

The construction and application of online and offline platform system for basketball teaching in Colleges and Universities

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Abstract: In recent years, with the rapid development of computer technology in China, it is common to introduce online platform system into basketball teaching in Colleges and universities. In the following article, we will specifically study the characteristics of college basketball teaching by introducing online platform system, and analyze the impact of online platform system on College Basketball Teaching by comparing with the traditional teaching mode.

1. Introduction

Basketball is one of the most popular sports of college students in China. Cuba is the most representative organization. With the slogan of "playing basketball is your dream, going to university is your dream, Cuba is the place where you realize your dream", Cuba attracts the majority of young students to engage in basketball, and the fire of basketball sets a prairie fire on the campus. A survey shows that 95% of college students like basketball, and colleges and universities generally offer basketball courses, but 5% of college students despise basketball courses. This contrast phenomenon shows that there are some problems in Basketball Teaching in Colleges and universities. The reform of Basketball Teaching in Colleges and universities has reached an urgent stage.

2. The disadvantages of Basketball Teaching in Colleges and Universities

The basketball teaching materials used in Colleges and universities in China are influenced by the former Soviet Union and based on the Western basketball curriculum theory. After a long-term development, their theoretical system and training mode have great inertia and stability. Basketball as a social practical sports, basketball teaching theory relatively lags behind the development trend of basketball. With the continuous innovation and breakthrough of basketball technology and tactics system, basketball theory has lost its foresight, foresight and guidance. College basketball teaching materials have been used repeatedly for many years, even if some versions have changed, they are also new bottles of old wine, not new. The stable and long-term result of this theoretical system seriously restricts the improvement and development of basketball teaching level in Colleges and universities.

Looking up the existing literature, there is no systematic study on the theoretical system of Basketball Teaching in China, let alone a recognized theoretical system of basketball teaching. As the leader of Chinese men's basketball team, Yao Ming criticized the current situation of Chinese basketball development mercilessly in an interview with the media: "Chinese basketball is making cars behind closed doors.". This shows that our basketball teaching theory can't keep pace with the times and can't keep up with the development of basketball in the world. Basketball Teaching in Colleges and universities in our country is still influenced by traditional teaching theories. In the process of teaching, we still attach great importance to the cultivation of biological significance, ignoring the various sociological attributes of college students and basketball events themselves, which makes basketball teaching seldom consider students' individual differences, psychological feelings and the cultivation of basketball practical ability in the classroom, which affects the majority of College Students' basketball class The enthusiasm of Don's participation^[1].

3. Characteristics of online platform system in College Basketball Teaching

3.1. Improve students' current tactics, skills, etc

The online platform teaching of basketball is very helpful to improve the current tactics and skills of students. The biggest feature of the online platform system is that it can switch at any time. For the traditional mode teaching, when the teachers explain the actions, some actions that cannot be seen clearly can be played back by the online platform teaching. For the important tactics and skills, the multimedia technology can be played back slowly or its action decomposition. This kind of teaching method, not only the students can be familiar with the action essentials, but also has a great help to improve basketball skills^[2].

3.2. Reduce the teaching intensity and improve the quality of teaching

In college basketball teaching, if we want to reduce the intensity of teachers' teaching and improve the quality of teaching, we can simply realize it by combining online platform teaching with traditional teaching. In the process of teaching, teachers can use multimedia to transfer randomly according to the progress, and then use traditional teaching methods to decompose and strengthen basketball tactics. At the same time, with the two characteristics of online platform teaching, vivid content and large amount of information, even if the teachers have their own shortcomings or the class time is short, students can learn more basketball skills in the specified teaching time^[3].

3.3. Stimulate the students' enthusiasm and interest in learning basketball

The online platform system composed of sound, image, picture, text and other information can stimulate students' enthusiasm and interest in learning basketball and avoid the impact of external factors such as weather on basketball teaching because of its vivid, lively, precise action, graceful posture and other characteristics in teaching. At the same time, in basketball teaching, students are more interested in their own parts, using online platform system can make students have more time and conditions to understand and grasp. Therefore, the interactive characteristics of basketball online platform system, one is to make up for the influence of teachers' lack of knowledge on teaching, the other is more conducive to students' comprehensive understanding of basketball^[4].

4. Comparison and interaction between online platform teaching and traditional teaching of basketball

1) For the traditional basketball teaching, it is often affected by many conditions such as the venue, weather, class hours and the differences of students' quality, which leads to certain limitations in the course arrangement. In the traditional basketball teaching, the main teaching method is through the teacher's explanation, combined with action demonstration. Of course, many teachers' lack of ability often occurs in the teaching, which leads to the students' enthusiasm may be greatly affected. Therefore, in the traditional basketball teaching, if you want to master the technology and skills, you will be affected by the teachers' lack of ability and students' enthusiasm Low impact. Compared with online platform teaching, because of its large amount of information and vivid teaching content, students' desire to learn basketball can be well aroused. Abandoning the malpractice of the artificial action demonstration in the traditional teaching process, the visualized teaching method can make the students master the basketball technology better. Therefore, in the basketball teaching of colleges and universities, the use of online platform system can make up the deficiency of the traditional teaching method, and make the students study and analyze the basketball tactics better. 2) The traditional basketball teaching method is often affected by the weather and other factors, which to a large extent eliminates the enthusiasm of students to learn basketball. And teachers often feel that their explanations are not well understood by students, so the teaching effect can not reach the expected value. For online platform teaching, its features of novel content, accurate basketball action and rich knowledge are of great help to improve the enthusiasm of students. Not only that, but also for the important basketball tactics students can

grasp well. For the effect of traditional teaching, it is also good. 3) In the traditional basketball teaching, there are certain requirements for the venue, equipment and high-quality teachers. In addition to the small number of classes, the teaching effect is very poor. In online platform teaching, not only the number of classes is large, but also the teaching content is vivid and concrete, which solves the problems of traditional teaching mode. Especially for colleges and universities which are expanding enrollment scale and lack of excellent teachers, using online platform system for basketball teaching will have more development prospects in the long run. 4) Although the traditional basketball teaching mode has many disadvantages, it is complementary to multimedia teaching. Whether it is to teach basketball skills or skills, the first traditional way is that students need to understand and master the skills first, and then talk about the skills. In the end, online platform system is actually the process of strengthening the traditional teaching methods and improving the original tactics. Only when the two are truly combined, can the purpose of improving the teaching effect be achieved^[5].

5. The influence of online platform system on Basketball Teaching in Colleges and Universities

5.1. Impact on Teachers

In the traditional teaching process, the only way for students to acquire basketball knowledge is the teacher. The teacher can be said to be the organizer who integrates imparting knowledge, organizing teaching and organizing students. In addition, the teacher uses his own teaching style to teach students words and deeds, so as to impart certain basketball skills to students. Using the online platform system teaching, teachers become more guides for students to learn basketball, so that teachers can understand students' needs for learning basketball knowledge on the basis of traditional teaching methods, so as to better help students and guide students. Using the teaching method of online platform system, teachers can express some difficult contents vividly and concretely in the form of pictures when explaining and demonstrating basketball knowledge. For the teaching of some difficult movements and skills in basketball knowledge, the use of the online platform system can make the students grasp it simply and clearly. Finally, using online platform teaching, teachers are also released from the repeated teaching process, so that teachers can have more time to study the latest basketball knowledge. Not only that, through the online platform teaching process, teachers have also been supplemented with new basketball knowledge, which is of great significance to improve their own quality and give full play to their guiding role in teaching^[6].

5.2. Influence on College Students

For the traditional basketball teaching method, the only way for students to get the action essentials is teachers. Only through teachers and students can they master the basketball tactics and form their own basketball tactics style. Students want to assess their mastery only through teacher assessment. In these processes, there is too much dependence on teachers. Using online platform system teaching, students can choose to learn according to their own problems and characteristics, not only to reduce the dependence on teachers, but also to make students learn from passive to active, which plays an important role in improving students' enthusiasm and tactics^[7].

5.3. Influence on teaching content

The traditional basketball teaching focuses on the linear structure to impart knowledge. In the process of teaching, students' individual differences and teachers' own qualities are not taken into account, and the mode of changing from simple to complex and from single action to combined action is often adopted. Such a way will have great fluctuation for basketball teaching effect. The non-linear network learning structure can not only strengthen the knowledge of basketball, but also improve the ability of students to learn new knowledge of basketball^[8].

6. Conclusion

For the reform of Basketball Teaching in Colleges and universities, we should take the characteristics of basketball and the actual needs of students as the guide, grasp the characteristics of the era of basketball, meet the diversified needs of students' psychology, physiology, social adaptation and so on, so that the knowledge learned in the classroom can be applied in basketball practice. In addition, in basketball teaching, we should also respect individual differences, do not make a one size fits all, reflect the particularity on the basis of universality, meet the diverse needs of students for knowledge, improve the enthusiasm of students' training, and make basketball teaching truly become one of the classes that students love and acquire sports skills.

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