

On the Problems Existing in Basketball Teaching in Private Colleges and Universities

Tian Junlong, Deng Yijian

Nanchang Institute of Science & Technology, Nanchang, 330108, China

Keywords: basketball, education in colleges and universities, problem

Abstract: With the growing comprehensive national strength in China's economy as well as science and technology, people's requirements for the quality of life are constantly improving. They are gradually recognizing the importance of education and also more aware of the importance of health. Physical education in colleges and universities plays a vital role in it. Because of the unique charm of basketball, at this stage, it is still one of the most popular sports for students. Basketball has been well popularized in colleges and universities in China. As a form of sports education which enhances students' physical fitness, exercise their will and improve their physical fitness has achieved positive results in China. In view of the problems existing in basketball education in colleges and universities, this paper puts forward some opinions and improvement methods.

1. Introduction

In recent years, because of its unique charm, basketball has gradually been recognized and welcomed by people, and has gradually become an important part of physical education in colleges and universities in China. Because of basketball's characteristics such as strong competitiveness and antagonism, tactics need to be fully considered. Tacit cooperation between players and their own technical strength enable students to improve their comprehensive strength in many ways. However, with the popularity of basketball, there are many problems in the process of basketball education, therefore, we need to make a thorough thinking and deep analysis, and take effective measures to improve basketball education.

2. Significance and Background of Basketball Education

Because of the uniqueness of basketball, it is mainly based on collective training. Through the interaction and communication between teachers and students, students' level of basketball skills are to be improved. By basketball team cooperation, students learn from each other and make up for weaknesses. In this environment, they make technological progress, get good communication with other students, and establish a good interpersonal relationships, which is conducive to improving students' interpersonal skills.

Since basketball requires several to participate at the same time, its movement can not be separated from the interaction and cooperation between players from beginning to end, so it needs a strong sense of team work. In the process of competitive competition, students learn the importance of teamwork, and gradually learn to cooperate with others. Team members learn from each other and make progress together, which is conducive to cultivating their team cooperation ability and improving team cohesion.

In the process of basketball training, basketball is with a greater intensity, which requires a lot of physical energy. This can improve students' perseverance and will to make progress in training and become champion in the game. In addition, no matter win or lose, in many competitions, students will slowly look down on the results, correctly understand success and failure, focus on the skills learned in the competition, and constantly improve courage in difficult times. The knowledge learned by students in basketball will help them gain some advantages in the fierce talent competition when they enter the society in the future.

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

Private colleges and universities are educational institutions established by individuals or social organizations using non-governmental financial funds. Due to their characteristics, private colleges and universities have some unique advantages. For example, they mainly train professional talents, focus on training students' social adaptability, have strong autonomy and flexibility, and can quickly adjust their own education systems and management modes in the shortest time. Moreover, because of their low entrance threshold and many other advantages, lots of students eventually choose to study in these colleges and universities. However, they still have a lot of drawbacks, such as unclear orientation, relatively weak faculty, lack of educational resources and some curriculum design problems. These drawbacks also cause a lot of problems in basketball teaching.

First of all, although basketball is very common in colleges and universities, it mostly concentrates on small groups such as associations. Generally, there is great room for development in the popularization of basketball education in colleges and universities. Teachers usually think that learning is the most important thing for students, and good professional knowledge is the most important characteristic of students. Colleges sometimes sacrifice part of students' physical education teaching time to devote to the promotion of professional knowledge. On the other hand, some students are too busy in their previous learning stage or lack of interest in basketball etc, which leads to a poor basketball foundation, which will affect the popularity of basketball education. If teachers do not actively guide, eliminate students' resistance to basketball and cultivate their interest in basketball, it will have a serious impact on the teaching activities of basketball.

Due to insufficient funds and lack of teachers in private colleges and universities, students are limited by equipment, time and venue when they receive basketball education. In the aspect of basketball basic knowledge, the content is dull and the actual tactics are backward in the actual training. In addition, teachers themselves have insufficient professional knowledge and skills, which cannot meet the needs of students. There are many problems in these areas in private colleges and universities.

In terms of teaching methods, it is relatively single. In the basketball education of private colleges and universities, the theory and technology of teaching and training are mostly carried out by oral instruction, or through books, blackboards, multimedia and other means. Most forms of education are concentrated on these shallow aspects. There is no good and perfect educational means of a unified collection of various media. Through the interaction of various media information, students can understand basketball in all aspects. It is difficult for students to understand basketball profoundly in a single teaching environment, and to apply the basketball tactics theory learned in the classroom to actual competitions. In terms of teaching mode, many are still very conservative. In private colleges and universities, influenced by other professional knowledge teachers, conservative teaching methods are adopted in the teaching process. First, some basic knowledge is introduced and the basic knowledge is analyzed. Each step of action is explained one by one. Finally, students are guided to practice and are expected to achieve technical proficiency through a large number of exercises. Due to the lack of practical application in the course of explanation, the connection between various tactics, the value of basketball, and the knowledge of team spirit, it reduces students' love for basketball, make them treat basketball just as a sport, limit their vision and reduce their interest in learning basketball skills and tactics. This is also not in line with the society's educational policy of all-round development of students' morality, intelligence, physical fitness and beauty.

In basketball education of private colleges and universities, there are still problems of outdated educational content and backward educational methods. At the present stage, the basketball education content of many private colleges and universities is rather outmoded, which is similar to that of middle schools. The content of education is shallow, lacking depth and innovative ability. It is impossible to carry out targeted education according to the level of students at the present stage. As a result, students lose their enthusiasm for learning, or even become tired of learning. In terms of teaching methods, most of students are teacher-centered. They only follow teachers' arrangement, pay no attention to their own abilities and lack due enthusiasm. This leads to the suppression of

students' initiative and enthusiasm, restraining students' autonomous learning ability, producing boredom and even counter-psychology. However, some teachers tend to let students study independently because of their own reasons, thus ignoring to teach students, which results in the lack of basketball professional knowledge, tactical coordination and skills. Students can only explore slowly in the form of self-study. It is easy for them to go into the wrong direction.

At this stage, college students' proficiency in basketball skills needs to be improved. Private colleges and universities mainly focus on technical assessment of students, which can not objectively reflect the comprehensive level of students. Moreover, the content of examination is relatively single, and teachers' assessment attitude is not rigorous enough, which also reduces the impairment of basketball education. Poor examination system will also lead to the shift of students' emphasis, ignoring the most important sports spirit. The backward examination system and single examination system, such as attendance at ordinary times, and course examination, can only reflect students' mastery of basketball skills in a single way, but can not reflect whether students learn from basketball to teamwork ability. The imperfection of basketball teaching assessment system limits the development of basketball education to a certain extent.

4. Improvement Methods of Basketball Education in Private Colleges and Universities

Private colleges and universities are expected to establish correct teaching concepts and clear teaching direction in order to provide students with correct guidance. In terms of teaching concepts, they should set up the concept of ignoring the results of competition, but focusing on healthy sports, the knowledge learned in the competition and the way to cultivate students' comprehensive abilities. Under the correct guidance of teachers, they need to learn the ability of teamwork, tactical problems and methods of improving personal skills, cultivate good competitive spirit, and improve the comprehensive quality of students.

The reform of education is also very necessary. Private colleges and universities can give basketball technical guidance to students through a variety of media, and show them to students in many ways, such as text, audio-visual, pictures, videos and so on. It is also suggested to establish a complete education system and give students a complete knowledge framework, so that students can learn in a complete framework, cultivate interest in the correct line, and improve learning ability. Colleges are required to not only evaluate students by their academic achievements, but also take their achievements into consideration in many ways so as not to deprive some students of the pleasure of learning. The importance of classroom teaching should be neglected in the educational mode, and the emphasis needs to be placed on the consideration of students' differences. Group education is conducted according to different characteristics of different students. Students with different skills can also be arranged within a group to discuss and communicate, which will promote friendship between students and strengthen their communication and teamwork capabilities. It enables all students to learn knowledge from many aspects and develop their comprehensive strength in all aspects.

In terms of assessment, colleges are also expected to conduct scientific and flexible assessment. It is also necessary to form a set of flexible and reliable, scientific and rigorous assessment methods. Colleges should take into account the characteristics of each student, such as sports foundation, physical fitness, learning ability, teamwork ability and so on, to set different scoring standards for different students. Students' mistakes in the examination are recorded and added to the next examination.

To deepen the integration of extracurricular and intracurricular education mode, extracurricular basketball education is extended through extracurricular basketball teaching. It is feasible to organize the second class to let children contact basketball from childhood so as to love basketball, form a good basketball foundation and learn the spirit of basketball. Moreover, abundant extracurricular activities makes students relax themselves after learning, improve their physical quality, and lay a good foundation for future basketball education.

At the same time, in recent years, the society is also advocating diversified education. The past single mode can not meet the needs of modern people. Diversified teaching mode will better

cultivate students' love for basketball knowledge, improve their basketball skills, provide motivation, stimulate their learning fun, cultivate their basketball consciousness and their sports spirit.

5. Conclusion

In a word, basketball plays a vital role in the higher education of our country. At the same time, the drawbacks are very obvious. These drawbacks also exist in the basic education of our country. Through the deepening of our understanding of education, we will continue to make innovation and ensure the education mode to keep pace with the times in order to achieve the goal of comprehensive development of students' quality.

References

- [1] He Zhongping. Penetration of Cooperative Learning Theory in Basketball Teaching in Higher Vocational Colleges [J]. Contemporary Sports Science and Technology, 2018,8(24): 126-127.
- [2] Li Zhengxian. Research on the Educational Ecology of Basketball Teaching Activities in Colleges and Universities [D]. Suzhou University, 2015.
- [3] Liang Hongtao. Application of Diversified Teaching Mode in College Sports Basketball [J]. Journal of Chifeng University (Natural Science Edition), 2017, 33 (03): 152-154.
- [4] Pan Zhong. Problems and Reform ideas of Basketball Teaching in Colleges and Universities in the New Period [J]. Journal of Zhengzhou Institute of Aeronautical Industry Management (Social Science Edition), 2014, 33 (05): 194-196.
- [5] Sun Yu. Problems and Countermeasures in College Basketball Teaching [J]. Contemporary Sports Science and Technology, 2016,6(25): 56+58.
- [6] Zhang Shengchuan. On the Problems and Countermeasures in Basketball Teaching in Middle Schools [J]. Contemporary Sports Science and Technology, 2018, 8 (26): 15-16.