

Research on the Teaching Status of College Sports Basketball Elective Course in Taishan University

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Abstract : In order to let in Taishan University basketball development unceasingly, at the same time of promoting college students' physical health can improve the level of the school basketball, in this paper, the Taishan University basketball elective course teaching analysis of the status of the investigation, aimed at a comprehensive understanding of Taishan University basketball elective course teaching present situation, for the development of Taishan University basketball course provide valuable basis.

Keywords : Basketball; Elective Courses; The Teaching Status Quo

With the deepening of China's sports system and education system reform, school sports have received national attention, basketball has a strong vitality in colleges and universities, in order to let the basketball in Taishan University continue to develop, while promoting the physical health of college students can improve the level of basketball in our school. This paper investigates the present situation of Taishan University's basketball elective course teaching, in order to fully understand the present situation of Taishan University's basketball elective course teaching, and to provide valuable basis for the development of Taishan University's basketball course.

1. Current situation analysis of Taishan University basketball Optional Course teachers

1.1 Analysis of the current situation of Taishan University basketball elective teachers' age

Young teachers like friends and students into the life and teaching, old teachers can rely on years of teaching experience and unique teaching methods, effectively improve students' basketball skills. Through the investigation, it is found that the distribution of basketball teachers in Taishan University is not balanced among all age groups, but there are many old teachers with rich teaching experience, who can cope with various emergencies and teach according to the specific situation of students, which is more conducive to the improvement of students' skills.

1.2 Analysis on the structure of teachers' educational background and professional title of basketball elective course in Taishan University

On the whole, the educational background of Taishan University basketball elective teachers is relatively good, and 5 teachers have bachelor's degree. Twelve faculty members have graduate degrees; Three teachers have doctor's degree, which shows that the basketball teachers in our school have a high desire for knowledge.

At present, there are 8 lecturers and 12 associate professors in the basketball elective course of Taishan University, which shows that the basketball elective teachers have made a breakthrough in scientific research.

2. Analysis of students' situation of Taishan University's basketball elective course

2.1 Analysis of basketball skills of elective students

All public PE classes begin each school year with students choosing their own sports. Although most of the students are

interested in basketball or have some basic knowledge, their overall level is still average. In the interview with the teachers, it was found that the teachers rated the basketball skills of most students as average and did not think that there were any students with good basketball skills in the teaching class.

2.2 The situation and analysis of the gender ratio of students taking basketball courses

Basketball is a collective confrontational sport, in addition to the basic practice in situ, all the other exercises have a high physical load intensity, high requirements for students' physical quality, in the process of practice in all aspects of the body contact is also more. Compared with boys, girls have a big gap in body and mind, and pay more attention to the cultivation of flexibility and coordination. Therefore, the initiative and enthusiasm of girls in basketball lessons are generally not high. But, in recent years, with the reform and development of school sports and the change of social environment, all kinds of large scale international basketball games and campus basketball games and the spread of basketball culture has significant impact on the college students, many girls interested in basketball, proportion of choosing basketball girl also increase. Therefore, in the basketball elective course set up by the college of Physical Education, boys and girls are taught in separate classes, so that girls are not influenced by boys in terms of skills and are more confident, and good results have been achieved.

2.3 Analysis of the influencing factors of the change of the number of students choosing courses

The number of students choosing basketball elective course is decreasing. Through interviewing teachers and students of basketball elective course, the factors affecting the change of students choosing basketball elective course are analyzed as follows.

2.3.1 Analysis

From the aspects of school elective students reduce main campus basketball infrastructure is not perfect, Taishan University is only two pieces of plastic basketball court, the rest are cement ground, and no indoor basketball venues, compared to aerobics, badminton has indoor practice fields, such as taking the course in the basketball practice will face harsh outdoor environment, the students interest in basketball sport is not high.

2.3.2 From the perspective of teachers

The main reason for the decrease of students choosing courses is that teachers have strict teaching requirements for public PE classes, but the teaching content is boring, the phenomenon of repeated exercises is obvious, and the teaching methods are traditional and conservative.

2.3.3 From the perspective of students

I did not choose basketball class because I found that basketball was too intense in the previous learning process, which could easily cause sports injuries, thus affecting normal learning and life. In addition, what I learned in class was not novel and interesting, and in most cases I had to repeat the basic content I had learned before.

2.4 Students' interest, motivation and attitude in choosing the basketball elective course

Only with interest, students can fully mobilize their interest and curiosity in the process of learning basketball, and teachers can slowly guide students to further study. Most students are very interested in the basketball elective course, and basically choose sports events according to their interests and wishes. However, a small number of students are not interested in the basketball course, because the incomplete course selection system leads to students passively or blindly choose this course.

The motivation of college students to participate in the basketball elective course comes from psychological needs and external factors, and the organic combination of the two makes the basketball elective course to be able to meet the internal needs of students. According to the survey, 93.3% of students do physical exercise to improve their physical fitness, which is also in line with the basic goal of school physical education curriculum. 92.3% of the students graduate in order to get credits, and 21.9% are influenced by the basketball culture, especially the campus basketball culture. This is also because Taishan University holds campus basketball games regularly every year. Through the competition of each college, it is also to win glory for the college and make them interested in basketball. Therefore, I chose the elective course of basketball for further study.

In any learning activity, attitude is everything. Students' attitude towards the elective course of basketball basically reflects the actual situation. According to the survey, 75% of students think their attitude towards the elective course of basketball is serious. For a very small number of students who are not serious, through the communication of field investigation, we know that the reason is that they do not like the teaching method of their teachers and the teaching arrangement of the school.

2.5 Analysis of after-class basketball activities of elective basketball students

After the end of the optional basketball course, a small number of students who do not participate in after-class basketball

activities think that the amount of activities in class is enough; On the other hand, they have too many professional courses and have no time to participate in after-class basketball activities. In addition, many students who take the initiative to participate in basketball activities after class do not have specific rules for learning sports skills. Many students blindly study without consciousness and without the supervision of teachers, so they are easy to be hurt. Moreover, their personal skills do not grow quickly.

3. Analysis of the basketball field and basketball equipment of Taishan University's basketball elective course

Taishan University does not have regular indoor basketball courts, only two outdoor plastic courts and 16 outdoor cement basketball courts, which can basically meet the needs of ordinary classes. At present, optional basketball courses are still conducted in outdoor courts. Students in extra-curricular activities field equipment whole feels not satisfied. On the one hand, the school's physical education curriculum is a priority to ensure that students professional class and other common course arrangement, and because of the large class, came in the case of multiple classes every afternoon for physical education at the same time, other at this time want to basketball extracurricular activities, students have no space. On the other hand, most students choose to have extracurricular basketball activities on weekends, but many students come to seize the venue resources on weekends, which also leads to the students feel that the venue can not meet their needs during extracurricular activities.

4. Conclusion

There are 20 teachers in Taishan University's basketball elective course, which can meet the teaching needs. The proportion of students and teachers and the distribution of teachers' educational background and age are relatively balanced. Most of them have rich teaching experience, and their educational background is relatively prominent among colleges of the same level.

The main reason why students of Taishan University choose the elective course of basketball is that they can get credits besides the well-known physical fitness and their interest in basketball, which can be seen from the fact that students still care about credits.

Through the investigation, we can find that students of Taishan University's optional basketball course touch basketball in class, only a few of them play basketball after class.

Taishan University has insufficient basketball court and no indoor basketball court. Our school should improve teaching facilities, reasonably arrange teaching space, improve the quality of teaching space and provide adequate teaching equipment and activity places for students.

References

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