased, students can learn by themselves, which can save a lot of teachers and teaching time, and also enable them to make achievements in sports.

First, in practice, physical education content and basketball class should take into account the actual situation of students. Through various ways to meet the needs of students' rest and exercise, the basketball games are held regularly in spring and autumn. In this regard, some measures can be taken to further improve the physical and mental health of students. All the members take part in the sports meeting, whether they like sports or not. Actively encourage to participate in various basketball activities, can effectively improve their basketball skills. Team playing basketball can improve students' team cooperation ability and reduce the phenomenon of individual heroism. Playing basketball can also promote the growth of height, let students more basketball activities, can improve the average height level of our country. The process of practicing basketball can improve the coordination of students' bodies, and it is also conducive to learning other sports. Therefore, physical education in schools should strengthen the process of practice.

Second, in sports activities, teachers can participate in many subjects. For example, according to the actual situation of the school, track and field teams can be set up to select students for track and field sports. After selection, sports competitions can be held. After the professional training, these members can take the positions related to sports in their classes, help teachers share the teaching tasks, take the teaching responsibility and lead the whole class. Play an important role, encourage the students in the class to actively participate in sports, and think actively and healthily.

Third, we should organize sports activities in schools, encourage students to participate actively, so that every student can show their sports ability in schools. For example, tug of war, such a sport is usually easy to organize, which can be attended by many people and many classes. Participating in tug of war not only requires good physical condition and related sports knowledge, but also mutual understanding and cooperation. The competition not only stimulates the students' interest to a great extent, but also helps to cultivate their unity and cooperation ability, cultivate their self-awareness and enhance their sense of collective honor. This learning method can effectively promote the coordinated development of sports training and physical education. At the same time, schools can also jointly organize sports competitions or activities, so that students with high quality and skills can participate in these activities to promote mutual learning between schools. This kind

of practice can encourage the school to have the interest and the enhancement enthusiasm to the sports activity.

3.3 Strengthen the Construction of Teachers

Establish a high-quality team of teachers, integrate the sports training mode, and improve the comprehensive quality of teaching. In order to achieve these goals, the university should introduce talents with higher education background. Physical education talents should not only have a high level of technology and technology, but also know how to educate students, and can be patient to constantly improve their education methods. According to the actual situation of the school, some retired athletes can also be invited to give lectures and consultation on a regular basis to encourage students to participate in physical education and promote the development of physical education. The sports workers who are engaged in Physical Education in the school constantly strive to improve themselves, enhance professional technology and professional skills, and constantly improve the ideological understanding of sports, so as to effectively promote the continuous renewal, progress and development of sports. The reform information of sports training and sports education should be conveyed to all levels of physical education personnel as soon as possible, learning and skill practice should be carried out in time, and efforts should be made to enrich the content of sports knowledge and the mode of physical education. Actively participate in all kinds of physical education lectures, tutorial classes, conferences and physical training, improve their comprehensive ability and essence, constantly improve the coordination of physical education and sports training, improve their comprehensive ability and quality, and improve the quality of education.

4. Conclusion

In physical education, we should not only distinguish the differences between physical education and physical training, but also clearly sort out the relationship between them. We must also understand the integration of physical education. We should make full use of the content of the course, improve the teaching methods, redesign the teaching plan and improve the teaching quality. The independent training of students is not only the independent training of their own sports hobbies. Only when teachers fully grasp the autonomy of students can physical training be more relaxed. Only through these measures can the coordinated development of sports be improved in general.

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