

## Current Situation and Countermeasure Research of Basketball Course in Colleges and Universities

Junjun Qiu<sup>1,a</sup>, and Jianbo Zhang<sup>2,b,\*</sup>

<sup>1</sup>School of Sport Science and Technology, Wuhan Institute of Physical Education, Wuhan 430065, China;

<sup>2</sup>School of Physical Education, Jiangnan University, Wuhan 430056, China

<sup>a</sup>junjunqiu@qq.com, <sup>b</sup>jianbozhang@qq.com

\* The corresponding author

**Keywords:** Basketball; Countermeasures; Teaching methods

**Abstract:** Traditional basketball teaching has not adapted to the needs of teaching development under the new situation. There are some problems such as single teaching curriculum and backward teaching methods, which have seriously affected the further development of basketball. Therefore, by using the methods of literature, questionnaire and mathematical statistics, this study has studied the current situation of basketball course offered by physical education majors in Colleges and universities in Wuhan. It draws the following conclusions: the teaching methods are outdated, the process evaluation is not paid enough attention, the after-school training is not active, the practical teaching experience is insufficient and the venues and equipment are difficult to meet the needs of students. Therefore, this paper puts forward relevant ideas and suggestions on the above issues, in order to provide a reference basis for the teaching and research of basketball.

### 1. Introduction

With the advancement of science and technology and the development of society, people's living standards are increasing day by day, people gradually shift from the demand for material level to the high demand for quality of life, and sports is undoubtedly the best way, thus promoting the rapid development of sports programs [1]. It is true that the implementation and promotion of a series of systems and new concepts have played a great role in guiding and supervising universities. The Ministry of Education has issued a number of documents that require "people-oriented" and "health first" as the first teaching philosophy in the process of physical education. Although the training system for basketball majors in our school has become more perfect and the teaching mechanism has developed well, there are still places to be developed and improved, and only new problems are constantly discovered. And solve the problem, in order to perfect the teaching system, can effectively promote the basketball master teaching and training progress, and develop a special talent more engaged in teaching basketball [2].

The teaching content of the basketball main course should focus on the students' learning interests and learning needs, and combine the actual situation of the school to strengthen the novel cutting-edge teaching methods on the basis of traditional teaching methods; in terms of venue facilities, schools should increase Funding for venue facilities, ensuring the use of indoor basketball courts, increasing the number of indoor basketball courts and improving the quality of outdoor basketball courts, thus enhancing the enthusiasm of students; in addition, students should strengthen after-school training and train self-training habits and consciousness, spare time to make up for their shortcomings and lack of classroom learning; strengthen the study of theoretical knowledge and referee knowledge, actively participate in basketball competitions, leagues, and basketball teaching practices; teachers should treat each student fairly Teachers and students will build a corresponding restraint system to standardize those students with poor self-control, and teachers and students work together to create a good subject atmosphere and ensure good teaching results [3-5].

Through the research on the status quo and countermeasures of the teaching and training of

Wuhan basketball main students, this paper aims to study and analyze a series of teaching problems such as training methods, teaching contents, venue facilities and after-school training, and provide them through the research results [6-8]. corresponding strategy. From the personal experience of the author, this research has greatly promoted the development of Wuhan basketball main items and the improvement of students' learning and practice, from theoretical study to practical application of teaching, from the traditional teaching mode of teachers to the new and old teaching. The combination of modes has made significant progress, the students' enthusiasm for learning has been continuously improved, the teaching methods of teachers have been continuously innovated, and the leaders have paid more attention to and attach importance to the problems of teaching facilities and facilities [9].

## 2. Methods

This study is based on Wuhan basketball students as the research object, through the study of basketball major students in the acceptance of basketball professional teaching problems for systematic investigation and collation, so as to provide some valuable suggestions for the future development of basketball major.

In the course of the research, we use school libraries and academic journals to search for information, select topics and determine questionnaires. Through consulting a large number of data, a questionnaire was developed on the current situation and Countermeasures of basketball courses offered in Universities in Wuhan. The contents of the questionnaire are divided into single-choice, multiple-choice and subjective questions. The survey mainly involves a series of issues such as the current situation of basketball development, participation time, teaching content, teaching methods, consumption situation, venues and facilities. A total of 500 questionnaires were sent out and 500 were recovered. 491 valid questionnaires were valid. The recovery rate was 100%, and the effective rate was 98.2%.

Through interviewing the current teachers in charge of the teaching and training of Wuhan basketball subject, this paper further understands the basic problems existing in the teaching of Wuhan basketball subject, and collates and analyses them.

## 3. Results

According to the results of the survey, according to grade, 52.9% of the sophomore basketball major students, 29.2% of the junior basketball major students, 14.8% of the senior basketball major students, and 3.1% of the basketball major graduates are divided into male 87.7% and female 12.3%, respectively, as shown in Tables 1 and 2 below.

Table 1 Age questionnaire of basketball survey students

Grade	Number	Percentage
Sophomore	207	52.9%
Junior	114	29.2%
Senior	58	14.8%
graduation	12	3.1%

Table 2 Gender questionnaire of basketball survey students

gender	Number	Percentage
male	343	87.7%
female	48	12.3%

Table 2 shows that the gender ratio of Wuhan basketball major students is seriously imbalanced, with 87.7% of males and 12.3% of females. This may be related to the project itself. Basketball is generally enjoyed by boys. In addition, there are fierce physical confrontations in the process of participating in basketball. The strength, endurance and speed qualities of female students are quite

different from those of male students. Disequilibrium is also a common phenomenon.

Table 3 Questionnaire of time spent in basketball training in spare time

Spare time training status	Number	Percentage
almost everyday	13	25%
always	19	36.54%
occasionally	17	32.69%
hardly	3	5.77 %

According to Table 3, almost 25% of students are engaged in basketball after-school training, 36.54% of students are often engaged in basketball after-school training, 32.69% of students are occasionally engaged in basketball after-school training, and only 5.77 students who do not participate in basketball after-school training. %, according to the data, the proportion of students who occasionally participate in after-school training is the largest. This data fully shows that students' participation in training after school is not ideal. In addition to class time, students should actively use their spare time, strengthen the lack of classroom learning, and repeatedly practice their weak links to make up their shortcomings.

The teaching content is a bridge to communicate the knowledge exchange between teachers and students, and the teaching method is the general term for the means used by teachers and students to achieve common teaching objectives, complete common teaching tasks, and use in the teaching process. The teaching methods and teaching contents used in the main basketball course are shown in Tables 4.

Table 4 Questionnaire on Teaching Contents

	Number	Percentage
Basic training	52	98.08%
Physical training	44	84.62%
Tactical training	41	78.85%
Online teaching	29	17.31%

According to the survey results, basic skills training, physical training, theoretical and tactical explanations, and online teaching are 98.08%, 84.62%, 78.85%, and 17.31%, respectively. The theoretical and tactical explanations account for 78.85%, which is too large. The physical education classroom teaching should be based on the practice density and exercise intensity. The practice density and exercise intensity are supported by the practice time, only on the basis of ensuring the practice time. In order to improve the training effect, the length of the theoretical class should be reduced, and the training and teaching competition should be focused. As we all know, the choice of scientific and reasonable teaching methods for teaching has a very important role in promoting the realization of teaching objectives and the completion of teaching tasks. In the teaching process of the main basketball course, teachers should grasp the general direction of the teaching concept of the university in the application of teaching methods, keep up with the pace of the development of the times, and formulate practical teaching based on the actual situation of the school and the characteristics of the students in the class. Methods to improve classroom teaching efficiency.

#### 4. Conclusion

The after-school training of the main basketball students of Wuhan Institute of Physical Education is not very active, and the basic level is uneven; the venue is in disrepair, the quantity and quality of equipment are difficult to meet the teaching and learning needs; the teaching content of the basketball main course is very rich, and the teaching forms are diverse. The curriculum teaching

is based on the conventional teaching methods, but the heuristic teaching method, the situational teaching method, the representation training method and other more advanced teaching methods are less applied; the emphasis is not on the process evaluation; the students lack the ruling and teaching practice experience.

## References

- [1] Nasui, B., Popescu, C. The assessment of the physical activity of Romanian university students, *Palestrica of the third millennium-Civilization and Sport*, 2014, 15(2):107-111.
- [2] Sterdt E., Liersch S., Walter U. Correlates of physical activity of children and adolescents: a systematic review of reviews. *Health Educ J*, 2014, 73:72–89.
- [3] Kantomaa M. T., Tammelin T., Ebeling H., Stamatakis E., Taanila A. High levels of physical activity and cardiorespiratory fitness are associated with good self-rated health in adolescents. *J Phys Act Health* 2015, 12:266–72.
- [4] Galan I., Boix R., Medrano M. J., Ramos P., Rivera F., Pastor-Barriuso R. Physical activity and self-reported health status among adolescents: a cross-sectional population-based study. *BMJ Open*, 2013, 3:e002644.
- [5] Sigmundova D., Chmelik F., Sigmund E., Feltlova D., Fromel K. Physical activity in the lifestyle of Czech university students: Meeting health recommendations, *European Journal of Sport Science*, 2013, 13(6):744-750.
- [6] Abula K., Beckmann J., Chen K., Gröpel P. Validation of the Chinese version of the Physical Activity Stages of Change Questionnaire. *Cogent Psychol*, 2016, 3:1228509.
- [7] Wu, Y., Song T., Xu G. Noninvasively Monitoring and Assessing the Physiological Changes by Heart Rate Variability. *Acta Microscopica*, 2018, 27(3):209-213.
- [8] Wu, Y., Song T., Xu G. Changes of muscle oxygenation and blood lactate concentration of swimming athletes during graded incremental exercise. *Frontiers of Optoelectronics*, 2015, 8(4): 451–455.
- [9] Bray S. R., Born, H. A. Transition to university and vigorous physical activity: Implications for health and psychological well-being. *Journal of American College Health*, 2004, 52(4):181-188.