

Research on Optimization of Basketball Teaching Methods in Public Physical Education Courses in Colleges and Universities, Architecture and Practice

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Abstract:

In the new era, universities can combine the current teaching challenges and problems when conducting public physical education basketball teaching, adopt effective teaching methods to optimize teaching modes and processes, and build high-quality physical education classrooms for students, thereby improving students' learning enthusiasm and enabling them to achieve practical improvement in comprehensive quality and ability. This article aims to provide some reference for relevant educators by conducting in-depth research on the optimization of basketball teaching methods in public physical education classes in universities.

Keywords:

Universities, Public Physical Education Classes, Basketball Teaching, Optimization Method

1. Introduction

Under the background of quality education, basketball teaching has received increasing attention from society and schools. It not only benefits the enhancement of students' physical fitness, but also cultivates their teamwork ability, competitiveness, and sportsmanship, promoting their comprehensive development in morality, intelligence, physical fitness, aesthetics, and labor skills. Therefore, in the implementation of basketball teaching in public physical education courses in universities, schools and teachers need to clarify the current talent cultivation goals, continuously optimize and innovate teaching methods, improve teaching quality, and make up for the shortcomings of traditional teaching, so as to achieve good results in classroom teaching and promote the deepening development of physical education teaching reform in universities.

2. The Significance of Optimizing Basketball Teaching Methods In Public Physical Education Classes In Universities

2.1. Promote the physical and mental health development of students

Compared to middle and high school students with heavy learning tasks, college students usually have more disposable time, so physical education courses that used to be relaxing and attractive are actually difficult to arouse students' interest and enthusiasm for participation in college. To change the current teaching situation, encourage college students to actively pay attention to public physical education teaching, and improve their enthusiasm for participating in basketball courses, teachers can optimize and innovate teaching methods, adjust the traditional single teaching mode, give new vitality and motivation to classroom teaching, attract students, gradually fall in love with basketball, and obtain effective exercise, enhance their physical fitness, obtain psychological relaxation, and achieve healthy physical and mental development.

2.2. Promote the deepening of reform in public physical education curriculum

When carrying out basketball teaching in public physical education courses, universities and teachers need to continuously promote the deepening development of curriculum teaching reform under the background of the new curriculum standards. Through comprehensive analysis of the current teaching situation, combined with the actual situation of students, innovative and optimized curriculum teaching methods should be developed to conform to the student-centered educational philosophy, achieve the talent cultivation goals of universities, and enable students to grow into composite excellent talents with both morality and talent, and exert the educational effect of physical education teaching.

2.3. Enhance the quality and effectiveness of basketball teaching

In the new era, universities and teachers need to keep up with the times, actively introduce advanced educational models and information technology, innovate traditional and outdated teaching concepts, innovate and optimize curriculum teaching methods when conducting basketball teaching, so as to make classroom teaching interesting and innovative, and achieve effective and equal interaction between teachers and students. At the same time, the improvement and perfection of teaching methods can also make up for the shortcomings of traditional teaching, understand students' actual learning situation and inner demands, and make targeted adjustments to subsequent teaching, thereby improving the quality and effectiveness of classroom teaching.

3. Problems in Basketball Teaching in Public Physical Education Courses at Universities

3.1. Traditional teaching concepts lag behind

At present, most universities set up basketball courses to explain basketball knowledge and teach basketball skills to students when conducting public physical education courses. However, in reality, many physical education teachers in universities still adopt traditional teaching concepts, believing that as long as students master relevant knowledge and skills, it is enough, neglecting the cultivation of

students' core literacy and comprehensive abilities. In addition, due to the insufficient professional quality of some teachers, they tend to adopt a one size fits all teaching mode in their teaching, without developing personalized teaching plans based on the actual situation of students, resulting in insufficient satisfaction of students' diverse needs and affecting the quality and effectiveness of classroom teaching. In addition, not all physical education teachers in universities are good at basketball teaching. If universities fail to attach importance to the education and training of physical education teachers, the teaching ability of physical education teachers will not be improved. This will lead to the solidification of basketball teaching models, outdated teaching methods, and students' inability to truly participate in teaching activities and exert their subjective initiative, resulting in low learning quality and efficiency for students.

3.2. Lack of teaching equipment

In the course selection of public physical education courses in universities, basketball courses have always been popular among students, especially male students who love ball sports. Therefore, the number of students in basketball classes in many universities is relatively large, often exceeding the number of students in other physical education classes. However, due to the limited investment in physical education courses by universities, sports equipment is relatively scarce, making it difficult to meet the training needs of students. In addition, the lack of basketball training venues makes it difficult for students to practice freely at the same time, resulting in poor basketball teaching effectiveness and difficulty in achieving expected goals.

3.3. Lack of rationality in teaching content

When conducting college sports basketball teaching, teachers need to recognize the teaching difficulties of this course. In addition to organizing knowledge and skills, providing systematic teaching to students, teachers also need to consider students' physical fitness, basketball foundation, sports talent, and other situations. If the huge differences between students are ignored and differentiated teaching is not provided, and the same teaching content is still used, it will make it difficult for some students who have no foundation and weaker physical abilities to achieve the expected learning outcomes within the prescribed teaching time, and even affect their final exam results, leading to a shadow over basketball teaching and sports, and seriously dampening their enthusiasm for exercise. In addition, some physical education teachers do not pay attention to the actual needs of students when designing teaching, and only rely on their own teaching experience, making theoretical knowledge the main teaching content, resulting in an imbalance between theoretical teaching and practical teaching.

3.4. Single and outdated teaching methods

With the rapid development of modern technology, new changes have occurred in modern education and teaching, and traditional educational methods are no longer able to meet the needs of current social development. However, from the actual situation, many universities and teachers still adopt the traditional teaching mode of explanation, demonstration, and free practice when teaching basketball, lacking optimization and innovation of teaching methods, making the classroom teaching atmosphere dull and boring, making it difficult for students to become the true

masters of the classroom, and thus hindering students' comprehensive development to a certain extent.

4. Optimization Methods for Basketball Teaching in Public Physical Education Courses in Universities

4.1. Establishing a modern basketball teaching philosophy

Under the background of the new curriculum standard, college physical education teachers should keep up with the pace of the times, abandon traditional and backward educational concepts, establish scientific and reasonable teaching principles from the perspective of students, and guide students to change their mentality through analysis of students' physical fitness, interests, and sports foundations, combined with their learning and development needs, so that students can take basketball seriously, rigorously, and steadfastly, improve their participation enthusiasm, and achieve healthy physical and mental growth. In the specific implementation of curriculum teaching, teachers need to combine the educational philosophy of universities, clarify talent cultivation goals, and through the explanation and teaching of basketball knowledge and skills to students, strengthen their physical fitness, cultivate their awareness and habits of physical exercise, make students fall in love with sports, enhance their psychological qualities through physical exercise, and improve their social adaptability.

As organizers and implementers of basketball courses, physical education teachers can directly affect the quality and effectiveness of curriculum teaching. To achieve the expected results of public physical education basketball teaching and play its due role in educating students, teachers need to change their educational ideas, establish modern basketball teaching concepts, improve teaching methods, construct efficient and interesting classrooms, and thus improve the quality and efficiency of classroom teaching. During this process, schools need to do a good job in education and training. On the one hand, they can organize external exchange meetings to allow teachers to share teaching experience and learn advanced concepts with other outstanding teachers; On the other hand, special training activities can be organized to invite outstanding teachers in the industry to impart excellent ideas and advanced technologies, cultivate teachers' comprehensive qualities, and enable them to adapt to the development environment of modern education. In addition, it is necessary to cultivate teachers' lifelong learning awareness, allowing them to continuously improve themselves through practice, design teaching activities that meet the actual needs of students, and thus improve the pertinence and effectiveness of teaching. [1]

For college physical education teachers, in order to effectively involve students in basketball teaching, they need to consider students' interests and preferences, innovate and optimize teaching methods, and use information technology to change traditional education models. For example, in the introduction stage, multimedia devices can be used to play pictures, videos, animations, etc. related to classroom teaching content to attract students' attention; In the teaching practice stage, 3D animation, virtual reality and other technologies are used to visually display basketball knowledge and skills to students, helping them understand and better grasp the learned content, and improving their basketball skills; After the teaching explanation is completed, use learning software to publish homework assignments for students to complete in groups and further consolidate their knowledge and skills. Through this teaching method, students can develop an interest in basketball

education, actively participate in basketball sports, and exert their subjective initiative, thereby improving the quality and effectiveness of learning and achieving good learning outcomes.

4.2. Strengthen the construction of basketball facilities and equipment

In the actual implementation of basketball courses, universities need to increase funding appropriately based on teaching reality, integrate and utilize current financial, material, and human resources, strengthen the construction of basketball facilities, provide students with advanced equipment and sufficiently large basketball courts, so that students can better and more standardly practice basketball according to basketball rules, master relevant knowledge and skills, and improve their own basketball level [2]. In addition, in order to ensure the smooth and efficient development of basketball teaching and maintain the safety of students' lives and property, universities need to pay attention to the maintenance and repair of relevant equipment and devices, so that they can be used normally in teaching without affecting students' basketball training and sports experience.

4.3. Enrich and optimize basketball teaching content

In the actual implementation of basketball teaching in public physical education classes, universities need to base themselves on the current teaching environment, combine students' personality traits and development laws, and develop scientific and reasonable teaching plans, so that students can choose courses that meet their preferences and needs as much as possible. In this regard, schools should not only make the course selection process simple and efficient, but also conduct surveys in advance to understand students' sports preferences, analyze the reasons why students choose basketball courses, such as liking basketball and having a foundation in basketball, and provide targeted reference suggestions for students. They should try to make students choose courses based on their preferences as much as possible to avoid students being forced to participate in basketball learning, which may lead to low learning efficiency and poor learning outcomes. When arranging basketball courses, schools should adhere to the educational philosophy of "student-centered", optimize teaching content based on students' actual situations, make class design more reasonable, so that students can effectively master basketball knowledge and skills within the prescribed class hours, and improve their physical abilities.

For college physical education teachers, it is necessary to cultivate students' sense of the ball in basketball courses. By timely understanding students' learning situation and providing targeted teaching content for students at different levels, students without any foundation can have a systematic understanding of basketball and gradually form a sense of the ball. During this process, teachers can also scientifically group students based on their ability levels, grouping those with strong athletic abilities and a certain foundation with those with weak athletic foundations, to help students make rapid progress and master basketball skills such as dribbling and ball grabbing. At the same time, it is necessary to comprehensively sort out the basketball teaching content, divide it into different teaching modules, and provide students with specialized training to change their passive learning state. Based on their own learning situation, students can watch relevant micro lesson videos and receive targeted teaching guidance from teachers, thereby helping them understand basketball knowledge and various skills and improve their basketball level. Due to the significant differences in learning abilities, athletic talents, and other aspects among different

students, the teaching of specialized training also needs to be tailored to each individual. By determining differentiated teaching content and teaching according to individual needs, all students in the class can achieve tangible gains and growth [3]. In addition, the explanation of basketball rules is also an indispensable key content. Only by clarifying the rules of the game can students abide by the rules, participate in sports activities in a standardized and rigorous manner, ensure the fairness of the game, and form a good sportsmanship and competition awareness. In this regard, teachers can use the Internet platform to collect relevant material cases, and show them to students, so that students can have group discussions, deepen students' understanding of the rules, so that students can practice the rules in daily practice training, thus realizing the transfer and internalization of knowledge learned.

4.4. Adopting diverse and innovative teaching methods

In the new era, when carrying out basketball teaching in public physical education classes in universities, schools and teachers need to adapt to the current era environment, combine with the transformation requirements of modern education, continuously enrich and innovate teaching methods, and inject new vitality and motivation into classroom teaching through the effective adoption of diversified methods such as situational teaching, case analysis, and problem orientation, in order to improve the effectiveness and efficiency of teaching. For example, situational teaching method can change the traditional dull teaching atmosphere, improve students' participation and enthusiasm, and create interesting teaching situations to enable students to understand the content learned in depth and feel the charm of basketball. Case analysis method can deepen students' learning experience, enabling them to understand and analyze classic games, clarify the value of basketball skills, correct their learning attitude, deeply participate in teaching activities, and improve learning quality and efficiency. By comprehensively applying basketball teaching methods, we aim to create high-quality classrooms that bring freshness to students, allowing them to be deeply attracted by rich and interesting activity forms. This will change their previous passive learning state and make them the true masters of classroom learning, thereby improving their overall quality and abilities [4]. Taking layered teaching as an example, teachers can conduct basketball teaching by understanding and analyzing students' learning situations, reasonably stratify students, and provide differentiated teaching to students, changing the traditional one size fits all teaching mode. Firstly, physical fitness tests and other methods can be used to conduct a unified assessment of students at the beginning of teaching, to understand their sports foundation, physical fitness, learning ability, etc., and divide them into three levels: A, B, and C. A-level students have a solid foundation in basketball, and teachers can organize specialized training based on their specific abilities to develop their potential, compensate for their shortcomings, and promote the practical improvement of their athletic abilities. B-level students have been exposed to basketball and have a certain level of basketball knowledge. Teachers can not only achieve basic teaching objectives, but also provide students with extended training to enable them to master more complex knowledge and skills, and further improve their abilities. C-level students have zero foundation and weak athletic abilities. Teachers can lay a solid learning foundation for them by focusing on basic content and guiding them to develop a sense of the ball under specialized training. Students can actively participate in basketball training, improve their learning enthusiasm, and develop basketball into their own interests and hobbies.

5. Conclusions

In summary, in the specific implementation of basketball teaching in public physical education courses in universities, schools and teachers need to keep up with the times, change their traditional concepts, recognize the important value of basketball in students' growth and development, and increase their attention to basketball courses. Through comprehensive understanding and analysis of actual teaching situations, combined with students' physical fitness, interests, personality traits, sports abilities, etc., optimize curriculum teaching methods, improve classroom teaching quality, allow students to deeply participate in basketball learning, transform their previous passive learning state into active, meet their own development needs, achieve healthy physical and mental development, and realize personalized comprehensive growth.

Conflicts of Interest

The author declares that there is no conflict of interest regarding the publication of this article.

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