

# The Factors Influencing the University Basketball Teaching Reform and Development Trend

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**Abstract:** This article through to the current basketball teaching reform ideas and related development trend of basketball were analyzed, and the basketball teaching as a kind of active sports can lay a good foundation of the body for the students, train students to develop good exercise habits, improve the enthusiasm of physical activity, sets up the good physical exercise consciousness. At present is common in the teaching of colleges and universities teaching model of a single, lack the enthusiasm of teaching content and teaching methods do not conform to the specifications, etc., this is usually by the lack of teaching materials needed, less investment in basketball teaching and the related factors such as lack of emphasis, in college students more and more mature now, various teaching idea unceasingly thorough popular feeling, gradually in college basketball teaching to develop in the direction of entertainment, the fitness and the direction of the athletic sports development gradually become the main trends of development of college basketball.

**Keywords:** Colleges and universities; Basketball teaching; Influencing factors; The development trend

## 1. Introduction

Today's college education, the thought of "quality education" constantly brought to the attention of the social classes, physical education has become a key category of the school education, as one of the important part of basketball teaching, in improving the students' physical quality as well as the related sports level has the remarkable effect, at the same time in training the students' sports interests also has the certain positive role. As it is full of enthusiasm and fun, but also by the sports students pursued. However, through the investigation and observation of basketball teaching, the traditional basketball teaching mode has been difficult to meet the needs of students for development, so in the basketball teaching mode, there will be a new basketball teaching mode to adapt to the current physical education. Due to the deepening of the traditional basketball teaching mode, it is necessary to improve students' views on basketball teaching in the traditional mode. The process is very slow. It is necessary to pay more attention to basketball teaching, change the traditional basketball teaching concept and relevant ways, so as to cultivate students' interests and hobbies and inform the quality of teaching [1].

## 2. Analysis of the Current Situation of College Basketball Teaching Reform

### 2.1. Single teaching content

Due to its unique competitive conditions and antagonism and cooperation, basketball is very popular among male students in colleges and universities. At the same time, it can attract a large number of male students to watch various kinds of related basketball activities. In the process of choosing sports, most male students tend to choose basketball. But for not contact with basketball teaching students, between students in the process of training can't cooperate, by investigating its reason, mainly displays in the basketball teaching content, the teaching contents are too single, is teaching the teacher just teach students some basic basketball knowledge, and then, through the base of practice day and night, unable to promote the effective experience for students. Detailed analysis is made on the improvement of students' basketball skills, tactics and relevant theoretical knowledge, and the interpretation of competitiveness is also too brief, which does not show the unique nature and charm of basketball, making the teaching content lack of all kinds of interesting and difficult to improve students' teaching experience and enthusiasm.

### 2.2. Single teaching method

Due to the wide popularity of basketball, even for those who have no basketball experience, there will be basketball talents with a solid foundation, which is no exception for female students. However, due to the lack of basketball training experience and relevant knowledge, the teacher adopts too single way to train students in the basketball teaching process, which will lead to the students

who already have basic training knowledge losing interest in the single teaching method. However, students with poor basic knowledge will give up learning due to high learning difficulty, which affects the overall quality of basketball teaching. At the same time, in the process of demonstrating various basketball solutions, students' exploration of new solutions will be insufficient due to the high repetition rate, thus students' interest in learning basketball will also drop sharply, which will gradually affect students' enthusiasm for basketball teaching.

### **2.3. Unreasonable teaching evaluation**

Traditional sports education influenced by "exam-oriented education", the major cause to the importance of PE education in colleges and universities is far from enough, due to the development of the "quality education", the physical education status, although have got improved, but there are still some colleges and universities is only through some evaluation standard to test the students, for basketball teaching, teaching evaluation is ignored by the teachers, the basketball education is only a semester will come through a few classes of students' basketball shooting and to examine the layup techniques, and then according to the standardization of the action are almost to secondary level or above. This single evaluation method has been difficult to meet students' assessment standards for physical education. Meanwhile, due to its unreasonable assessment content, it is difficult to promote students' enthusiasm for learning sports.

## **3. Analysis of Influencing Factors of College Basketball Teaching Reform**

### **3.1. Lack of resources**

According to the input of colleges and universities in basketball teaching, it can affect the role and enthusiasm of students in basketball teaching. According to the enrollment of students in recent years, there is no effective expansion and capital investment of sports facilities according to the number of students, which leads to the lack of sports facilities in schools and restricts the reform of basketball teaching in colleges and universities.

### **3.2. Restriction of relevant laws and regulations on physical education**

According to the traditional teaching concept of colleges and universities, it is the education of constructive talents, usually the education of such talents is designed to the national people's livelihood. According to the reform content, it can be found that the education of talents needs to be actively developed in all aspects. It needs not only excellent leadership in constructive aspects, but also strong courage in physical skills to shape comprehensive talents with all-round development. The education of talents needs the support of the state through more de-

tailed laws and regulations, and at the same time, actively improve the traditional teaching content foundation, promote the improvement of school education content, and achieve good improvement results.

### **3.3. Unreasonable teaching content arrangement**

The teaching in colleges and universities mainly adopts the teaching method of five-a-side ball making, which is single in form and does not conform to the concept of multiple basketball sports forms. The sports form of basketball mainly adopts various ball making methods and even street basketball according to different Numbers of people [2]. In the process of teaching reform, it is necessary to confirm the choice of basketball for students' autonomy, and accumulate more basketball practical knowledge, so that students can learn theoretical knowledge from practice.

## **4. Analysis of Reform Thoughts of College Basketball Teaching**

### **4.1. Analysis of college sports ideology**

College sports thoughts passed through a variety of diverse learning mode, after the traditional four stages of development, on the contents of teaching also shows the trend of diversification, no longer dominated by a single skill teaching, the teaching reform of colleges and universities has gradually evolved into a comprehensive ability training, in the process of reform of basketball teaching, need to foreign advanced teaching ideas and the basketball teaching practice as the foundation of the development of our country become suitable for basketball teaching in colleges and universities in the new way of thinking.

### **4.2. Analysis of college basketball teaching thoughts**

The single skill teaching hinders the improvement of students' learning interest and ability, which limits the free play of students. In the reform of college basketball teaching, in addition to the training of skills, students should also start from the fundamental improvement of learning interest to establish the "lifelong sports" consciousness of colleges and universities [3].

## **5. The Development Trend of College Basketball**

### **5.1. Continuous deepening of physical education teaching concept**

As a good ideological concept, "lifelong sports" plays a great role in promoting sports education in life. Through in-depth understanding of it, students can develop a good habit of physical exercise and play a guiding role all the time.

### **5.2. Continuous deepening of quality education**

The deepening of quality education can play a guiding role in improving students' quality and ability and improve their independent learning ability. In the process of learning basketball skills, students can also give full play to the tactics and promote the all-round use of basketball knowledge.

### 5.3. Diversified educational policies

According to the actual training content of the students, an all-round assessment is carried out to achieve diversified educational purposes.

### 5.4. "Emphasis on practice and light on theory" teaching form

Whether a course is successful or not depends on various factors, including organizational ability, team cohesion, cooperation ability during practice, protection ability and timely response to wrong application, etc. [4], which are all important concepts applied in actual combat.

### 5.5. Development direction of college basketball teaching

In today's pace of life more quickly, people for the pursuit of health is also increasing, while the "mass sports", "national sports" such as relative term, for the students, which is beneficial to improve the enthusiasm of in the basketball teaching of basketball skills through their spare time to study and practice, can deepen the cognition of basketball skills and the development of physical coordination. In the process of school teaching, there is a phenomenon that some students like basketball but don't like basketball lessons. The main reason lies in a series of different degrees of emphasis in basketball teaching, which leads to the exclusion of some students due to their excessive pursuit of skill teaching. So in the basketball teaching process, should be properly treated its entertaining, through the basketball game will be part of basketball knowledge actually, by the students in the process, the problems are pointed explanation, it will help improve the quality of basketball teaching content, and interest, improve the students' overall enthusiasm for basketball. At present, basketball education in colleges and universities needs to gradually adapt to the development trend of students to meet the needs of the educational society for basketball education.

### 5.6. Handling of unexpected situations in teaching

Because the basketball teaching is in outdoor activities, so for processing various emergencies, also need to do some preparation, such as students in practice in the process of the accident received physical harm, must adopt corresponding measures to maintain classroom order, at the same time also want to avoid the spread of all kinds of negative factors, so as not to affect other is training the students' attention, so before in physical education, teachers should emergencies of on the spot to make certain ideas, completes the corresponding preventive measures to keep calm at the same time, orderly processing accident process.

## 6. Conclusion

With the rapid rise of basketball, the unique antagonism and entertainment have received the love of college students, the traditional way is not suitable for the positive development of students, need to promote the development trend of basketball teaching through the reform of basketball education. At the same time, as a physical education teacher, we need students' basic quality and correct guidance of basketball teaching to promote the positive teaching content. The college education must pass to the basketball teaching present situation analysis, to the traditional teaching reform, to the development tendency correct grasp, carries on the pointed innovation, thus better promotes the basketball teaching development.

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