Practice and Trend of College Basketball Teaching Reform based on "Internet +" Thinking

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Abstract: The Internet has become the mainstream of the development of the times, with the progress of the times, the application of the Internet is more extensive than before, the Internet also plays a huge role and value in the process of social development with its own advantages. Since the new century, in the process of the development of the Internet, the concept of education is constantly changing. Especially when the Internet is applied in the field of teaching, it has a profound impact on the practice and development of college teaching courses. Under the "Internet +" thinking, college basketball course teaching should pay attention to the infiltration of new ideas; It should embody the student-oriented development model; Attention should be paid to information exchange and sharing.

Keywords: "Internet +"; New concept; Exchange; Shared

1. Introduction

The Internet era has brought great convenience to people and turned the world into a "global village." An important embodiment of the Internet age is the speed of information dissemination is greatly accelerated. Today, the Internet has been widely used in all walks of life, so that workers in the new era have formed the thinking model of the Internet. For colleges and universities, the Internet is even more widely used in teaching. In college basketball courses, teaching reform can be initiated by new ideas, adhering to the student-oriented approach and focusing on information exchange and sharing.

2. Pay Attention to the Penetration of New Ideas

In China, many colleges and universities do not pay much attention to physical education curriculum. Although the country has been advocating the all-round development of morality, intelligence, physique and beauty since the new century, few physical education classes are arranged in the actual teaching operation. In this few physical education curriculum, the effect is not very ideal. In recent years, the declining physique of college students also has some connection with not paying attention to physical exercise. In this context, it is necessary to reform college basketball curriculum. Due to the advantages of the Internet, such as fast dissemination of information and strong timeliness, and the disadvantages of the former classroom, such as teaching cannot adapt to the development requirements of the new era, the reform of college basketball curriculum should pay attention to the infiltration of new ideas [1].

The so-called new concept is an idea that can better meet the development requirements of the times and meet the development needs of students. This new development concept should grasp the following aspects:

First, the Internet model should be truly applied to basketball courses. For this, the basketball course for college students should be divided into at least two parts. The first part is the study of the new theory, in addition to the previous knowledge of anatomy and other knowledge should also connect some professionals through the online platform in the Internet. This aspect of talent not only includes the sports-professional domestic outstanding talents, also includes some foreign senior researchers, these are the outstanding talents who are worthy of learning from. Live lectures by experts and scholars can be heard in class via the Internet. This makes it easier to incorporate new ideas and elements into the classroom.

Second, the penetration of new ideas in the Internet era should also reflect the openness of the classroom. Because the Internet era itself is a relatively open period, through the Internet, you can carry out communication and learning in the outside world at any time. The penetration of the new idea can be flexible, it is not constrained by fixed time to study, students can be get together when there has live basketball program to have targeted learning, thus may have better effect of new idea's penetration, concept of immersive feeling will truly melt in the heart. This can not only stimulate students' interest in learning, because for most young people, the infiltration of new ideas is more need to stimulate

students' interest, which is a good way to stimulate students' interest [2].

An open class should also reflect the openness of students' abilities. The Internet age Itself means the development of the times, so the students' thoughts should also be open. We should not stick to the traditional concept that sports doesn't matter. We should treat it as a required course in our hearts and study hard. In addition, for basketball majors, Yao Ming and other generations can be treated as good role models, they should actively learn their refined skills, in the process of learning to constantly update the previous concept, so as to make their efforts to develop in a better direction. The new concept is relatively, because one of the biggest characteristics of the Internet era is the speed of update, so in the process of continuous development, the idea should be updated with the progress of the Internet. Some ideas may seem new at one time, but may seem outdated at another. In other words, in the Internet age, new ideas are relative. Based on this, in the process of basketball teaching, students should take the initiative to learn new ideas and constantly improve their thinking mode.

Third, the penetration of new ideas also involves other disciplines. In recent years, the connection between disciplines and the development of cross-disciplines have gradually become a topic in classroom teaching. Therefore, the new concept should establish the interrelation between disciplines, and apply the theories of different disciplines, especially those related to basketball, to the basketball career. In a certain period of time, there may be no new ideas to talk about for basketball major, but for other disciplines, it is a new beginning. It is also a feasible way to view the basketball course with the thinking mode of other subjects. of course, this process cannot be accomplished overnight, because there are certain differences and generation gaps between different disciplines. So, it should pay attention to foundation, and it still should plan as a whole consideration, then making better choice next. In the process of permeating new ideas, talents from all aspects should be gathered together for full discussion, and a better choice should be made after a broad grasp of scientific and effective ideas.

3. Adherence to the Student-oriented

In the process of teaching development, the concept of "student-oriented" has been mentioned many times in the classroom and has become a high-frequency word in the education sector. In recent years, when the Internet is more widely used in teaching, it is more important to adhere to the student-oriented development concept and development model. The student-centered development concept should attach importance to students' actual ability, focus on students' actual level, and proceed from the objective and subtle points so as to play an effective role in real life. First of all, students should understand the concept and specific connotation of basketball. On this basis, students should adapt to the new era of the Internet, change the teaching mode and teaching method that used to be cramming education, making students take time to practice more, and give the class back to students [3].

Adhere to the student-oriented development concept, it also should let students practice more, not only in the classroom practice, but also out of the classroom practice, in a variety of forms to practice. For normal colleges and universities, students can also go to some colleges and universities to experience in person, and apply the basketball knowledge they have learned into practice. Only on the basis of practice can they really master the knowledge they have learned by heart.

Adhere to the student-oriented development concept, it should pay attention to individual differences, understand "teach students in accordance with their aptitude," different individuals have different advantages and different strengths. In the process of classroom teaching, we should not just talk about "big class", it should carry out targeted training according to individual differences. Only in the process of continuous development can we talk about more excellent individual training. Adhere to the student-oriented development concept, it should pay attention to the assessment and evaluation of students, only through the assessment can mobilize more of the enthusiasm and initiative of students to learn, through the assessment can better cultivate the development of individual students. The development of students is a process of continuous improvement, in the process of student development, students should learn to summarize, learn to think, it should be clear about the new concept of development, and put it into application in the deep heart.

4. Pay Attention to Information Exchange and Sharing

Information exchange and sharing is the biggest advantage of the information age. With the arrival and development of the information age, it is no longer confined to the previous face-to-face development mode, but can be exchanged online at any time. However, it does not mean that everyone can notice this in the information age. Sometimes, information is not really served in the process of basketball development. Pay attention to the exchange and sharing of information, should also pay attention to the use of basketball in different occasions and different places.

The exchange of information can be the exchange of information between students. In their spare time, interaction among students is very close, and in the information age, students communication among students is very frequent. For college students, they are all young people from new era, who are more skilled in the use of the Internet. Therefore, they should pay more attention to the

exchange of information. Through classroom learning and after-class knowledge extension, truly achieve mastery through a comprehensive study. Through the discussion among students to reach a consensus on the problem, and on this basis, these consensus can be condensed into collective wisdom. There are many ways to exchange information. Students can communicate on campus as well as outside.

Information exchange can be the communication among teachers. The teacher's grasp of academic knowledge is more specific and comprehensive, and he is more aware of problems. Information exchange based on this is desirable. After years of communication based on the mastery of basketball skills and multi-channel analysis using the Internet platform, a more ideal basketball teaching system and basketball teaching thinking will eventually be formed [4].

Information exchange can also be the communication between teachers and students. Since teachers and students are professional basketball professionals of different ages, they may have different views on same problem. Through the exchange of information, more ideas and wisdom can be created and emotional bridges can be built between students and teachers.

For basketball career, the Internet provides a platform for college teaching, but in this platform, basketball is different from other sports and has its own professional requirements. On the basis of the Internet, it should refine the technical skills such as shooting. Through the information network platform, the role of the five players in the basketball should be coordinated well, so as to have a better improvement on the basis of the previous non-information technology. In addition to the cooperation between players, basketball's requirements are higher in professional sports, it should be specific to the details. To apply different details to different occasions, basketball learning is a skill, everyone may have different ability to accept, the learning effect is different, The speed of mastering knowledge is not the same. Therefore, in the process of learning, basketball learners can use the Internet as a platform for professional training. For the part that is not mastered in class, we can watch, listen, think and communicate more through the Internet. On this basis, the pressure of study may be slightly relieved.

Because basketball itself is a team thing, the cooperation of the team and the tacit understanding of the team is very important. Therefore, for the majority of basketball professional learners, it should constantly improve their own information mastery. Although in the Internet era, there are some basketball professionals who can't or won't really use the Internet, but take other ways or even close in their own small world. For basketball professionals, it is not possible to take this approach, information exchange is necessary, so we should pay attention to the development of information.

5. Conclusion

The advent of the Internet era has added many new learning ideas and methods to the development of basketball, and also expanded the space and platform for learning. The Internet has both advantages and disadvantages. Young people in the new era should learn to use the Internet correctly, and professionals in basketball should learn to use the Internet. The Internet is a platform, a combination of a variety of factors, in the development of the platform, although sports is only a part of the platform, but the development of the Internet applied to basketball career is a good platform, in the process, it should pay attention to basketball core skills of learning and training, focus on putting basketball thinking method and the Internet thinking really close together, contentiously enrich and perfect the mastered basketball knowledge through the Internet platform. The Internet is a new platform, and the thinking development model of the Internet will usher in a new development period. Under the promotion of the Internet model, basketball major will play a greater role and value, and introduce more excellent results. The role of the Internet is huge, the Internet will carry the cause of common development of basketball.

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