

## Research on the Sports Clubs Teaching Mode of "Integration of Inside and Outside Class" of Basketball in Colleges and Universities

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**Keywords:** College Basketball; Physical Education; Club; Integration Inside and Outside

**Abstract:** Education is of paramount importance. In the education industry, both the state and major institutions will implement education reform policies, promote the existing policy reforms of schools, and realize the full implementation of new teaching models in teaching. The current policy of college physical education teaching mode is mainly to cultivate students' intelligence and physical strength to promote the all-round development of students. As the most familiar sports item in sports, college basketball will be regarded as the main teaching option for the integration of internal and external classes. This is also due to the constant development of the times, the reform of education, so that its traditional teaching mode cannot be used for existing teaching requirements, so it is imperative to implement the teaching mode of sports clubs inside and outside the university. Moreover, the implementation of this reform in colleges and universities is conducive to maintaining the connectivity and extension of the effectiveness of physical education, and is conducive to the implementation of lifelong sports and comprehensive promotion of quality education. This paper analyzes the training of students in the integrated sports club teaching mode from the perspective of college basketball, and gives a brief overview, hoping to have an effective reference value.

### 1. Introduction

The teaching mode of the integration of in-class and out-of-class teaching mainly refers to the effective combination of teaching in the classroom, extracurricular activities, or physical exercise outside the school, so that the connection between the school and the society becomes closer. Let the students exercise in real-time practice, and clearly stated in the National General College Physical Education Teaching Guidance Outline that the physical education curriculum is not only physical education, but also includes extracurricular sports activities and sports games inside and outside the school. Therefore, the realization of the integrated sports club teaching mode inside and outside the class will promote students' active participation in sports activities, thus contributing to the overall development of students.

### 2. Significance of the Teaching Mode of Integrated Sports Clubs inside and outside College Basketball

In colleges and universities, sports education is not taken seriously, and sports equipment is not complete enough, and basketball is the most basic standard, so we must analyze the actual phenomenon of basketball. In the physical education curriculum, the club form is implemented, and the main body is placed on the students, so that the students can organize the teaching mode of the curriculum themselves. This is fully formulated according to the students' interests and interests, and to a certain extent, promotes the curriculum [1]

In the traditional physical education curriculum, the role played by the students is the supporting role, and it is necessary to follow the teacher's arrangement. The significance of the development of the integrated sports club teaching mode is to enable students to become the main body of the course and become the protagonist of the course, which can stimulate students' sense of participation. Students can choose the course content very freely, and choose what they want to practice, so as to improve the effectiveness of physical education teaching and enable students to

develop wholeheartedly. Cultivating the development of students' individual personality not only improves students' ability to master sports knowledge and training skills, but also enables students to play various roles in the process of mastering the subject, cultivate their own characteristics and leadership ability, and develop their own personality characteristics. There is a promotion. [2]

In the university campus, the club as a relatively new group model adds a different characteristic to the school culture. The innovation of the teaching mode of sports clubs is in line with the actual situation and development of the teaching of physical education in and out of colleges and universities. A lot of students are training and exercising together to promote the exchange of experiences between students and to stimulate students' enthusiasm. It can be seen from this that the establishment of college sports clubs can improve the level of campus culture, enrich the connotation of campus culture, and promote the technical exchange between students and the rational use of equipment for school sports.

### **3. The Basic Principles to be Followed in the Teaching Mode of Integrated Basketball Clubs in College Basketball**

The holistic nature proposed here is that the teaching mode that requires the integration of physical education curriculum inside and outside must be based on the time given by the classroom to carry out the course learning, and also to extend the concept proposed by the classroom. That is to say, the effect of teaching should not be internal or external, and it is necessary to grasp the diversification of physical education curriculum and adapt to different teaching requirements. To this end, it is concluded that the implementation of the integrated sports club teaching mode inside and outside the college basketball class is to be considered together with the diversity. [3]

The development of the new teaching model is to have certain requirements for stability. Because teaching is not an individual activity, it is not a sudden activity and it requires a lot of practical experience to support development. To a certain extent, it shows that teaching activities are regular, and finally it will form a teaching order phenomenon. Of course, in the process of teaching, there is also indispensable flexibility. The characteristics of flexibility can make reasonable adjustments to different teaching contents, and can also be adjusted according to the age of the students[4]

### **4. The Restrictive Factors of the Teaching Mode of Integrated Sports Clubs inside and outside College Basketball**

No matter what you do, you need ideas to support it. Ideas are the leading factor in action. For the development of a new education model, it is more necessary to support the concept, which is also the key to the effectiveness of the model. In this new teaching model, there is still a problem of lack of innovation in teaching concepts. For example, the teacher used traditional teaching concepts and traditional teaching modes in the course of class, so he did not determine the teaching mode of integrated sports clubs inside and outside the class. As a result, the integrated sports club teaching model in and out of class has only a form, which can not play the role of cultivating students' all-round development. [5]

The implementation of the integrated and in-class sports club teaching model is not only supported by advanced teaching concepts. It is also necessary to continuously innovate the teaching content of the physical education curriculum. Only in this way can the development of the integrated sports club teaching mode in and out of the classroom have a good foundation. As far as the current colleges and universities are concerned, the design of the curriculum content of the sports clubs is relatively simple, and there are few sports projects designed. They are some sports competitions, group competitions, etc. This kind of relatively moderate course content . There are also some phenomena that the school does not put into the comprehensive evaluation of the students' sports performance. For the types of sports, it is said that all of them must be added to the assessment, so such a decision will be reduced to some extent. The enthusiasm of the students also shows that the teaching content of the sports club is not diversified. [6]

Although the teaching of a form like a club is very distinctive, it is not enough to be specific in the specific teaching mode. The main reason for this may also be that the implementation time of this new model is not long enough. Whether it is a student, a teacher or a school, it may not be completely let go, completely changing the habits of the past. Therefore, we must choose to work hard on the characteristics, let the characteristic teaching mode to alleviate this really problem. In the implementation of the in-class and out-of-class integrated sports club teaching model, what is required is to make the teaching curriculum become distinctive, and then to implement the in-class and out-of-class integrated sports club teaching mode in the teaching purpose of university physical education.

## **5. Measures to Improve the Teaching Mode of Integrated Sports Clubs inside and outside College Basketball**

According to the actual data of the university model, it can be concluded that the implementation of this new teaching model is to help students develop wholeheartedly. Moreover, the students clearly pointed out the "lifelong education" and "health first" sports guiding ideology, and can also design different teaching contents according to students' own interests and hobbies, and improve the psychological quality and physiological quality of students. This is also based on the independent selection of students, combined with teaching methods and means to make the physical education curriculum adhere to the integrated teaching model of the sports club inside and outside the classroom, so that it can be integrated and form a teaching task that can not only complete the class, but also promote the students outside the classroom. The group sports and sports training activities of the event will eventually develop the wholehearted development of the students. [7]

In our country, there is a saying that teachers are omnipotent. Although knowledge is interoperable, there will still be differences between majors. Some professional points are not professional teachers who can't really solve the students' current difficulties. Moreover, the teaching mode of integrated sports clubs inside and outside college basketball is a relatively new teaching mode. If it does not match the professional faculty, perhaps in the process of physical education and teaching, there will be many aspects such as teaching ideas, methods and directions. The problem is that it will not achieve the goal of establishing a new teaching model, and its implementation will not be effective. Moreover, the professional quality of physical education teachers is an important part of the work of university sports clubs, and it is indispensable. For the development plan of strong faculty construction, teachers are provided with multi-channel and multi-form vocational training methods. The training courses are specially set up for teachers to train teachers to continuously enhance the professional ability of teachers, so that teachers' professional ability can help students. Solve the problems in the course, so that the teaching mode of integrated sports clubs inside and outside the college basketball class can continue to develop.

No matter how good the organization is, it is inseparable from the management of the system. Only if the organization has a good management system, it will have a positive promotion effect. In the implementation process of the integrated sports club teaching mode inside and outside the college basketball class, there will be some problems of large and small, no matter how the impact is to be managed. Moreover, the normal operation is inseparable from the perfect management system. The management personnel should be selected according to the strength of the club personnel, so that the entire management system has a reasonable arrangement and countermeasures, and a sound rules and regulations are established. Work progress should be carried out in accordance with the established system, so that errors are not easy to occur in the course of work. It can make the teaching mode of integrated sports clubs inside and outside college basketball colleges scientific, standardized and sustainable development. This is also the inevitable way for colleges and universities to develop the teaching of physical education, and it is necessary to promote China's physical education in colleges. [8]

## 6. Conclusion

All in all, college basketball as a more popular sports program for students, the school must be combined with this hobby, the students to carry out the integrated sports club teaching mode inside and outside the class. The purpose of this teaching is mainly from the training of the whole person, the healthy body movement as the guiding ideology, to cultivate the students' social adaptability, and to implement an education reform policy for the students to develop comprehensive quality comprehensively. The exploration and practice of the integrated teaching mode of sports clubs is ultimately the goal of physical education teaching. It can have clear scientific goals, diversified teaching ideas, curriculum education, harmonious teaching methods and diverse organizational forms. Distinctive features. Moreover, the integrated sports club teaching mode inside and outside the classroom is a long-term work. If you want this education model to be implemented in major universities, you need to do long-term research and efforts.

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