

Innovations

Basketball Programs in Hebei Province China

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Abstract

Relevant studies have found that Chinese contemporary college students are generally in a state of sub-health, sitting for a long time and staying up late has become a habit, learning and employment difficulties are increasing, physical and mental health is facing challenges, the health problems of Chinese college students are becoming increasingly prominent, and training healthy college students has become the appeal of the current era (Li, 2019). Among all sports, basketball is one of the most popular among college students. Basketball is also a sports course with a large student selection and attendance (Liu, 2020). At present, the basic level of basketball in most colleges and universities in China is low, and the teaching content is too much, which leads to fast teaching progress, and the improvement of students' technical level cannot keep up with the teaching progress. Therefore, many colleges and universities give priority to the teaching of basic technology in the teaching content arrangement, in order to ensure that students learn easily and improve learning interest. Mixed methods were used in this study. The researchers used a purposeful sampling method to select participants for this study. Wang(2021) defines purposefulness as a practical synonym for qualitative research. Purpose sampling means that one thinks of sampling as a series of strategic choices about who, where, and how to conduct research. This statement means that the way researchers collect samples must be tied to the target. The respondents were 50 basketball teachers and 1,200 students. The data were collected through survey questionnaire and interview, in which the participants were asked to answer several questions. In the interview, the interviewee also answers several questions related to the research question.

Key words: Hebei Province; Colleges and universities; Basketball teaching

Introduction

The 21st century is an epoch-making period for the development of higher education. As the base of talent training, higher education has become the cradle of talent growth. It is an inevitable trend of higher education development to cultivate compound talents with competitive consciousness, pioneering spirit and all-round development. In promoting quality education

today, the development of China needs high-quality interdisciplinary talents, talents with all-round development of morality, intelligence and physical. As an important part of college education, physical education plays an important role in cultivating students' will quality, teaching fitness skills and improving psychological process. Basketball originates from the school, is rooted in the school and develops vigorously in colleges and universities. It is deeply loved by college students and has good education and exercise value, which can promote the physical and mental development of students. Therefore, by analyzing the current situation of college basketball teaching, this study is of great significance for the sustainable development of college basketball teaching and for the deeper popularization and development of basketball in school physical education. Through the investigation and research on the current situation of basketball teaching in colleges and universities in Hebei Province, the following problems are found: 1. The opening of basketball courses in colleges and universities is mainly to set up basic basketball courses and optional courses in the first and second years, and a few colleges and universities set up optional courses in the third and fourth years, and basketball court equipment is not enough, and students are dissatisfied with the current situation of court equipment. 2. Basketball teaching content mainly focuses on skills and tactics, combined with a small part of referee law and theoretical knowledge, can not fully meet the main needs and interests of students, basketball content is not interesting. 3. The teaching method is still mainly based on traditional teaching, and the use of modern multimedia teaching is lacking. 4. The course assessment method is simple and focuses too much on the score assessment.

In view of the above problems, it is hoped that all colleges and universities 1. Develop a sustainable personnel training mechanism and teaching philosophy. 2. In terms of teaching guiding ideology, it is necessary to establish the concept of student-oriented, cultivating students' comprehensive ability and teaching basketball skills and tactics, "health first" and lifelong sports to enrich basketball teaching content. Accelerate the reform of teaching methods and means 3. Actively introduce modern multimedia teaching means and promote and popularize excellent teaching results Change the teaching concept of basketball course actively accept the new teaching concept. 4. Formulate a reasonable objective assessment and evaluation system for students' learning according to the actual situation of each school

Literature Review

According to Pang(2021), basketball teaching is not only to teach students sports skills, but more importantly to let students experience the psychological experience and consciousness cultivation brought by basketball. LIU(2021) put forward the idea of integrating all-round quality education into basketball teaching according to the current situation and drawbacks of college basketball teaching and the trend of current education development . Xu (2010) investigated

and analyzed the existing problems in basketball lessons and put forward some tentative ideas for basketball teaching reform. Men (2019) put forward the ideas of basketball teaching reform, such as focusing on the cultivation of interest, habit and ability [2] practice requirements flexibility knowledge imparted practice-based assessment methods integrated, teamwork specialized preparation activities practice in groups according to levels simplify and practical teaching content and make exercise means recreational and fitness. Wang (2020) Basketball teaching in ordinary colleges should conform to the teaching characteristics of "popularization" and "entertainment" [2] This paper discusses and analyzes the reform of teaching ideas, the establishment of teaching mode and the evaluation of teaching effect. Wang(2019) believes that teaching methods should teach understandable competition, skilled specialized methods, competitive methods and discovery of new methods.

3. Research Methods

The purpose of this study is to analyze the teaching situation of basketball public course in Hebei Province. Based on this objective, quantitative and qualitative studies are used. The researchers used a purposeful sampling method to select participants for this study. Wang(2021) defines purposefulness as a practical synonym for qualitative research. Purpose sampling means that one thinks of sampling as a series of strategic choices about who, where, and how to conduct research. This statement means that the way researchers collect samples must be tied to the target. The respondents were 50 basketball teachers and 1,200 students. The data were collected through survey questionnaire and interview guide questions, in which the participants were asked to answer several questions. In the interview, the interviewee also answers several questions related to the research question.

4. Results and Analysis

The results of this study are related to the current situation of public basketball course teaching in colleges and universities in Hebei Province. Four questions were mainly analyzed accordingly: The teaching goal of basketball course in colleges and universities in Hebei Province; The situation of basketball teaching content in Hebei university; The present situation of basketball teaching methods and means in Hebei Province; The general college basketball teaching course assessment and evaluation status.

The succeeding discussions and tables present and give analysis on the teachers' cognition of college basketball teaching goals, students' satisfaction with basketball teaching content, analysis of the status quo of basketball teaching course assessment and evaluation in Hebei Province

Investigation and Analysis of Teachers' Cognition of College Basketball Teaching Goals

According to the survey results, enhancing physical fitness [2] promoting students' physical

health should be the

First goal of college basketball courses, followed by

Table 1

Investigation and Analysis of Teachers' Cognition of College Basketball Teaching Goals

Options	N	The proportion of %	sort
A. Enhance physical fitness and improve physical fitness	50	100.00	1
B. Cultivate interest in sports & shape lifelong sports values	47	94.00	2
C. Cultivate students' spirit of unity, cooperation and courage to forge ahead	45	90.00	3
D. Cultivate good psychological quality & form a positive and optimistic attitude towards life	43	86.00	4
E. Improve the technical and tactical level	40	80.00	5
F. other	13	26.00	6

cultivating interest in sports & shaping lifelong sports values. Thirdly, it is the purpose of cultivating students' unity and cooperation, mutual help and mutual learning, daring to show themselves, confident style, hard work and enterprising spirit through basketball courses.

This is also in line with Cheng (2014) point of view, college basketball teaching should start from the guiding ideology, change the concept, take "lifelong sports, health first" as the direction of college sports development, and cultivate students' lifelong ability and habit of engaging in sports activities as the guiding ideology of basketball teaching.

As a result, With the establishment of "people-oriented" teaching concept in college basketball teaching, taking quality education as an opportunity and starting from the point of view of lifelong benefits, we should not only pay attention to the improvement of students' quality and the formation of special skills, but also pay attention to the basic needs of students' psychological development, especially pay attention to the cultivation of students' self-exercise ability and participation consciousness, so as to lay the foundation for the realization of the teaching goal of lifelong participation in physical exercise.

Analysis of Students' Satisfaction with Basketball Teaching Content

Basketball teachers should not only teach students professional skills, but also integrate theoretical knowledge, mental health knowledge, physiological health knowledge, sports medicine knowledge, sociology knowledge and teaching materials into the basketball classroom. In basketball class, we should teach and discuss more knowledge about basketball culture on the basis of ensuring basic skills, basic tactics and basketball games.

Table 2

Students' Satisfaction with Basketball Teaching Content

content	Technic al %	Tactics %	refereeing %	theory %
Very satisfied	20.3	16.9	25.8	7.4
satisfaction	34.5	30.9	29.6	22.5
satisfaction	27.8	28.7	32.1	28.7
satisfaction	17.4	23.5	12.5	31.4

The results show that most students are satisfied with the overall teaching content, but some students are not satisfied with the teaching content of basketball theory and tactics. Because they believe that due to the limited time of basketball classes in ordinary colleges and universities, some students have poor ability to accept basketball learning, especially some students who have no or little contact with basketball before, they prefer to start with theoretical learning rather than over-emphasis on pitching skills. Therefore, we should pay attention to the individual differences of students in basketball teaching which requires basketball teachers not to follow the content and requirements of basketball professional teaching.

This is also in line with Wang's (2019) view that teachers should start from the main needs of students when choosing basketball teaching content and adhere to the principles of combining fitness with culture, selectivity with effectiveness, and science with acceptability. In order to help cultivate students' interest in learning, attract students to actively and consciously participate in basketball learning, gradually form strengths, develop exercise habits, and transform to happy sports and lifelong sports, so as to play the main role of students

Analysis of The Current Situation of Basketball Teaching Methods and Means in Colleges and Universities in Hebei Province

Basketball teaching method refers to the technical teaching activities that are systematically adopted by teachers and students in order to achieve teaching objectives and complete teaching tasks in the process of basketball teaching, which can produce the interaction between teaching and learning(Sun, 2018). Teaching methods include teaching methods and learning methods but the two are not the sum of mechanical addition but closely related and interactive teaching activities of the two aspects of the unity. It plays a bridge and intermediary role in the practice of basketball teaching tasks and objectives, and has the functions of imparts knowledge and skills, guides practice, cultivates ability and improves learning efficiency. Specifically, in the process of using teaching methods, teachers' methods restrict students' methods of learning, and students' methods of learning also affect teachers' methods of teaching. Each teaching method is also effective through the organic combination of individual teaching and learning methods of teachers and students. The reform of basketball teaching method is related to the realization of

the course objectives and the completion of the course content is a key link in the course reform.

Through the investigation of the current situation of basketball teaching methods, most colleges and universities in our city still only use traditional teaching methods.

Teacher 1: At present, the school basketball public course is mainly carried out by traditional teaching, with single teaching methods and obsolete teaching methods. The lack of active guidance, encouragement and help to refine knowledge by utilizing the functions and characteristics of basketball.

Teacher 2: The current school lacks modern teaching technology and teaching methods, and mainly adopts the method of teacher demonstration and students imitation practice, which leads to the lack of students' interest and enthusiasm in basketball teaching, resulting in the slow development of basketball teaching in colleges and universities.

Teacher 3: The current problems in the teaching of public basketball courses in schools mainly exist in the conservative teaching concept of some teachers, the lack of bold attempts and innovations in new teaching methods, and the lack of sufficient understanding and mastery of modern teaching methods.

Zhang (2020) believes that the success or failure of teaching largely depends on whether teachers properly choose teaching methods. The clarity, concreteness, basis, validity and credibility of knowledge depend on the effective use of teaching methods.

Therefore, in the basketball teaching practice, in the basketball teaching should embody the main position of students and give play to the leading role of teachers according to the teaching goal of basketball class, the nature and characteristics of basketball, students' own quality, actual level, teaching environment and teaching equipment and other factors. highlight the characteristics of teaching, flexible choice and use of various teaching means to fully mobilize students' interest in learning and hard work consciousness. We should attach importance to the reform and innovation of traditional teaching methods and strive to advocate modern technology multimedia teaching to improve the efficiency of basketball teaching.

Analysis of the Status Quo of Basketball Teaching Course Assessment and Evaluation in Hebei Province

As an important link and special form of modern education organization management and quality management, physical education teaching evaluation should become an important part of college physical education reform. The pursuit of more reasonable and effective assessment and evaluation of teaching activities is the process of providing basis for the self-improvement of the assessed and the scientific decision-making of the relevant departments. Basketball assessment is only one of the inspection teaching methods to fulfill the purpose of basketball teaching and to promote students to actively participate in physical exercise. is a very important means to

master the classroom teaching content.

According to the survey, the current university in our city basically adopts the form of comprehensive assessment, which is generally composed of technical standards and technical assessment, physical quality, peacetime results and theory.

Student 1: The school basketball class mainly investigates the ball throwing situation, the basketball theory knowledge is not tested.

Student 2: We chose the basketball course just to get the final credits, and didn't care much about the rest.

Student 3: Basketball is not a compulsory course, and the final assessment is very simple. As long as you throw the ball according to the requirements and reach the amount specified by the teacher, you will pass. So we learn very little about theory.

Scientific physical examination and evaluation is conducive to promoting the initiative of learning and exercise, give full play to creative ability; It is also helpful for teachers to identify and diagnose the dynamics of the process and implement timely control measures. It is not only the need of perfecting and developing the physical education theory, but also the need of conforming to the all-round promotion of quality education the need of constantly promoting the formation of students' physical education quality and cultivating students' personality development. The school's neglect of theoretical assessment will lead to students' inability to grasp the basic theories of basketball, thus affecting the rational use of skills and tactics. It pays too much attention to skill evaluation, which obviously deviates from the goal of basketball teaching and ignores the individual differences of students. Height, weight and other genetic factors are greatly affected and cannot well reflect the comprehensive situation of students' learning.

Conclusions and recommendations

It can be concluded that the formulation of basketball teaching objectives in colleges and universities in Hebei Province basically conforms to the requirements of the new Outline, and can basically reflect the objectives in five areas. Basketball teaching content is mainly technical and tactical, combined with a small part of referee law and theoretical knowledge, which cannot fully meet the main needs and interests of students, and the basketball content is not interesting. Teaching methods are still mainly based on traditional teaching, lacking the use of modern multimedia teaching basketball. The content of teaching assessment is not comprehensive enough, the assessment methods and subjects are single, and the individual differences of students are ignored.

As for the conclusion of the study, the researchers put forward several suggestions: Firstly, in the teaching guiding ideology should be established to give priority to students, cultivate

students' comprehensive ability and give consideration to teaching basketball skills and tactics, "health first" and lifelong sports. Secondly, enrich the content of basketball teaching, develop the interest of basketball, and establish the teaching links based on basketball games, competitions and entertainment; Third, accelerate the reform of teaching methods and means ② Actively introduce modern multimedia teaching means and promote and popularize excellent teaching results Change the teaching concept of basketball course actively accept the new teaching concept. Fourth, formulate a reasonable objective assessment and evaluation system for students' learning ② according to the actual situation of each school, pay attention to the individual differences of students, truly reflect the students' learning status and mastery of teaching content, and increase the reasonable use of existing resources for basketball elective courses.

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