

# The Development and Research of the Continuous Teaching Mode of Basketball Major in Colleges and Universities

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**Abstract:** This paper analyzes on the present situation of basketball courses for physical education majors in colleges and universities, expounds the development of basketball continuing teaching mode, and probes into the ways of application-oriented and sustainable teaching of basketball in colleges and universities: considering the integration of network teaching resources; Classroom questions and answers; Defining various forms and contents of competition; The emphasis on the transition between class education and competition has promoted the development prospect of basketball continuing education in vocational colleges.

## 1. Current situation of sports basketball courses

However, there are not many application-oriented university models facing frontier, revolutionary red and national characteristics. On the one hand, there is a lack of textbooks, on the other hand, there are differences in understanding, students' physical structure and sports characteristics. The difference between the two aspects is not conducive to the long-term development of application-oriented students. It is very difficult. Traditional teaching methods are highly efficient and cannot achieve the goal of cultivating application-oriented talents. Especially with the rapid development of the 5g era of the Internet, teaching is increasingly relying on science and technology as an assistant segment, playing an increasingly important role. At the same time, the combination of traditional teaching methods and information technology has also produced many new teaching methods and teaching models, but there is little research on the teaching models of basketball majors in application-oriented colleges and universities.

## 2. Advantages of basketball continuous teaching

Continuous teaching is a learning mode of network learning+classroom practice and competition+. With the rapid development of information technology, it has created a new form for the training of application-oriented college sports talents: the unity of basketball education information resources, the continuity of teaching, the application of learning and the sustainable development of the future. The continuous teaching method is to make use of the rapid spread of information teaching and emphasize that the teaching process between teachers and students is consistent. This teaching method has become a trend in applied universities, especially in applied universities. It designs goals, rules adaptation and various role playing methods for formal competitions. It takes the network as the basis, classroom practice as the core, guides and corrects technical actions during competitions, and leads the tactical cooperation and application of the whole team, The application of continuous teaching mode is relatively low and open in colleges and universities. The demonstration is insufficient. Continuing teaching is not only in line with the law of basketball development, but also in line with the training goal of application-oriented talents. Specifically, the teaching mode of "network+classroom+competition" has been adopted to mobilize the initiative of students to form an independent learning attitude, accurately and quickly identify the technology and tactics of basketball education, and an equal communication between teachers and students has been formed in the teaching process. It is a good process to ask students questions and let them answer by themselves. Teachers constantly design questions. It is a good process to preach and solve problems. We should guide students' internal ability, rather than passively accept

things.

### **3. Construction of continuous teaching of college basketball courses**

#### **3.1. Focus on the integration, selection and production of network resources**

The transfer of network resources is becoming more and more abundant, which has become an indispensable way and method for modern teaching. The online basketball course conforms to the development of the times, makes full use of the information teaching concept, and provides many high-quality teaching videos for contemporary college students. Each chapter of the basketball book has video explanations that can meet the needs of students in the classroom, and explains technical measures in detail, but it cannot fully adapt to the characteristics of application-oriented college students. At the same time, Video content should eliminate problems and let students continue to work in practice, thinking and practice. Applied online courses need teachers to integrate, select and generate network resources, select appropriate content, design tasks and problem modules, and set up situational models. In practice, students constantly create their own video resources, use modern information tools to create network resources, and achieve the application of theory in practice, Effectively achieve the teaching objectives.

#### **3.2. Do a good job in class question and answer exercises**

In the practice stage of classroom question and answer, teachers must have rich knowledge, especially basketball professional knowledge. Network textbooks are almost high-quality courses, with rich and targeted teaching content. Teachers answer questions and solve questions. In the practice stage, any connection needs to be stopped accurately, and every minute cannot be wasted. Teachers should be able to visit the school in advance, and they should be able to make collective corrections, timely guidance, so that the classroom continues to progress.

#### **3.3. Set up diversified competition forms and contents**

A variety of competitions have been organized, such as course selection teaching competition, course selection teaching competition, basketball arbitration competition, sports culture and art festival competition. The contents and forms of competitions must be diversified, so that students can improve their practical skills in different posts. Teachers should supervise, require and correct the evaluation standards, so that every student can enjoy fair education in the classroom, so that excellent students can retain the space for creation, Let low skilled students consolidate the foundation of creativity. Competition is a comprehensive collective activity. It must give consideration to teammates and rivals, learn from active teams, encourage each other to compete in the team, make progress in mutual reflection, learn from each other, learn from each other, learn from each other, learn from each other, learn from each other, grow up in the active link of competitive responsibility, and gradually form a team that does not complain, do not discuss, like communication An intimate team that does not blush will be rewarded for progress, rewarded for encouragement, and rewarded for attack. It will constantly improve the psychological quality of primary school students and their ability to adapt to the threshold, improve their technical application ability and tactical cooperation ability, promote their willingness to actively communicate, improve their decision-making ability, and highlight the quality of selfless dedication.

#### **3.4. Do a good job in online courses and classroom teaching, and let students participate in the compilation of textbooks**

At present, network resources can no longer meet the needs of training application-oriented talents. Video content must be able to effectively help students overcome key points, understand difficulties, put forward valuable questions, accurately design classroom questions and exercises, and help students improve their skills. It is the central point of optimizing network resources. Only teachers with passion, correct values and solid knowledge can effectively use leadership time, To improve the quality of emotional communication in the teaching process, successfully achieve the

teaching objectives, and solve the problems of teaching materials, teachers need to jointly research and develop teaching materials, and let students participate in the development of teaching materials, which becomes an important part of teaching. Teachers should understand each student's technical quality, communication ability and personal quality, control the tactical style system of the whole team, guide students towards great goals, and meet requirements, disciplines Combine democracy to form a collective organization that is good at communication and dare to speak.

### **3.5 Emphasize the transition between class education and competition**

Teaching practice is the most direct communication process, an important part of the continuous teaching method, and an important link in establishing the emotional relationship between teachers and students. Because the competition requires a lot of preparation, the skills and tactics of the athletes, the skills of the referees, and the organizational skills of the competition, we must know everything, always correct students' mistakes, and answer students' questions. The close connection between classroom teaching and competition requires teachers to be clear headed, design teaching content accurately, organize and manage all links between classroom and competition, demonstrate skills and tactics, eliminate key content problems, develop testing methods, and constantly improve the perfect connection between training and competition.

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