

Analysis and Countermeasures of the Current Situation of Public Sports Basketball Teaching in Colleges

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Abstract: Basketball class is an important course for public sports basketball teaching in colleges and universities in China, which can not only effectively improve college students' sense of teamwork, but also enrich their campus life. This article briefly analyzes the current situation of public sports basketball teaching in colleges and universities in China. Based on this basis, suggestions are put forward for corresponding improvement measures, hoping to help universities improve the quality of public sports basketball teaching.

Keywords: Colleges and Universities; Public Sports; Basketball Teaching Status; Improving Countermeasures

The basketball class is one of the most popular courses in public physical education in colleges and universities in China. The main purpose of basketball teaching in public sports in colleges and universities in China is to cultivate and improve college students' basketball professional knowledge and skills, and at the same time help them strengthen their physical fitness and establish a correct outlook on lifelong sports. The vast number of colleges and universities in our country also continuously requires quality education and reform of public physical education. However, there are still a series of major problems. For this, this article analyzes and discusses specific improvement strategies.

1. Current situation of public sports basketball teaching in colleges and universities

1.1 The teacher's professional quality is not high

Although the new curriculum standard has clearly emphasized that teachers should further stress the importance and main position of students in the teaching practice process, teachers are still considered to be the main organizers and leaders of teaching activities, so teachers' own professional quality will directly affect the quality of teaching. According to related research and investigation, it can be found that there are currently problems of insufficient physical education teachers and low professional quality of colleges and universities in China. For example, most of the basketball teachers in the Ministry of Public Sports of our country holding undergraduate degrees, some are not professional, and the school rarely organizes the existing teacher team for re-learning. All of the above factors will lead to low overall performance of the basketball teacher team and the final teaching effect will naturally not reach the expected goal.

1.2 Imperfect teaching facilities

Teaching facilities are also one of the important factors that affect the quality of basketball teaching. At present, the enrollment of the majority of colleges and universities in our country has generally shown a gradual increase, but many colleges and universities only have basketball training venues and equipment that not meet the needs of students. This will result in the students' practice time and training volume not being guaranteed, and the teaching effect will inevitably be seriously affected.

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doi: 10.18686/ahe.v4i5.2205

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1.3 Single teaching content

Examination-oriented education has a foundation of thousands of years in our country, so it has a very far-reaching impact on our teachers. Even with the deepening of education reform, this concept has improved, but it still has not completely got rid of its impact. This will lead to the relatively dull, lack of innovation and practical significance of physical fitness in the basketball teaching content formulated by teachers, and a weak connection with contemporary sports. These factors will cause students to lose their enthusiasm for basketball learning, thus affect the teaching effect. For example, the current public sports basketball teaching content of some colleges and universities in China is generally based on a single basketball skill action teaching and training, but the teaching content that can improve students' actual basketball skills is relatively scarce, and students cannot really perceive the charm of basketball.

1.4 Old teaching methods

Whether teaching methods are effective is the key to whether teaching goals can be achieved. The effective teaching methods are not fixed and should be constantly adjusted and perfected with the development trend of modern society and actual teaching effects. But in fact, the teaching of public sports basketball courses in colleges and universities in China is generally carried out according to a set of fixed procedures, and this traditional teaching method is obviously unable to meet the actual learning needs of contemporary college students, and the teaching effect achieved naturally unsatisfactory.

1.5 Teaching assessment is one-sided

Teaching evaluation is an important part that cannot be ignored in the whole teaching activities. Effective teaching evaluation can not only effectively improve the learning effect of students, but also promote the improvement of teachers' own quality. However, the current public sports basketball teaching evaluation system in China is still in the form of compliance testing. Under the guidance of this teaching evaluation, the quality education currently implemented in China does not have real significance, because teachers will ignore the comprehensive use of basketball technology by students. Strength, tactical execution and refereeing are not conducive to improving the overall quality of students.

2. Improvements of public sports basketball teaching in colleges and universities

2.1 Strengthen the construction of teachers

The level of teachers will not only have a profound impact on the teaching effect, but also will play a decisive role in the innovation and development direction of the teaching system. The new curriculum reform puts forward higher standards and stricter requirements for teachers, which requires teachers to constantly update and enrich their knowledge structure to meet the innovation and development needs of public sports basketball teaching in colleges and universities in China. At the same time, on the one hand, the school should regularly organize the existing faculty to re-learn to improve their professional qualities, on the other hand, it should recruit better talents to improve the overall level of teachers.

2.2 Improve teaching facilities

Under the situation of continuous expansion of enrollment, colleges and universities should first improve their own teaching facilities, such as adding basketball courts, buying sufficient basketballs, etc., in order to ensure the training time and training volume of all students, and then improve the training effect. In addition, the school should make full use of the existing venues and facilities to maximize the use of resources.

2.3 Innovative teaching content

As the second-largest sports in the world, basketball can make people truly feel the charm of basketball through games. Therefore, in the teaching process, we should not only teach a single skill, but combine the skills of dribbling, ball control, shooting, etc. that need to be applied in basketball games to really improve the students' actual basketball skills. Attention should be paid to the cultivation of students' basketball habits and interests. For example, students with similar basketball skills can form teams to play by themselves, which can improve their basketball skills and refereeing ability. In addition, the teaching content should be targeted, that is, the corresponding teaching content should be selected according to the different departments and the actual situation of different students.

2.4 Reform teaching methods

Dribbling, passing, shooting and other skills are the key content of basketball teaching. Only when students have mastered these skills can they successfully carry out basketball-related activities and competitions. This requires teachers to arouse the interest

of students in the learning process. The traditional teaching method obviously can not meet this requirement, so it is imperative to reform the way of basketball teaching. With the advent of the "Internet +" era, modern information technology has been widely used in the education industry, and basketball teaching should not be an exception. For example, students can self-study according to relevant videos of NBA and CBA games in advance before class, and then organize themselves in group games in class guided by teachers according to their performance to help them determine the direction of practice after class, so that they can be more active in the teaching process, thereby improving the quality of teaching.

2.5 Optimize the assessment and evaluation system

The traditionally using standards as the teaching and learning goals are not conducive to teachers' improvement of their own teaching level, and also can not improve students' learning effect and the development of their comprehensive physical quality. Therefore, public sports basketball teachers in colleges and universities in China should abandon the traditional teaching evaluation system and rebuild a set of evaluation system more suitable for promoting the development of the comprehensive basketball quality of students, to change the result evaluation into a process evaluation to make the evaluation function really play. Cultivating and improving students' comprehensive basketball literacy is not a one-time thing that needs to be developed step by step. Therefore, the scope of the assessment should be expanded, to not only assess the basketball skills and physical fitness of students, but also include the assessment of the corresponding theoretical knowledge, refereeing methods, daily performance, etc., these measures can really stimulate the interest of students to participate more actively in basketball training, so as to truly achieve the goal of basketball teaching in public sports in colleges and universities.

3. Conclusion

In summary, basketball teaching is an important part of public physical education in China's colleges and universities. Although its teaching has been gradually improved with the continuous advancement of China's teaching reform, there are still a series of main problems. In order to further improve the teaching quality of public sports basketball in colleges and universities in China, these issues should be properly handled. This article puts forward corresponding suggestions in order to help, so as to enhance students' comprehensive sports quality and lifelong learning awareness and promote the healthy development of public sports basketball lessons in China.

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