

# Research on Basketball Training and Teaching in Colleges and Universities Based on Club Operation Mode

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**Abstract**—The application of the club teaching mode is one of the key projects for research and reform of physical education. In order to construct a reasonable club teaching mode, it is necessary to pay attention to the experience accumulation of the basketball club teaching and training mode, and through continuous reform and innovation to achieve the development of the real college students' comprehensive basketball quality. This paper elaborates on the three aspects of the analysis of the operation mode of basketball clubs in colleges and universities, the role of strengthening basketball training and teaching in colleges and universities under the club operation mode, and the construction of basketball teaching and training modes in the form of clubs. It is expected to provide reference for basketball training and teaching in the future application of club mode in colleges and universities, and lay a foundation for the balanced development of basketball skills for college students in the future.

**Keywords**—club operation mode; basketball training in colleges and universities; teaching research

## I. INTRODUCTION

With the continuous education reform of colleges and universities, it is extremely urgent to establish new educational goals, especially for the physical education curriculum in colleges and universities. The implementation of basketball club teaching activities can effectively improve students' own basketball level, especially in college basketball sports teaching activities. This is a teaching plan that is more closely related to the students' actual situation. It can help students improve their basketball skills quickly and effectively. Of course, the specific reasons for college students to participate in basketball clubs now have both interest factors and certain blindness. In addition to some of the higher-level students, most students' basketball literacy and specific skills are still poor. Therefore, in order to conform to the development trend of college students' individualization and autonomy, the application of club mode in basketball training and education can improve the quality of teaching and cultivate the sports literacy of contemporary college students.

## II. ANALYSIS OF THE OPERATING MODE OF BASKETBALL CLUBS IN COLLEGES AND UNIVERSITIES

### A. Form of Composition

Other college students in addition to sports majors can be graded according to the technical level of basketball. They are: A-level is a school-level teaching club, B-level is a college-level teaching club, C-level is a special teaching club, and D-level is a basic teaching club. This classifies the school's basketball clubs. At the same time, the basketball referee teaching club can be carried out according to the students' interests. Moreover, students of the sports major should be divided. For the competition or teaching, they can participate in the referee club, but for other clubs, only the B-level, that is, the college-level club is allowed. Students participating in the school-level teaching club should be selected by the teacher. The teacher guides the students to train and organize certain teaching content, and the students will eventually participate in the competition on behalf of the school. The main purpose of the general club league is to increase students' learning motivation and lay the foundation for better development of college students' basketball literacy.

### B. The Goal of Teaching and Training

Opening clubs of different levels has the same goal that is, through basketball training and teaching, students can establish correct sports concepts, understand the basic knowledge of health in sports. This can also increase their basketball skills and basic knowledge, help them master the practice methods of basketball, so as to achieve the goal of promoting college students' basketball literacy improvement, improve the sports literacy of college students and enable them to develop good exercise habits. The basketball club system of colleges and universities based on lifelong educational thoughts is based on the idea of "health first, people-oriented".

### C. Management Mode of Basketball Clubs in Colleges and Universities

Basketball clubs in colleges and universities should have a sound management system, corresponding division of responsibilities, coexistence of decision-making systems and supervision systems, and a comprehensive feedback system. In

terms of management, teacher management and student management should be organically integrated and uniformly deployed by the school to establish a corresponding management system. Schools should establish corresponding college sports associations and physical education departments to provide guidance and evaluation of club activities under the premise of free development. Clubs at all levels must have certain rules and regulations, and implement a management system for division of responsibilities. All clubs must work out detailed management methods in accordance with the corresponding rules and regulations. At the same time, the club must also have relevant annual work regulations, such as a detailed report on the work summary and development, the most important thing is to have an attendance system, which can constrain some bad habits of the club staff.

#### *D. Raising Funds for the Establishment of the Club*

The operation of the club requires the support of certain funds. Therefore, expanding the source of the economy and increasing the channels for raising funds has become one of the important issues in the development of the club. Mainly from the following three aspects: Firstly, the school's investment in the club cannot be reduced. Especially when the club participates in the competition, the school must increase the investment, even if it is not responsive, it should also guarantee the basic operation of the club; secondly, obtain the corresponding fund sponsorship. The club can advertise commercial enterprises in the competition to obtain a certain amount of financial support, so as to achieve a win-win situation between the company and the club; thirdly, by giving full play to students' subjectivity, the club can ask them to pay a certain amount of membership fees to make up for the lack of funds, to achieve sustainable development of the club, and to enable students to better enjoy the convenience brought by the club.

### III. THE ROLE OF STRENGTHENING BASKETBALL TRAINING AND TEACHING IN COLLEGES AND UNIVERSITIES UNDER THE CLUB OPERATION MODE

#### *A. Adapting to the Development of College Students' Basketball Quality*

Establishing corresponding clubs in colleges and universities has greatly helped basketball training and teaching. In particular, the creation of a grading basketball club can take full care of the individual differences that exist between students. Under the premise of student-oriented, the targeted training and teaching of students' basketball skills can meet the individual needs of students, and each student can be taught according to his ability, thus improving their basketball skills. At the same time, basketball training and teaching in the context of club operation mode can make students feel the respect and attention of teachers, thus improving students' enthusiasm for basketball and keeping for a long term.

#### *B. Promoting the Further Reform of Basketball in Colleges and Universities*

The traditional physical education in colleges and universities attached importance to the cultivation of students'

athletic ability, while ignoring the health teaching of students. Therefore, the teaching classroom or training of colleges and universities lacks certain interest, which leads to students' inability to enjoy the happiness brought by basketball, and it is difficult to get technical improvement. At this stage, the National Sports Bureau and the Education Bureau jointly proposed a new type of college physical education standards, which will strengthen the students' physical quality, cultivate students' cooperative spirit and tenacious quality.

#### *C. Ensuring a Balanced Development of the Basketball Level of Students*

From the training and teaching of basketball, it can be seen that the students' skills are uneven, and even the basketball skills of many students when they leave the campus are as common as the basketball skills when they first entered college. The unbalanced development of ball skills is the biggest problem that plagues college basketball education. In the process of basketball training and teaching in colleges and universities, the application of graded clubs for reasonable training and education can not only help the students with poor skills to achieve the improvement of the ball skills, but also ensure that students with higher skills can enjoy the happiness brought by basketball. This can effectively narrow the difference in skills between students and contribute to the balanced development of students' skills. At the same time, the operation of the club can make the interior of the class develop in the direction of solidarity and mutual assistance.

### IV. THE CONSTRUCTION OF BASKETBALL TEACHING AND TRAINING MODES IN THE FORM OF CLUBS

#### *A. Construction of Systems and Responsibilities*

Establishing a viable club management system and responsibility system can guarantee the effective operation of college basketball clubs. In the process of reforming the basketball course, based on the school and constructing the operable basketball club teaching mode of the colleges and universities, the reform of the club teaching can be smoothly carried out. To establish a sound basketball club system and responsibility construction, it is necessary to analyze from the following aspects: First, the nature of the club. Under the guidance of the sports department and the school sports committee, the basketball club improves the students' comprehensive basketball skills according to the concept of "all-round development and learning from use". The individualized development of students will achieve the full development of student skills; Second, the purpose of the establishment of basketball clubs. The establishment of college basketball clubs should adhere to the "people-oriented" thinking, cultivate students' interest in basketball, and help students better master the comprehensive skills of basketball.

#### *B. Construction of the Organization*

The establishment of the organization is mainly composed of the head coach and the assistant coach. It is mainly divided into the following contents: First, the duties of the head coach and the assistant coach. Each club should have a corresponding head coach, and several assistant coaches and assistant coaches

should be included in the school work-study list. The main responsibility of the head coach is the teaching arrangement and technical guidance of the club, which is responsible for formulating the corresponding teaching content and training content. The assistant coach's job is mainly to assist the head coach in providing technical guidance and service for other members of the club in some independent activities; second, the generation and requirements of the assistant coach. The head coach of the basketball club is mainly composed of the school's physical education teachers. The assistant coach is mainly produced through the assessment mechanism and the election mechanism. Assistant coaches must strictly abide by the rules and regulations of the school, actively cooperate with and assist the head coach's work, obey the club arrangements, publicize the fitness program, improve the basketball skills and physical quality of all college students; third, formulate corresponding teaching and training plans, and make a summary of the assessment, training and teaching of students.

#### *C. Construction of the Curriculum and Training System*

Through the above introduction to the construction of the basketball club, especially regarding the process of teaching and training, the following will specifically divide the teaching and training process of the basketball clubs in colleges and universities. The basketball club curriculum and training system is divided into a theoretical system and a practical system. The theoretical system includes demonstration explanations, in-class guidance, independent activities and competition training; the practical system includes healthy sports knowledge, safety science training methods, referee law and competition organization.

#### *D. Construction of the Points System*

It is needed to incorporate point system (including physical fitness test indicators, club game indicators, attendance indicators, and basketball special indicators) into the basketball indicators. The member's point system is an overall assessment of the basketball club members in one semester, and the total score of each member's basketball is assessed based on the number of points. Generally speaking, the establishment of the points system needs to have a certain basis. The establishment of college club points is mainly through the following parts: attendance times, physical test results, basketball special results and competition results.

### V. CONCLUSION

In summary, the application of the club operation mode in the teaching and training of basketball in colleges and universities has a positive effect on the basketball education work in colleges and universities. Because it not only conforms to the development of reform, but also enhances students' awareness of sports. The teaching and training of the club model will make the basketball education in colleges and universities develop in a better direction. The development of basketball clubs has greatly improved the innovation of basketball education. Especially in the club people-oriented concept, the students' basketball skills are trained, coached and contested according to the skill level. With the support of the school, a sound supervision, decision-making and feedback

system is formed, which not only ensures the students' certain autonomy in the club, but also constrains the strict management system of teachers and students, thus achieving the goal of balanced development of students' basketball skills.

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