

Research on the Application of Experiential Learning Method in Basketball Teaching in Colleges and Universities

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Abstract: as a Popular Sport in the Current Sports, Basketball Received Emphasis from Many Colleges and Universities. Experiential Learning, as a Teaching Strategy Advocated At Present, Can Make Students Quickly Master the Skills and Basic Operations of Basketball in the Process of Basketball Teaching. through This Form, College Students Can Mobilize Their Interest in Sports. Moreover, Students Can Also Relax Their Inner Pressure through Learning. This Paper First Discusses the Concept of Experiential Learning, Then Analyzes the Shortcomings of Current Experiential Teaching, and Finally Puts Forward the Application Method of Thinking Teaching for Teachers' Reference.

1. Introduction

With the continuous development of the current era, the education level as well as the relevant education system of our country has been better improved. In the process of improvement, it is found that physical education has a certain impact on the growth of students. Using experiential learning method in college physical education class can let students enter into the situation, feel the joy brought by sports, improve their sense of experience, and stimulate their interest in sports.

2. The Concept of Experiential Learning

Experiential learning is to let students feel the relevant content, from the practice to their own feelings, and through the practice of content to improve their corresponding ability, improve their basic literacy. In the teaching process of physical education in the past, the teacher will demonstrate to the students, explain the essentials of some actions and precautions, and the students will master the essentials through the teacher's explanation. In the process of students' practice, it will be found that it is not consistent with what the teacher said, which will make teacher explain again. Such a teaching form causes students to be confused, but also causes teachers to be tired, so that students do not have much interest in sports. Experiential learning gives priority to students' contact and feeling, and then through adjustment to improve, so as to find the joy brought by sports, and finally enable students to master the basic content and skills¹.

3. Major Problems Existing in Basketball Teaching in Colleges and Universities

3.1 Lack of Emphasis on Physical Education in Colleges and Universities

Under the influence of the traditional education concept, most colleges and universities pay more attention to the students' performance. They often use the students' test results to evaluate a student's learning situation, which also makes most students put their energy into learning with little time to exercise. According to the data of College Students' health survey, we can see that there are obvious defects of college students in our country, especially in the aspect of physical quality, which is generally poor. The cause of this problem is related to the reasons of students themselves and some leaders of colleges and universities. Some leaders of colleges and universities pay relatively low attention to the content of physical education curriculum, and also fail to adjust the content of the curriculum according to the current era of curriculum, and still use traditional teaching methods to explain in the process of teaching. Students also regard the content of physical education courses as

“learning”, which makes students have less interest in basketball. This makes the current basketball teaching in Colleges and universities in China limited, and also makes the physical quality of students cannot be effectively improved²

3.2 Problems in Teaching Methods

At present, many colleges and universities still use the traditional teaching methods to carry out the teaching in the process of developing the physical education curriculum. This kind of teaching form is relatively simple, which will make students feel more boring and uninteresting. In addition, some teachers hope that students can reduce the safety problems as much as possible in the process of sports, and rarely teach students some high-intensity content. This kind of teaching mode only makes students get a little improvement in theory, but not in practice. This kind of improper teaching method will make the students have antipathy to the physical education curriculum, and ultimately lead to the students' physical quality cannot be effectively improved³.

3.3 Fail to Reflect the Characteristics of Students

Under the influence of traditional teaching, students cannot show their own characteristics and advantages in the process of learning physical education. Teachers often evaluate students through tests, and evaluate the overall situation of students through performance. In this case, students' potential ability cannot be stimulated. Usually, students are just doing imitation, and they don't realize the real sports spirit, so they can't master the skills of sports. Basketball is a kind of competitive sports. If students don't practice and interact in the process of learning, they can't feel the happiness brought by this sport, which also makes students not interested in sports, so that students' physical quality can't be better improved.

4. The Application of Experiential Learning in Basketball Teaching in Colleges and Universities

4.1 Experiential Learning Promotes the Mastery of Corresponding Skills

Experiential teaching pays more attention to students' feelings in the experience, so that students can control the charm of basketball in the process of learning, and find the right learning methods, so as to master the characteristics of basketball. In the process of curriculum development, teachers should guide students reasonably and scientifically, so that students can feel the unique fun of basketball in the experience, so that students are interested in basketball. In the process of experiential learning, students need to be given priority to experience. In the process of developing relevant courses in Colleges and universities, students need to pay attention to their experience. It is necessary to give students a certain space to explore, so that students can feel the change of some details of basketball through the contact with basketball, such as the change of dribbling, or the change of shooting posture, and feel the charm of basketball through these contents. In addition, in the process of the teacher's presentation, some theoretical knowledge should be explained while teaching posture, such as which position should be used to dribble more appropriately in the continuous process, and how to stretch the wrist in the process of shooting to better use the power. Through experiential learning, students use and combine what teachers tell, thus forming their own skills. Moreover, students should analyze different contents, what kind of advantages do they often have in the process of dribbling? Through continuous practice, they will feel the relevant contents, and this will also make the students pay more attention to the knowledge and content told by the teachers, regulate their own actions. Such a learning form can not only grasp the basketball skills lightly, but also let the students reduce the probability of injury, so as to effectively improve the physical quality of students.

4.2 Build Learning Foundation through Sharing

Experiential learning is mainly around students. Teachers need to provide more guidance, and teachers attach importance to students' experience process. In the process of experience, teachers can constantly communicate with students, so that they can find the shortcomings of students in

time, and give some advice, so that students can continue to improve in the process of learning. Students should also be good at sharing their skills and experience. Sharing with others can help them form a better foundation. Listening to others' skills sharing can help them have a better understanding of basketball. Therefore, teachers should encourage students to have more interaction and exchange, so that students can share happiness and improve their basketball skills, and through this way of learning, some introverted students can become cheerful, and at the same time, it can help students to eliminate negative emotions, so that physical and mental development can be better. For example, in the process of shooting, students can ask other students' shooting posture and some small skills, such as how to use rebounds to form a rebound to throw the ball in. Students often feel embarrassed when communicating with teachers, so they are embarrassed to ask questions. However, through the communication between students, students can master relevant skills, improve their basketball ability and physical quality.

4.3 Feel the Charm of Sports through Sports

Basketball is not only a sport, but also a test of teamwork. We need to rely on the strength of partners to win the game. In the process of carrying out related courses, teachers should let students compete through experiential learning, let them feel the team spirit of sports through basketball games, so as to realize the charm of basketball. Through experiential teaching to improve students' writing ability, let students have better communication and learning.

5. Conclusion

In summary, in the current college physical education curriculum, experiential learning can help students better feel the charm of sports, improve students' abilities in all aspects by learning basketball, and improve students' physical quality.

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