

Reform of Teaching Practice in Physical Education Majors: Taking Basketball Course as an Example

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Abstract: Under the dual background of teacher training professional certification and applied talent training, this study conducted practical reforms on the teaching of physical education professional skills from the perspective of basketball curriculum. Through the reconstruction of basketball teaching content and the recombination of teaching methods, we integrate multi-disciplinary knowledge such as motor skill learning, physical fitness training, motor development, and educational psychology into basketball teaching, striving to achieve an organic combination of theory and practice. Through practical testing, we have achieved good teaching results, and aim to provide reference for the teaching of basketball courses and other technical courses in physical education majors.

Keywords: Basketball teaching; Teaching reform; Physical Education

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1. Introduction

1.1 The Dual Background of Teacher Education Professional Certification and Applied Talent Training

Currently, the certification of teacher education majors has become an important direction for the construction of teacher education majors in higher education institutions in China. The OBE concept established in the certification of teacher education majors is based on a results oriented education model, which is the core concept of China's higher education quality standards. It is also a structural model that organizes, implements, and evaluates education centered on expected "learning output", which is becoming an important direction for the reform and development innovation of applied talent training education in China.

1.2 The problems of the teaching in physical education majors

Technical courses play an important role in the teaching of physical education majors, with a large number of class hours being used to master and improve students' sports skills. However, there are always some problems that have been criticized by people. Basketball course is one of the specialized courses in physical education, with high popularity and participation among students of different age groups, and strong representativeness. Therefore, this study takes basketball courses as an example to carry out practical reforms in the teaching of physical education majors.

2. Reform ideas

A survey was conducted on the current situation and needs of physical education teachers in primary and secondary schools through the college's educational reform project. It was found that the most important tasks in current physical education teaching are to improve students' physical fitness, impart sports skills, organize competition activities, and conduct extracurricular training. The ability requirements for physical education teachers are the richness of theoretical knowledge in the field of physical education, the diversity of teaching organization methods, the ability to organize competitions, the level of professional skills, and knowledge related to education. The sports management department is not satisfied with the current physical education teaching, and the long-term

decline in the physical fitness of primary and secondary school students is an undeniable problem.

3. Reform methods and paths

3.1 Effective teaching philosophy

Teaching philosophy is the precursor of teaching. The teaching philosophy of teachers comes from the transformation of various elements of teaching activities. The occurrence and implementation of the transformation may be the result of teachers' original labor, or the introduction of some novel factors in teaching activities, which means that teachers can constantly explore and improve their work, constantly try new teaching methods and styles, and try to understand those who are accustomed to them from different perspectives. New interpretations of things that are commonplace and ignored can provide a new perspective on things that are taken for granted and taken for granted.

Based on relevant surveys and literature review, this study establishes a teaching philosophy based on effectiveness from the perspective of social actual needs and competence. The concept of practical effectiveness in sports subject teaching refers to the integration of various theoretical knowledge by physical education teachers during subject teaching, striving to achieve the unity of theory and practice, using various means to enable students to have the ability to solve problems, and achieving the best possible teaching effect in a limited time.

3.2 Stereoscopic teaching content

Our college's basketball general course has a total of 64 class hours, including 58 class hours for external technical courses and 6 class hours for theoretical courses. Most of the teaching content involves skill teaching. The other technical courses in the outer class are also roughly the same. In order to achieve practical teaching results, the teaching content has been restructured on the basis of completing basic teaching tasks. An example is as follows:

(1) During the teaching process, integrate knowledge of biomechanical principles into basketball classroom technical explanations. Taking the teaching of one handed shoulder to shoulder shooting techniques in situ as an example, first guide students to think, why should standardized shooting techniques be used? Analyze the three factors that affect shooting accuracy from the perspective of mechanical principles. Explain how to accurately control the size of force from the fixed arm during the shooting process. Adjust the shooting curve from the angle of release and finger flicking to obtain a larger angle of entry; From multi joint stretching and finger holding, ensure directional stability.

(2) Integrate the theory of motor skill learning into the process of acquiring basketball skills. By imparting theoretical knowledge of action learning, students can not only acquire basketball skills but also understand the underlying principles of action skill learning. They can discuss the acquisition of technology and the correction of incorrect actions from the perspective of action mode theory, analyze the process of skill improvement from the perspective of parameter learning, and acquire knowledge and skills through the combination of theory and practice.

(3) During the teaching process, impart knowledge of education and psychology. How can we achieve better teaching outcomes? How to guide students' attention? How to stimulate students' motivation? How many information clues can be provided during the explanation? While implementing teaching, not only imparting knowledge and skills, but also presenting teaching methods, expressing the principles of education and psychology, and guiding students to read relevant education and psychology books after class.

3.3 Diversified teaching methods

The traditional basketball teaching method mainly focuses on the indoctrination style of explanation, demonstration, and organization of practice. Based on this, this study changes the indoctrination style teaching to heuristic teaching, and through suspense and questioning. By assigning homework, students can learn independently, guide students to carry out the "Internet plus" learning mode, upload learning materials and courseware by using the "Learning Pass" software, let students watch learning, and conduct self—correction and peer learning. Cultivate students' ability to discover and solve problems, shift towards a focus on autonomy, exploration, and cooperation, and make their learning process more of a process of discovering, posing, and solving problems themselves. In the process of learning, cultivate students' abilities to utilize knowledge, conduct independent research, and communicate together, so that they truly become the masters of learning.

3.4 Integration of teaching evaluation

The formulation of teaching objectives is based on educational objectives and educational objectives. Teaching objectives not only consider students' motor skills, but also their emotional and cognitive domains. Teaching evaluation is an activity that makes

value judgments on the teaching process and results based on teaching objectives and serves teaching decision-making. It is the process of making judgments on the actual or potential value of teaching activities. The two have a high degree of correlation and unity.

In terms of teaching objectives, it does not stop at improving students' basic skills and practical abilities; Make educational psychology knowledge, physical education professional knowledge, teaching and training methods, teaching techniques, etc. a part of teaching objectives; Enable students to not only master knowledge and skills, but also understand principles and improve practical abilities; At the same time, we focus on cultivating students' willpower and emotional attitude, always adhering to the principle of prioritizing moral education, and helping students establish correct values and outlook on life.

When evaluating students, it is not limited to assessing their basketball theoretical knowledge, physical fitness, and technical movements. Open assignments are used to assess students' teaching practice and problem-solving abilities, and to comprehensively evaluate their willpower and emotional attitude from multiple perspectives. At the same time, by communicating with students through various methods such as learning communication and inquiry, we can gain an evaluation of our teaching process and continuously revise our teaching. Obtain teaching feedback to further improve teaching quality. Through teaching evaluation and continuous improvement, strive to align teaching objectives with results.

4. Conclusion

Teaching reform is not a one-time achievement, it requires continuous exploration, learning, and improvement. No matter what teaching activity it is, it ultimately requires a certain output. Teaching requires innovation, and achieving better results is the best innovation, rather than blindly engaging in "noun innovation" or "form innovation". Teaching is the job of every teacher, and in the process of teaching implementation. By guiding teaching practice with scientific theories, and improving the scientific and efficiency of teaching, we can improve their abilities, and make more contributions to the country.

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