

## RESEARCH

# Research on the Integration Mode of College Basketball Club Teaching and Training for College Basketball Players

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Under the current situation of school physical education reform guided by “health first” and “lifelong physical education”, this study carrying out the teaching practice by building “Integration mode of college basketball club teaching and training for college basketball players”. Moreover, we compared with the traditional teaching mode to analyze the feasibility and superiority of basketball club teaching mode. Documentary method and questionnaire survey have been used in this study to collect the relevant information. Feasibility countermeasures are put forward for the further study of the teaching mode and the long-term development of college sports.

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**Keywords:** College basketball; Club; Teaching mode

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## 1. Introduction

In 2002, The Ministry of Education promulgated <National Universities Sports Teaching Program Guidance>. The guidance proposed that according to the general requirements of school education and the rules of physical education curriculum, a variety of physical education courses should be opened for all students in order to break the original department and class system and to meet the needs of students at different levels and different interests (Chen, 2018; Li, & Zhou, 2018). The role of students as subjects and the teacher as a guide should be fully played, to advocate open and inquiry teaching, as well as try to extend time and space for physical education. Under the instruction of teachers, students should be able to choose their own course contents, their own teachers and their own class time, to construct a vigorous and lively atmosphere. Sports club teaching mode came into existence and various practical researches have been started in the sports teaching in various colleges (Fan, & Peng, 2018).

Relevant researches can be classified into two categories: The first category focuses on theoretical research, including the significance, basis, development status, construction mode, management system and implementation method of college sports clubs. And the other category focuses on the experience summary, covering the research of current situation of development, combined with the current situation of sports clubs, the corresponding influencing factors and countermeasures are obtained. This article integrates the existing research results, conducts research based on the teaching mode of the college basketball club, and combines with the sustainable development of college basketball teams (Han, 2017; Jin et al. 2010; Li, & Zhou, 2018). And combining the teaching of college basketball club with the training and selection of basketball players, we try to cultivate students' individual development and enhance their participation to improve the situation of students' low interest in sports classes teaching. In addition, attention should be paid to the cultivation and selection of professional talents in the club, the development of physical education curriculum resources, the expansion of teaching space, and the enhancement of students' awareness of independent and conscious participation in physical exercise.

## 2. Teaching mode analysis and practice

### 2.1. Teaching mode analysis

Integration mode of college basketball club teaching and basketball players training is to integrate the selection and training of basketball players into basketball club teaching and implement the hierarchical teaching of the basketball club, which means that basketball club is divided into primary, intermediate and advanced classes (Liu, & Liu, 2018; Han, 2017).

- (1) The primary class is for students who seldom or never play basketball, and it aims to cultivate students' strong interest in basketball and their awareness of active learning knowledge and skills about basketball. In this kind of club teaching process, let the students complete the objective self-evaluation, understand the basketball game, and combine the exercise both in and out of class to improve the level of the playing basketball (Liu, & Liu, 2018).
- (2) The intermediate class is for students who have the basic foundation of playing basketball, and it aims to cultivate students' long-term basketball awareness and lay a solid foundation for lifelong basketball playing. In this kind of club teaching process, attention should be paid to the continuation of club teaching both in and out of class, so that students can develop the habit of frequently participating in basketball sports activities and establish the lifelong sport's awareness (Han, 2017).
- (3) The advanced class is for students who with good basketball foundation, to cultivate a high-level basketball team. As Chinese University Basketball Association (CUBA) has become more and more influential in Chinese universities, each university is setting up its own men's and women's basketball teams. In this kind of club teaching process, based on the interests of the university, to some extent, the teaching mode is incorporated into the mode of antagonistic sports training. Coaches will reinforce the training of students of this club, and provide a good environment for talent training and selection for the basketball team, in order to greatly improve the athletics performance of university basketball (Wu, 2018).

## **2.2. Teaching practice**

In the actual teaching process, coaches need to patiently explain and guide the students, in order to clarify the training objectives of primary, intermediate and advanced classes. Otherwise, students will overestimate or underestimate their basketball level. This will result in basketball level disparity in the same class, bring adverse situations to the club teaching. Because of the level of disparity, it is difficult for the club's coaches to give effective guidance. Students of high level do not learn enough, while students of general level cannot learn well. Instead, it will reduce students' interest in basketball. Therefore, the main problem is how to make the same class in the same basketball level (Liu, & Wang, 2017; Wang, 2018). There are some possible solutions:

- (1) When the club was originally founded, the coach could explain the training objectives and plans of the club in detail, so that the students have a preliminary understanding of the stratification of the basketball club. And combined with coaches' reasonable judgment on students' personal physical quality, to give corresponding reference opinions to students and select appropriate coaches for them (Liu, & Wang, 2017).
- (2) In the medium term of club's development, the coach will make corresponding fine-tuning, and put the students with the potential to play basketball into the advanced classes of the basketball club according to the needs of the basketball team. They could put the students who are not qualified for basketball competition into the primary or intermediate classes, let the students in the same class have the same level of basketball as much as possible, and let the students with similar level and hobbies be taught together, so as to improve students' enthusiasm for basketball (Wang, 2018).
- (3) Then, the coach of the advanced class according to the recommendation of the instructor of primary or intermediate classes to screen students with basketball competitive potential in other classes, so that the high-level students will be elected to the advanced class to learn more. After that, through professional and systematic basketball training, the students of the advanced class are tested to see whether they have sports potential and competitive ability, and those students are selected to join the school basketball team, so as to achieve an organic combination of basketball club teaching and basketball players training (Zhang, 2018).
- (4) The reasonable basketball teaching competitions within the club were made by the specific number of the advanced class of basketball club. Coaches strengthen the intervention of specific techniques and tactics by playing games instead of training. After one year of internal competition, the advanced class of basketball club has become the cradle of the school basketball team, forming an integrated model of club teaching and athlete training, which makes the basketball club teaching and basketball players training sustainable development (Liu, & Wang, 2017).

### 3. Practice results and analysis

#### 3.1. Comparison and analysis of students' satisfaction with the teaching

Students' satisfaction is an important index to evaluate teachers' teaching effect. This article selects the comprehensive data of the students' satisfaction of the school about never set up a club and has set up a club in the period of 7 years. And we compare the comprehensive evaluation data from the office of academic affairs. The details are as follows.

As can be seen from the **Table 1** below, students' satisfaction with teaching and with teachers increases steadily after the implementation of the integrated training mode. This indicates that students' recognition of basketball teaching also reflects that students are more interested in basketball than before.

#### 3.2. Comparison and analysis of athletes' training

The training of athletes is an important basis for evaluating the effectiveness of this teaching mode. This article selects the basic relevant data of our basketball team for comparison. The details are as follows.

As it can be seen from the total number of players in the basketball team and the number of awards in **Table 2** below, this teaching model has great advantages in the number of basketball team members and their personal quality. And as it can be seen from the number of times the basketball team participated in the competitions inside and outside the school that this teaching mode has effectively improved the interest of students in basketball.

### 4. Conclusion

Student-athletes can only be recruited by means of vigorous publicity before there is no basketball club in the selection and training of male and female athletes in the school basketball team. This may lead to the following problems.

Firstly, due to this insufficient publicity, students with considerable basketball potential may not come to the interview so that we will miss some great athletes. Secondly, coaches determined the players only through height, weight, simple basketball activities, and technical skill tests, so the players that selected are often not comprehensive enough, which restricts the development of the basketball team.

Under the current condition that most colleges have their own basketball club, the combination of club teaching, athlete selection, and training have the following advantages.

Firstly, wide selection can provide a large selection base. Secondly, through the basketball club internal teaching competition and selection, the level of basketball among the students has improved rapidly. What's

**Table 1:** Comparison and analysis of students' satisfaction with the teaching.

Items	Data							
	Never been set up			Have been set up				
The situation of the basketball club	2013	2014	2015	2016	2017	2018	2019	
Year	2013	2014	2015	2016	2017	2018	2019	
Students' satisfaction with teaching (%)	85.3	86.5	86.2	89.3	90.2	91.3	90.8	
Students' satisfaction with teachers (%)	83.4	85.7	84.6	90.3	89.7	91.6	90.9	

**Table 2:** Comparison and analysis of athletes' training.

Items	Data							
	Never been set up			Have been set up				
The situation of a basketball club	2013	2014	2015	2016	2017	2018	2019	
Year	2013	2014	2015	2016	2017	2018	2019	
The total number of players in the basketball team	16	18	17	32	35	33	34	
The number of times the basketball team participated in the competitions inside the school	23	20	21	44	40	39	46	
The number of times the basketball team participated in the competitions outside school	22	16	17	20	19	20	20	
Number of awards	1	1	0	5	3	3	4	

more, it can objectively reflect the competitive level of student-athletes. Finally, it can provide important reference basis for coaches in terms of the substitutes in different positions of the team. Through the teaching and training for the advanced class of the basketball club, the student-athletes with the potential of the competition will be guided to join the school basketball team, which plays an active role in promoting the construction of the basketball team. And then the effective unification of mode integration of college basketball club teaching and athletes training could be achieved (Li, & Zhou, 2018).

Based on the idea of “health first” and “lifelong physical education”, this article studies the integration mode of college basketball club teaching and training for college basketball players. The practical results are used to verify the feasibility and effectiveness of the construction of the teaching mode, and the following further study of the mode and the long-term development of student sports education are put forward feasible countermeasures. The results of this study will have an impact on the teaching mode of other related sports, and it will provide a reference for the reform of physical education teaching mode in colleges (Wu, 2018; Zhang, 2018).

## Competing Interests

The author has no competing interests to declare.

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
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