

On the Effect of Basketball Training on Physical Fitness Promotion of College Students

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Keywords: Basketball, Basketball Training, College Students, Physical Promotion

Abstract: Basketball has always been a popular sport on campus, and in the development policy of the country in recent years, the degree of attention paid to school sports is also increasing year by year. Under the influence of this trend, many colleges and universities in our country begin to improve students' physical ability gradually through basketball. Under the influence of the trend of basketball, students can gain interest and improve their physical ability. Under the current environment of college sports development in which basketball training and physical fitness training complement each other, colleges and universities should pay more attention to the influence of students' participation in basketball on their own, and grasp the key points to develop the promotion of basketball to college students' physical fitness. This article will be through the narration to the basketball movement to the university student's physical strength promotion function carries on the narration, hoped can help our country university to develop the student's physical strength better.

1. The Importance of Physical Training in Basketball

Basketball is a modern sport which is popular all over the world, its own characteristic is high speed, fast rhythm, basketball sports for physical energy consumption is very large, so after long-term participation in basketball, the participants' physical fitness will be further improved. The charm of basketball lies in its unique characteristics of attack and defense conversion, as well as the satisfying and exciting goals that attract more and more young people to go into basketball. Basketball, which plays an important role in colleges and universities, can enrich students' after-school life. In addition, the training of basketball can save students' physical strength. There are different opinions about improving students' physical fitness in colleges and universities in our country every year, but the final effect is not so satisfactory. Therefore, the role of basketball training in improving students' physical fitness needs further study and discussion, and the final conclusion will make basketball play a very important role in improving students' physical fitness.

Physical ability, as the name implies, is the physical ability of the human body, in general, the physical ability in basketball is a person's sports ability, because basketball is a very physical exercise, if a participant does not even have the most basic sports ability, then the person in the fight against the fierce basketball will be useless [1]. Some students believe that basketball is a team sport, the individual sports ability may not be so important, but if careful thinking, it is not difficult to find that if the basketball players in the field are no physical people, then in the high-speed conversion of basketball attack and defense these people will soon be eliminated. We can take the traditional fighting competition as an example to illustrate the importance of physical fitness for a sport, in the fighting competition, a person who is physically fit and a person who is not physically fit, then the energetic person is sure to be able to suppress the whole field, and that person who is not physically fit is likely to be directly knocked down by the opponent [2].

Basketball has always been known for its strong confrontation, fast tempo and aggression, Excellent basketball players have excellent bounce and waist core strength, With these basic physical reserves, You can control your body well when you play basketball, Can also be good on the field to complete a variety of basketball skills. All in all, Good physical fitness is the decisive factor in basketball. I have to mention NBA, when it comes to basketball In the constant impression, NBA players are genius, They seem to always have enough energy, Always able to play on the

basketball court, Behind all these glitzs are the results of a reasonable diet and long-term training. Of course, There's no shortage of good players in China, Yi Jianlian, a male basketball player in China, is a typical example. On dynamic motion tests, Yi Jianlian is a black man, At maximum run - up take - off, Yi Jianlian can achieve 90 centimeters, And 2009 NBA champion Blake Griffin's side bounce data is exactly the same. Meanwhile, His run - up height can reach 373 centimeters, At any year's NBA draft convention, It's all in the top five, Figure 1 illustrates the role of physical strength in basketball. Sun Yue, The representative task of the golden generation of Chinese men's basketball, A hundred meters is 11,23 seconds, A 3.72 m, run-up height The final presentation of these results is not without the physical accumulation of his usual training, At the Olympics, Against NBA star Howard, who is a lot taller than himself, Sun Yue jumped up a big hat to become his famous work, It also caused quite a stir. There are so many examples on the basketball court, But there's only one reason to end up with, That is, physical training is vital to basketball, Basketball training for modern college students, It is necessary to strengthen physical fitness [3].



Figure 1 Yi Jianlian

2. Current Problems in Students' Participation in Basketball Training

The current physical education teaching in colleges and universities is still in the original era, not enough attention to the physical training of students, modern basketball teaching is to teach some basketball skills and knowledge of basketball rules, but it is such a teaching method so that students' physical fitness is very difficult to guarantee, hard to teach the actual basketball into video game-like technology teaching, so that students produce those 20 minutes of quick thinking [4]. There are also some teachers in the teaching will mention physical training, but in basketball training is only to teach skills, and then arranged to let the students themselves to carry out physical training, such physical training so that many students do not pay attention to, many students find opportunities to drill, physical training is empty talk. For those who want to carry out physical training, because there is no systematic physical training teaching, students often encounter difficulties can not find a timely solution.

At present, many colleges and universities ignore the physical training of students when they take part in basketball to find you because the physical training equipment is not perfect. The problem of equipment is still due to lack of attention, a lot of money can not be allocated to physical training equipment to buy this aspect.

Finally, the lack of specialized physical training coaches caused by the lack of scientific physical training methods also ultimately bound the development of physical training in colleges and universities. All teams in NBA are known to have a special physical training coach, and some even have a direct physical training team to plan and manage their physical training. Every basketball team and physical education teaching in Chinese universities often lack a professional physical training teacher. Without a professional physical training teacher, students will participate in basketball training in a single and unscientific way of training, a single training is difficult to arouse the enthusiasm of students, the final training effect will be greatly reduced [5].



Figure 2 Physical training for NBA stars

3. Current Strategies of Basketball Training in Colleges and Universities for Improving Students' Physical Fitness

First of all, colleges and universities in our country should increase the strength of purchasing physical training equipment, because sufficient equipment can ensure the training needs of more students, but also enable everyone involved in basketball training to have multiple opportunities for physical training. When buying equipment, you also need to choose the best training equipment according to the actual situation, so that the new equipment can be more suitable for students' basketball physical training. Some colleges and universities, if the conditions support, can set up a special physical training center in the future, so that the physical quality of the whole school can be improved.



Figure 3 Physical training venues

A professional physical training coach is also an indispensable puzzle in the current college basketball physical training. Colleges and universities can learn from NBA successful experience, through the selection and training of some professional physical training coaches into the students' basketball training, and basketball teachers to form a good echo, so that students' basketball can better promote their physical fitness. If there is no condition to request a special matching physical training division, you can find an expert to the school to guide, let the experts to the school teachers for special physical training, and finally let the teacher can better to conduct basketball training.

There are many problems in the relevant schools because of the unscientific training methods. In the present situation, schools should take advanced training methods as far as possible to train students in physical fitness. For college students, physical training should be guaranteed 2-4 times a week, if the number of too many students because of high-intensity search training and some sports syndrome, affecting the health of students. Before the future physical training of students, should do a good job in advance of the corresponding planning, so that students according to the established plan to complete the training, so that not only can complete the training well, but also greatly improve the scientific nature of the training.

4. Conclusion

Physical fitness is the foundation of every sport. Physical fitness training is an indispensable task for college students to carry out basketball training. The physical training of basketball is impossible to change overnight, so colleges and universities must be calm, patient development, let the concept of modernization and technology slowly infiltrate into the college basketball training, and finally let basketball training to promote the physical fitness of college students fully reflected.

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