

Analysis of College Basketball Teaching Based on the Integration of "Learning, Training, Competition and Evaluation"

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Abstract: As the main item of physical education in colleges and universities, basketball has a strong educational, interesting, competitive and interactive nature, which is conducive to the comprehensive development of students' physical and mental literacy. Under the background of quality education, a variety of new teaching models and teaching concepts are constantly emerging, and basketball teaching is also facing reform and innovation. The integrated teaching model of "learning, training, competition and evaluation" can improve the efficiency of basketball teaching and give play to the educational value of basketball. This article mainly analyzes and explores the basketball teaching under the perspective of "learning and training match evaluation", hoping to give college basketball teaching some reference and reference, and promote the comprehensive development of college sports in China.

Keywords: Higher Education; Basketball Teaching; Evaluation of Learning and Training Competitions; Application

Introduction

In the context of quality education and the new curriculum reform, physical education, as the core content of the higher education system, has become more functional and valuable, and teaching reform has also been highly valued by the public and society. Basketball, as the main item of physical education teaching, can promote the all-round development of students' physical skills, psychological quality and various abilities, which is of great help to the healthy growth of students. In the process of teaching, teachers should also actively explore a new teaching model to give play to the educational value of basketball. "Learning, training, competition and evaluation" is a new type of sports teaching mode. Applying it to basketball teaching can stimulate students' interest in basketball and help promote the reform of college basketball teaching.

1. Overview of Integrated Basketball Teaching of "Learning, Training, Competition and Evaluation"

The integration of "learning, training, competition and evaluation" mainly refers to the integration of the four units of "learning", "training", "competition" and "evaluation" into a whole in teaching activities, so as to promote and develop students from learning. Basketball, as the basic subject of physical education in higher education, has a strong educational value. Interaction, cooperation, competitiveness and antagonism are the main characteristics of basketball. To achieve the comprehensive development of students' basketball technology, teachers should actively apply the integrated model of "learning, training, competition and evaluation", effectively reflect its value in teaching, let students really like basketball, and establish a lifelong sports awareness.

2. The Value of the Integrated Model of "Learning, Training, Competition and Evaluation" in College Basketball Teaching

2.1 Consolidate students' basketball foundation

The starting point of the "Learning, Training, Competition and Evaluation" mode is learning. Through systematic

teaching, students can master relevant basketball skills, including passing, shooting, steals, rebounding and dribbling, and have relatively comprehensive basketball skills. At the same time, in carrying out a large number of training, it will consolidate the students' basketball foundation, change the previous shortcomings of paying attention to learning while ignoring training, help teachers master students' technical weaknesses, and lay a foundation for targeted guidance and training.

2.2 Cultivate students' abilities

The "Learning and Training Competition Evaluation" is similar to the "Competition for Training" model, which emphasizes the importance of competition in basketball teaching. In the competition, students can not only hone their basketball skills, but also achieve the comprehensive development of various abilities, such as cooperation ability, communication ability, organizational ability and anti frustration ability, which will help students better adapt to and integrate into society in the future.

2.3 Foster students' confidence in sports

The "Learning and Training Competition Evaluation" mode pays more attention to the comprehensive development of students' comprehensive quality. The evaluation focuses on training attitude, emotional experience and technical development. Through scientific evaluation, students' self-confidence and enthusiasm for participation can be stimulated, and students can develop good sports habits and participate in basketball with confidence.

3. Optimization Measures of College Basketball Teaching from the Perspective of "Learning, Training, Competition and Evaluation" Integration

3.1 "Learn" in class

Classroom is the main position of basketball teaching and the main place for students to learn and master basketball skills. Because college students have different basketball foundations, teachers should adhere to the principle of teaching students in accordance with their aptitude, scientifically level students according to their sports ability, basketball foundation and understanding ability, and carry out targeted teaching based on the characteristics of students at different levels. Teachers can divide students into three levels according to the actual situation of students: the first level students, who have a solid basketball foundation, have mastered certain basketball skills, and teaching focuses on improving the level of skills and tactics; The second level students have a solid basketball foundation. Basketball skills should be further honed. Teaching focuses on teaching basketball skills and consolidating the basketball foundation; The third level students have weak basketball foundation, lack interest in basketball, and do not develop correct sports habits at ordinary times. Teaching focuses on stimulating students' interest and tamping the foundation of basketball. Based on the characteristics of students at different levels, teachers should formulate scientific teaching programs and teaching plans, carry out teaching around the weak points of students' basketball skills, and ensure that all students can improve their basketball skills.

In terms of teaching methods, teachers should actively explore new teaching methods supported by information technology and Internet technology while retaining the traditional solidification method of "teacher demonstration, student imitation, and teacher guidance". For example, the current popular micro lesson mode shares the learning content to students through micro lesson videos. Students master relevant knowledge and skills through watching videos, and then consolidate knowledge through the guidance of teachers in the classroom. Teachers can provide basketball skills to students in the form of video. Students are required to practice independently in their spare time. Micro lesson videos can be played repeatedly, with amplification, playback, pause, fast and slow play and other ways. Students can better control the details. For example, in the teaching of shooting posture, students can use the amplification function to master the hand posture of shooting, and also help students master the correct shooting skills.

3.2 "Practice" in daily life

Basketball is highly technical. If you want to master relevant skills and improve basketball level, students need to increase the amount of training. Due to limited classroom time, teachers should guide students to hone their basketball skills in daily life.

First, reasonably plan the training time. The longer the training time, the better. If the training time is long, students are prone to physical injuries. If the training time is short, it is difficult to improve the basketball level in a short time. Therefore, the training time should be reasonably controlled in combination with students' physical quality and sports motivation. First of all, take the classroom as an important position for basketball training, fully combine "learning" with "practice", and encourage students to develop the habit and method of independent training in the classroom. Teachers should also give scientific guidance to students' training, and regulate students' technical actions; Secondly, students are required to use their spare time to train in a team way. For example, there are student basketball clubs in colleges and universities. Teachers can guide students to complete training through club activities. Students can feel the team spirit of basketball in the collective training and stimulate students' training enthusiasm; Finally, basketball training not only consumes a lot of physical strength, but also has a certain degree of dryness. Teachers can encourage students to use fragmented time for independent training, such as using break time, lunch break time, etc. to practice small skills such as turning over, dribbling under the hips, etc. There is no strict requirement for the training environment, and the training content can be completed in the ordinary environment.

Second, optimize the basketball training process. Basketball training is relatively boring and boring. Students are easy to dampen their basketball enthusiasm in long-term training. Teachers should optimize the training process based on the characteristics of college students, so that students can feel the charm of basketball in training. For example, teachers can apply the game teaching method to integrate games into the special training of basketball skills: in physical training, it includes jumping and running, focusing on the training of students' endurance, agility, coordination, flexibility, speed and strength. Teachers can organize and carry out frog jumping relay, sprint relay and other games. Teachers should also actively participate in the games, which can not only create a warm and interesting training atmosphere, It can also cultivate students' sense of cooperation and teamwork. Teachers should try their best to avoid using a large number of repetitive and mechanical training models. The lack of fun and interaction also leads to poor enthusiasm for students to participate in training. Teachers can organize special fun training in combination with basketball technology, such as circling obstacles with the ball, shooting at a fixed point and stealing games, and optimize training methods based on students' learning.

3.3 "Race" in Normal

Basketball is a collective sport with strong competitiveness. There is physical contact among players in the game. If you want to win the game, you must rely on the joint efforts of all players. If you want to improve the students' basketball level, you need to temper through a large number of games to achieve the normalization of the game. First of all, colleges and universities and teachers should clarify the teaching concept of "competition instead of practice", and take competition as the main content of daily training. For example, after completing a certain stage of training, teachers can divide students into different groups, carry out half court attack and defense drills or full court simulation games in the form of groups, and require students to reasonably apply skills and tactics in the game to sharpen their basketball skills and tactical literacy. At the same time, Organizing matches in training can also activate the atmosphere, so that students can enjoy the happiness brought by basketball; Secondly, we should organize campus basketball games, which are the main activities of students' daily study and life. Through campus basketball games, we can cultivate students' collective sense of honor, sense of cooperation and sense of responsibility. Colleges and universities can play games in the units of majors and departments, creating a strong campus basketball atmosphere; Finally, colleges and universities can hold inter school basketball competitions. At present, the mode of inter school basketball competitions in China has become more mature. Colleges and universities should actively organize basketball teams to participate in, providing more high-level competition platforms for

students. Under the influence of inter school basketball competitions, more students' basketball interests will be aroused, and a good situation will be achieved in which everyone plays and sports.

3.4 "Evaluation" in the process

Evaluation is the core content of basketball teaching. It can reflect the training situation of students at a certain stage, find the weak points of students' basketball skills, and provide a basis for carrying out targeted intensive training. In the past, basketball teaching evaluation was mainly a summative evaluation, which did not reflect students' progress and training attitude. Teachers should introduce the "process evaluation" model to make a fair, objective and true evaluation of students. First, design evaluation indicators based on three dimensions of training attitude, learning emotion and skill improvement, ensure the rationality and reference of indicators, pay attention to the extent of students' progress, and try to give priority to positive evaluation to help students establish basketball self-confidence; Secondly, the introduction of diversified evaluation subjects, including teachers' comments, students' self-evaluation and peer evaluation, can promote students to find their own shortcomings and defects through the evaluation of different subjects, and help students to improve quickly; Finally, teachers can use information technology to establish students' basketball evaluation files, incorporate students' evaluations at different stages of basketball learning into the files, give play to the educational value of the files, let students see their progress and shortcomings, and provide effective reference for teaching adjustment.

Conclusion

In a word, basketball has been popularized on campus, and is loved and loved by students. Students are also used to participating in basketball in daily life. In carrying out basketball teaching, colleges and universities should actively carry out teaching innovation, build a new teaching model of "learning, training, competition and evaluation" integration, create a strong basketball culture in the campus, cultivate and exercise students' core qualities and abilities, establish a lifelong sports awareness, and lay a foundation for students to better integrate into society.

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