

Research on College Basketball Teaching Reform based on Outward Training

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Abstract: With the vigorous development of education in China, physical education in colleges and universities has become an important and arduous task of modern education. Basketball is very popular among college students in colleges and universities. It is one of the most popular sports items for college students. The basketball course in colleges and universities can not only improve the basketball skills and skills of college students, but also exercise the strong will quality of college students and enter the society for college students. To lay a good foundation for the various pressures and challenges of work and life. However, there is a widespread phenomenon in colleges and universities. Students love basketball, but they are not interested in basketball. The main reason is that the current basketball teaching in business schools continues the traditional indoctrination teaching mode. The basketball teachers in the school are in the main position of teaching. The teaching process is completely controlled by the teachers. Most of the students can only passively accept the learning, and their own creativity and subjective initiative cannot be played. Quality education emphasizes that the subjectivity and creativity of students' learning should be maximized in the process of learning, and the cultivation of students' interest in learning should be emphasized.

1. Introduction

The 21st century is an era full of opportunities and challenges. Competition is the eternal theme of the times. The development of society, the improvement of the economic level, and the enhancement of comprehensive national strength are inseparable from competition. Competition is a good social consciousness and has a positive and far-reaching effect on the progress and improvement of our entire society and even everyone. China's higher education shoulders the important task of socialist construction, that is, to cultivate multi-level and high-end comprehensive talents with knowledge, thought and ability. The development of society requires such talents, and the progress of the country also needs these talents. In order to further improve the quality and effectiveness of China's education, in recent years, China has also actively tried and explored the reform strategy of higher education, and also proposed and implemented some more feasible measures and methods. On the premise, under the premise of vigorously promoting quality education as the core, higher education should take the responsibility of cultivating comprehensive talents that are in line with the trend of social development and conform to the trend of the times, with nuclear competitiveness and tenacious fighting spirit. Educational activities, and continuous reform and innovation in educational practice, make due contributions to the vigorous development of China's education and the long-term progress of society.

2. The significance of expanding the thinking mode of training into the basketball teaching in colleges and universities

In today's society, competition is fierce, and college students must face the enormous pressures and challenges of going to school and finding a job. This puts higher demands on the social adaptability of college students. As a new youth in the new era, college students shoulder the great historical mission of building a new socialist China. College students must face these pressures and challenges bravely. However, after all, this pressure and challenge is not something that everyone can bear and face. Some college students with poor adaptability can't bear this kind of stress, they are also exhausted, and there are too many psychological problems and emotions such as loneliness,

sensitivity, anxiety, apathy, depression, etc., and sending some questions in turn further affects college students. The work and study make their social adaptability further decline. Anyone with scientific knowledge knows that most of the psychological problems stem from certain social problems. Most of the students who are problematic are students with poor communication skills. They are not willing to communicate with others and like themselves. People keep themselves in their own world, and interpersonal relationships are extremely discordant. This is a serious social phenomenon that has caused greater and more negative impacts on college students in the long run. Therefore, to solve this problem, we must start from improving the interpersonal relationship of college students. Harmonious interpersonal relationships can enhance our ability to interact with others and have a positive effect on promoting our health. Of course, interpersonal relationships can also enhance our confidence and make us more comfortable with the pressure of life and work. The university period is the most crucial period of a person's life. Most people's complete outlook on life, world outlook and values are formed during this period. The university period is also a watershed between the student era and the working age. During this period, the students' thoughts, morality, and personality are also perfected, and they have their own unique views and understandings of everything. Therefore, during this period, special attention should be paid to the cultivation and training of college students' social adaptability, laying a foundation for them to enter the society and face various social pressures. Outreach training focuses on communication and understanding between team members, blanks the strangeness between the students, and sets obstacles and difficulties so that everyone can recognize themselves and improve themselves in the face of difficulties and obstacles with the team. . Of course, as an emerging form of education, outreach training also provides an optimal platform for college students to be released, so that they can be released from depression and unhappiness, and no longer feel lonely or anxious. The obstacles and difficulties in expanding training settings are repeatedly tested in practice, and it is impossible for individuals to complete them. It must rely on the team and rely on the joint efforts of everyone in the team to complete it. Outreach training can teach students how to rely on the strength of the team to complete tasks that seem impossible, through effective communication and communication, to achieve each person's role positioning and division of labor and cooperation, and close cooperation with teammates. Of course, it is not easy to achieve this kind of tacit understanding. It requires everyone in the team to restrain their own behaviors, improve their own ideological understanding, and adjust their behaviors in time according to changes in the environment to make their own behaviors. More adaptable to the environment and atmosphere of the current team needs, this requirement is not personal requirements, but the impact of the team on everyone. This makes the students learn to obey and cooperate in the subtle way, which is very helpful for the improvement of students' adaptability. Through the hands-on experience of expanding the training thinking concept in college basketball teaching, students can face the difficulties in life and work with a more positive attitude, cultivate their positive attitude towards life, fully tap their own potential, and strengthen their personal interests. The quality can also cultivate the spirit of students' unswerving and courageous challenges and improve their social adaptability.

3. Strategies for expanding the thinking mode of training to introduce basketball teaching in colleges and universities

In order to further adapt to the general direction and general trend of physical education reform in ordinary colleges and universities, as well as the requirements for college basketball teaching, the old-style basketball skill and technology teaching methods have been difficult to produce good results for students. In order to improve the effect and quality of physical education in colleges and universities, to better fulfill the requirements of the syllabus for students, to minimize the impact of the new curriculum system on college basketball teaching, and to allow more students to re-enter the basketball culture. It is necessary and feasible to recognize and properly reform and improve the methods, means and modes of basketball teaching. Of course, this kind of experiment and exploration is an innovation, but also an adventure. It is possible to raise the basketball teaching in colleges to a higher level, and it may bring new problems and problems to college basketball

teaching. We are well aware that this combination must encounter setbacks and obstacles in practice. After all, expansion training is an extension of training. Although its educational effect is very obvious, it does not mean that all methods and means of expanding training can introduce college basketball teaching. If we are really effective in basketball teaching, we will use it boldly. If you don't use it, you must constantly try and test the effect in the specific practice. It is not impossible to apply the methods and ways of thinking of expanding training in the practice of basketball teaching. It is only necessary to pay special attention to specific operations and practices. The two must be combined in just the right way to grasp the principle of one degree. The advantage of the expansion training is fully exerted without losing the charm of the basketball itself. How to combine the most reasonable and effective requires us to further explore and study in practice.

The current basketball teaching is lacking in the vividness and artistry of teaching. There is not much innovation and development. Most of them are fixed teaching modes. Students are already numb in thinking, which is the result that most students like basketball. I hate the reason for basketball lessons. Faced with the general direction and general trend of physical education reform in colleges and universities, and the requirements for basketball teaching in colleges and universities, the old methods of teaching basketball skills have been very difficult to persuade students. They are even tired of traditional teaching methods. Students can take college basketball courses seriously, and study the basic theoretical knowledge of basketball and master the basic skills and tactics of basketball. That is, students must have a strong interest in learning basketball. Basketball itself is very popular among college students. However, because the teaching mode of college basketball is too monotonous and boring, students are very passionate about basketball. The need to send emotional emotions is not fully satisfied from the basketball class. And the expansion training can just inject fresh blood into the college basketball teaching, so that the basketball class appears in front of the students with a new look. Outreach training can design and implement specific activities, so that the basketball class can not only take care of the basic teaching needs, but also be full of fun and challenge. In this way, students' awareness of active participation in the classroom will be greatly improved, rather than passively accepting the teaching of teachers, becoming the master of learning, and truly having the power to choose to learn the plate, so that the results of basketball teaching can be further improved. For the basketball games that existed in the previous basketball class, it can be appropriately adapted to make it more reasonable and rich and it can also prepare and prepare for the next study, which can better meet the urgent needs of students. Of course, the role of basketball teachers has undergone subtle changes throughout the process, not only teachers, but also organizers and evaluators of a series of activities, to organize and organize various activities, and to reduce the possible security threats. To the lowest level; students who are active and well-behaved in the activity cannot evaluate them with the level of learning, but should give appropriate praise and encourage them to make persistent efforts. Such a learning environment and atmosphere are also conducive to cultivating students' self-learning ability. Students are subjectively willing to take the initiative to explore and actively explore rather than passively accept the teaching of college teachers. Learning is no longer compulsive for students. Moreover, students' improvement and progress in the learning process can be well evaluated, and their emotions and rational feelings are satisfied. This is better for promoting students' enthusiasm for learning.

4. Conclusion

At present, colleges and universities are not investing enough in the basketball court equipment and facilities, which restricts the smooth development of basketball courses in colleges and universities and students usually participate in extracurricular exercises. Through the analysis of this study, it can be concluded that some methods and means of expanding training can be introduced into college basketball teaching, but in the specific implementation process, we must pay attention to the rationality and effectiveness of theory, system and teaching practice, and fully mobilize students to learn. On the basis of the enthusiasm of the teachers, the teaching tasks specified in the syllabus can be completed, and the enthusiasm and needs of students to learn basketball can be maximized.

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