

# An Analysis on the Current Situations as well as Improvement of Basketball Teaching in College PE Courses

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**Abstract:** Basketball teaching is an important teaching item in college physical education, and it plays an important role in promoting student health and improving sports skills. Basketball sports can not only enable students to exercise and improve their physical fitness in activities and training, but also promote students' will. This article analyzes the current situation of basketball teaching in colleges and universities, and attempts to explore a more effective basketball teaching model.

**Keywords:** College physical education; Basketball sport

## 1. Introduction

With the development of the society, the requirements for talents have changed accordingly. Not only must they have a certain knowledge reserve, but also have a strong body. Playing basketball, as a kind of sport, is of great significance to promoting students to build a strong body. Playing basketball can not only enable students to exercise and improve their physical fitness in activities and training, but also develop students' spirit of striving. In addition, their team awareness will be further enhanced. Basketball class is very popular among students in the physical education at present, so it also occupies a large proportion in physical education. However, concerning the current situation of basketball teaching, there are still many problems, such as the teaching goal, teaching content and teaching methods. There are big and small problems to be solved, this article will discuss them.

## 2. The current situations of basketball teaching in PE class

### 2.1 Objectives of basketball teaching are too broad

Currently, basketball teaching goals are too broad, basically remaining on helping students improve their physical fitness and skill. However, such teaching goals are too rigid and have missed the entertainment part of basketball teaching. In fact, physical education not only aims to require students to take exercise for a short time, but also intend to help students develop a lifelong awareness of sports. Therefore, the basketball class should be a place where students can take exercises in a relaxing and pleasant teaching atmosphere. Thus students will increase their interest in basketball, which is the main teaching goal of basketball teaching at this stage<sup>[1]</sup>. After students are cultivated with the interests in exercise, playing basketball will become a popular after-school exercise item for students. Playing basketball should not be limited in the class and only when students have the interests on it, will they persist in the physical exercise after the class is over.

### 2.2 The basketball teaching evaluation system is not perfect

Because most schools do not pay enough attention to physical education, the reform of physical education in many schools is not very strong. And sometimes it is difficult to carry out the reform according to the plan, which intensified the poor effects of the physical education. In addition, the teaching evaluation system is imperfect and unspecific, which makes physical education teaching more difficult. To carry out efficient basketball teaching, it is essential to improve the teaching evaluation system. Now, the assessment of basketball class is basically focusing on shooting, one-minute round-trip and other rigid assessment content, which can not show students' ability in an all-round way. As a result, many students are only concerned with the performance of the final test and do not understand how to have more professional basketball exercises. Therefore, it is urgent to improve the teaching evaluation system. Basketball class is definitely not the sport that can be comprehensively and objectively evaluated by one or two simple items.

### 2.3 The basketball teaching method lacking in variety

For the years, universities often take the traditional physical education method in the basketball class. Teachers will explain the training theories at first and then show students how to play in the right way. And after it teachers intend to ask students to repeat the training. This teaching model has certain advantages and functions, because with the help of teachers in explaining theories and demonstrating the essentials of movements. And then through the repeated training of students, students become more skillful and have a more solid foundation in the basic movements. But there are also many drawbacks. A lot of time will be occupied by these boring teaching and training in the entire teaching process, causing students to feel bored in sports training. And some students will even lost interest in basketball due to the tasteless training, which deviates from the original purpose of the sports. On the other hand, although students have mastered certain sports skills, but they usually lack of initiative and the ability to carry out the training flexibly

under this teaching mode<sup>[2]</sup>. Therefore, basketball teaching in colleges and universities is not effective as it seems to be, for it does not achieve the basic goals and tasks of sports, and fails to stimulate students' enthusiasm for sports.

However, although educational reform has taken place for years, the basketball class in universities basically continues to use the traditional teaching method, mainly based on the explanation method and the demonstration method. This teaching method is basically used from elementary school to university. It is completely possible to change the basketball class from the traditional one to the new and interesting one. It is necessary to break the restrictions of the traditional teaching methods and to use games, competition, multimedia teaching and other methods to make a more innovative teaching. The method of teaching helps students rebuild their interest in basketball, thereby improving the overall quality of basketball teaching.

### **3. Improving methods of basketball teaching in physical education**

#### **3.1 Formulating realistic teaching goals and innovating teaching content.**

First of all, it is important for the teachers to formulate realistic and achievable teaching goals. It should be clear that what should be the center of the class and what goals are aimed in the class teaching. In the current teaching activities, it is proven that the student-centered educational theory has made difference for it makes students change from traditional passive learning to active learning. This educational theory is also applicable for physical education. In the basketball lessons, more supplementary teaching methods should be continuously added to the original one to attract students' interest in learning such as the small-group teaching methods. The teaching concept of "game basketball", "entertainment games", and "competitive games" should be also applied into the class. Teachers can use these games and competitions to arouse students' initiatives and to release students' enthusiasm. And teachers can combine the teaching of techniques when instructing the students in the proper time so as to achieve the teaching goals. The teaching method of entertaining can also help the students maintain their interest in sports.

#### **3.2 Establish an objective and comprehensive teaching evaluation system**

The evaluation system should not only focus on the performance of students, but also on teachers. The assessment should be of more objectivity and comprehensiveness. For example, percentage of successful shooting or the one-minute round-trip performance of the students in the basketball class should not be the criteria. Comprehensive and objective evaluation of performance can not only help students alleviate the negative emotions on learning basketball, but also enhance their self-confidence in learning. For example, the evaluation system should pay more attention to students' change from the beginning to the end of the semester, to students ability and motivation to get engaged in the basketball game. Therefore, final test should not account for the greatest proportion in the evaluation system and students' class performance matters more.

#### **3.3 Adopting small group teaching mode**

The small-group teaching model refers to dividing students into different groups to inspire them to achieve team goals together. Then teachers provide feedback and sum up experience. To implement the small-group teaching model, the first step is to assign roles in groups. PE teachers can divide the students in the class into groups according to students' ability, physical fitness, flexibility and so on. Group leaders could be appointed by teachers or the students themselves. The team leader is actually a help assistant to the teacher. In group activities, the leader should lead the team to carry out training and competitions. Then teachers can divide the sports ground into different parts and distribute the areas to different groups, where students carry out the sports tasks in the form of small groups. Secondly, reasonable teaching tasks are assigned to stimulate students' enthusiasm for learning. The task of basketball teaching is to improve students' enthusiasm, and their motivation to achieve their personal training goals. The goals must be realistic enough to enable students to increase confidence, and stimulate their sports learning desire. Therefore, to implement the small group teaching model, the overall goals, group goals and individual goals can be set. Different group teams can set their own team goals. Students can set their own personal goals and train toward the goals<sup>[3]</sup>. This process can also unite students and encourage them to cooperate as group members. Next, teachers can make use of feedback to further improve teaching. Teaching feedback increase the interaction between students and teachers to better realize the teaching tasks and achieve efficient teaching quality. The feedback process can include self-evaluation, mutual evaluation in groups, teachers' summaries. It provide more chances to exchange information between teachers and students.

### **4. Conclusion**

Basketball teaching is a kind of popular sports which can promote people's health and it is favorably-received in PE class in the universities. However, the basketball class faces some problems nowadays as the objectives of basketball teaching are too broad, evaluation system requires improvement and the teaching method lack variety. Therefore, it is recommended that the realistic teaching goals innovating teaching content should be formulated, an objective and comprehensive teaching evaluation system is required and the small group teaching mode can be adopted.

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