

Research on the Basketball Education Reform Based on Physical Health Training

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Abstract: Basketball has become one of the favorite sports for college students. However, the basketball teaching methods in most colleges are old, the content is tasteless, and even deviates from the spirit of physical education. To enable students to master certain sports knowledge and skills, develop a good habit of self-exercise, form the concept of lifelong sports, and change from school physical education teaching to the starting point of social physical exercise. This should be the ultimate goal of basketball teaching. College sports is not only the foundation of mass sports and competitive sports, but also the key to China's goal of becoming a world sports power and implementing a national fitness program.

1. Introduction

In the process of basketball teaching, we must pay attention to imparting students' basketball awareness, strengthen teamwork and tactical application, and often carry out training in these aspects to improve the comprehensive ability of students' basketball. On this basis, for students with different basketball basics, targeted teaching, strengthening training according to students' disadvantages, further strengthening in terms of advantages, designing tactics and playing styles should be combined with the characteristics of players, can not be used to improve the basketball. The effectiveness of teaching.

2. The Current Problems in Physical Education

The curriculum design is unreasonable, and the teaching and actual combat are not closely related. The teaching of physical education in most schools continues the tradition that has been formed for a long time. Basketball teaching has less class hours and more content. The basic technical exercises take up a lot of time. The theoretical study and practical training time are less, and the students learn the principles and skills of exercise. Lack of certain analysis, lack of teamwork awareness, just mechanical learning of a few simple basketball skills, can not be consolidated through practice, resulting in a lack of close connection between teaching and actual combat.

There is no teaching in accordance with the aptitude, ignoring the personality development of students. In the basketball teaching, the individual level of the students is different, but each time the class is taught from scratch, or enters the actual training too early, which has affected the effect and enthusiasm of the students to varying degrees. The current teaching methods are old, old-fashioned and too procedural. To a certain extent, the students' personality development is neglected. Each student's ability and talent must have a position suitable for him, but all students in the classroom passively accept the teacher's uniform. Guide and arrangement, it is difficult to truly integrate the concept of developing students' personality into teaching.

Lack of training in tactical awareness. For basketball, improving team awareness can't be done overnight, but through long-term accumulation. Those who know more about basketball can watch basketball games, and the team awareness of athletes can be seen at a glance. For example, the conversion of the defensive attack is not flexible, always facing away from the opponent, the line of sight is not wide enough; the poor understanding of the passing of the ball, not the mechanization of shooting is to break through the line of defense and delay the fighter. Basketball awareness will not

be formed naturally. It will be formed through long-term and rigorous training with purpose, plan and regularity, and the coach's careful guidance is also indispensable.

The assessment method is not scientific. Most of the assessments of basketball electives are based on the traditional method of assessing basketball skill level, and the performance is determined by the difference in constitution and the basics of basketball. Students will deliberately study the content of the exam. This is no different for those students with low basketball level. Students with high level of activity may not get high scores, but students with lower levels but special exercises for exam content will get high. In the case of points, this is not conducive to the improvement of students' basketball ability and the cultivation of exercise habits, which is contrary to the teaching purpose of modern sports.

3. Analysis on the Reform Strategy of Basketball Education in Public Physical Education in Colleges and Universities

In the physical education teaching in colleges and universities, in order to make it easier to count the amount of time, all the time-based methods are used for physical education. This time model is very beneficial to the time of basketball knowledge transmission, especially for large-scale physical education teaching. Good teaching purposes, general teaching content can be launched in the classroom. However, it also has certain drawbacks. For example, because the class time is too long, the general time is about 90 minutes, which leads to students who have a sports foundation can still adhere to it, but students who do not have a sports foundation can not keep up with the physical strength, which directly affects the teaching effect. Even the teaching work is terminated. The number of times and the intensity of the number of students' exercises increased accordingly. Especially after the high-intensity training of basketball, students without foundations are prone to problems such as physical overdraft. The relevant personnel conducted a practical study on this issue and found that At the beginning, the students were very excited and practiced very hard, but after 60 minutes, the student's learning status began to decline. Many students had fatigue problems due to too many exercises, and they could only stop training and rest in place. It affects the quality of basketball teaching and also affects the growth of students' physical fitness. Therefore, in the process of basketball course reform, the 90-minute teaching time can be shortened, which can be set to 60 minutes or 50 minutes, which can ensure that students have active training in the classroom and improve the overall teaching effect in the classroom.

For the content of basketball teaching, it is the relevant content selected by the teacher in the basketball teaching. If the selected teaching content is reasonable, then there is the interest in cultivating students in this aspect. Basketball teaching will be more and more popular in colleges and universities, and teachers are teaching. It will be more and more relaxed, but when the selected teaching content is unreasonable, it is not in line with the actual situation, and it can not meet the students' actual needs, it can not stimulate students' interest in basketball. For example, students will feel unhappy during basketball teaching and do activities. I don't cooperate with the teacher. In order to meet the requirements of this situation, the content of the teaching should be reasonable. Through the analysis of the current teaching content of public physical education basketball in colleges and universities, the main teaching contents selected are dribbling layup, passing, shooting, dribbling, etc. Many professional teachers think that these teachings The content is very professional and is indispensable for basketball teaching. However, there are still big problems in practice. The subjects taught in colleges and universities are all college students. Many elements have been learned in the physical education basketball learning process in elementary school, junior high school and high school. These teaching contents often appear in the classroom, so they lack freshness. Many students have mastered very well, and there is no desire to challenge, leading to a decline in basketball learning interest. Therefore, in the reform of basketball teaching content, we must abandon some traditional teaching content, add some coordinated and balanced teaching content, such as the practice of adding balance ball, and require students to practice passing on the balance ball, which is conducive to stimulating students' learning. Interest and fun. Take tactics, coordination and situation judgment as the teaching points, strengthen the training of the game

rhythm and game awareness, let the students know the tactics used by the other players in the game, formulate the correct coping strategies for the dilemma appearing in the game, and reverse the game. Adverse situation, improve the effect of the game.

The main function of physical education teaching mode is to supplement the shortcomings of realistic teaching. Traditional physical education teaching mode is single, and teachers are in a dominant position in teaching. However, in fact, students are absolute subjects, which narrows the space for students' development. Over-emphasis on competitive sports and body in teaching Quality, a lot of sports training, but did not consider the psychological needs of students, neglecting the innovation in teaching, the teaching model has not considered the physical conditions of different students, so there are many discomforts in the process of learning and training. The current teaching mode of warm-up, demonstration, practice, correction, practice, and ending makes the teaching form single, and the actual basketball teaching should be full of fun, so it is also possible to play more games and replace daily exercises with games. The competition should be combined with the students' innate advantages, height, physical strength, technology and other reasonable groupings, so that the two groups of strength are equivalent, mainly for tactical drills and transmission and matching. For actions and tactics that cannot be simulated and demonstrated, they can be video or animated. Explain it, and conduct multimedia teaching indoors according to the situation of on-site teaching. Apply a variety of teaching methods to improve students' enthusiasm.

4. Measures to Improve the Level of School Basketball Teaching

Construct a hierarchical basketball education model. In addition to setting up classes at different levels in physical education classes, teachers should also encourage students to actively participate in extracurricular basketball activities, such as basketball clubs, sports associations, or basketball tournaments held by schools, so that teaching content and students' actual athletic ability training Fully integrated, students can independently choose activities that suit their development based on their specific circumstances. Different levels of teaching classes can teach students in accordance with their aptitude and poor foundation. Students with good foundations can quickly complete the course in advance, enter the basketball activities early, improve themselves faster, and get better exercise.

Reduce the awareness of technical teaching. College basketball teaching is aimed at students who have great interest in basketball. Therefore, teaching is not to train professional basketball players. It is not necessary to pay attention to technical movements. It is important for students to get used to a long-term, long-term and life-long benefit. The way to exercise. The standardization of technology can be formed through long-term, arduous and even boring and difficult processes. This is difficult for students who love basketball and have limited class hours and spare time. Therefore, in basketball teaching, we should not over-emphasize the standardization of basketball technical movements, but should improve students' interest in practice and let them gradually improve their basketball ability in practical use.

Strengthen the team tactical awareness of the competition. In the teaching of basketball teachers, it is necessary to pay attention to the cultivation of personal tactical awareness of the students, let them know and learn to play with their brains. For example, in the one-on-one confrontation, the opponent's defense line is too strict to forcibly break through. At this time, it is necessary to think about how to use the change and the fake action of the dribble to change the position of the opponent, so that it loses its advantage, and its own disadvantages break through its advantages. Defensive. In the collective battle, we must think more about how to cooperate with the players, how to cooperate, how to use the running position to create opportunities for themselves and the team to shoot, etc., on-the-spot analysis is very important.

The assessment of students should be reasonable. The purpose of college basketball education teaching is to enable students to master a way that is conducive to his lifelong physical exercise, and to cultivate and teach the spirit of sports to a certain extent. Therefore, it is necessary to achieve the goal of basketball teaching reform by process evaluation and improve students' enthusiasm for learning. And initiative. The process evaluation not only looks at the test scores, but also depends

on the performance of the class and the practice process after class. The evaluation includes the test of basketball technology, the physical quality and the attitude of the learning attitude. The test is used to judge the progress of a student. Of course, there are also basic theories of sports and theoretical assessments related to basketball rules.

Cultivate students' fitness awareness and attach importance to the two-way development of sports and physical and mental qualities. In recent years, college physical education has been continuously reformed and achieved many impressive results. However, from the current situation, it still does not completely get rid of the old education model, and the teaching methods are single, resulting in students' little interest in class. To a certain extent, it affects the quality and progress of physical education teaching. Therefore, we should arrange more teaching content that students are interested in and help with learning, improve the quality of students' will, and cultivate qualified talents in society. The ultimate goal of college students to receive physical education and engage in physical exercise is to continuously enhance their physical fitness, rather than deliberately pursuing higher, faster, and stronger. It is necessary to let students form an interest in physical exercise through physical exercise, cultivate their habit of participating in physical exercise for life, understand the meaning of fitness, and establish a sense of fitness, which not only enhances physical fitness, exercises willpower, but also enhances the body of citizens of the whole society. The quality has made the level of mass sports in our country a certain improvement. Therefore, to cultivate students' fitness awareness and develop the habit of participating in physical exercise activities for life, it is necessary to introduce more effective basketball programs in a planned way to stimulate students' interest in learning and make colleges and universities Physical education and teaching serve the comprehensive sports development.

5. Conclusion

Through the above analysis of the reform strategy of college public physical education basketball education, it is found that the current basketball teaching has certain problems in teaching mode, teaching content and teaching time. In order to achieve the ideal teaching effect and improve students' comprehensive basketball ability, it is necessary Carry out comprehensive teaching reform and establish a sound basketball teaching system.

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