

Research on the Teaching Reform of Basketball Professional Course in Northwest University for Nationalities by Yao Fund's Teaching Activities

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Abstract

With the progress of society, students of volunteer teaching can be seen everywhere. Whether it is in schools or social organizations, college students are more motivated to participate. The reason is that they want to help more children in poverty-stricken areas grow up healthily through teaching activities. With the help of the platform of non-profit organizations, the students of volunteer teaching test their mastery of professional courses in the form of teaching activities. From different perspectives, for students in rural schools, the appearance of volunteer teaching students is a beam of light in their lives, which warms the students. We, "Yao Foundation Hope Primary School Basketball Season" is committed to helping students and teaching, helping more rural children to participate in physical exercise, tempering their will and cultivating a healthy personality.

Keywords

Colleges and Universities; Yao Foundation; Volunteer Teaching Activities; Basketball Professional Course; Teaching Reform.

1. Research Object Method

1.1. Research Objects

Taking Yao Fund's teaching support activities to promote the teaching reform of basketball professional course in Northwest University for Nationalities as the research object.

1.2. Research Methods

This paper mainly analyzes the teaching ability of basketball students who participate in Yao Fund's teaching activities in our school by means of literature, questionnaires, interviews, mathematical statistics, and logical analysis. Communicate and exchange, promote the optimization of the teaching content of basketball professional courses, and fully prepare for the grass-roots work after graduation.

2. Results and Analysis

2.1. The Philosophy and Social Significance of Yao Foundation's Teaching Support Activities

2.1.1. The Concept of Advocacy

The Yao Foundation was initiated by former Chinese basketball player Yao Ming in 2008. It is a special charity fund established under the framework of the China Youth Development Foundation. Its core concept is "people with sports" [2]. The concept of "people with sports" and "integration of sports and education" is to improve people's cognitive level through physical exercise. Yao Fund's teaching activities are through cooperation with various colleges

and universities, and send sports students to poor rural primary schools in the form of teaching activities. Provide teaching support to help students in poverty-stricken areas to participate in sports, and alleviate the phenomenon of weak rural sports teachers.

2.1.2. Social Significance

Yao Foundation's teaching support activities optimize the allocation of rural primary school teachers' resources, meet the needs of rural teaching by distributing equipment, alleviate the shortage of rural physical education teachers by dispatching volunteers, help students participate in physical exercise, improve physical fitness, and cultivate college students. The sense of social responsibility and mission and the great love spirit of selfless dedication will bring positive energy to rural primary schools, play a pioneering and exemplary role, and accelerate the pace of society's attention to rural education.

2.2. Analysis of the Current Situation of Basketball Professional Teaching in Northwest University for Nationalities

2.2.1. The Theoretical Knowledge of Basketball Professional Courses is not Clear

Through the investigation of the students who participated in the Yao Foundation teaching activities in our school, we know that the teachers adopt the method of explaining and demonstrating in the classroom teaching, and the theoretical teaching runs through the teaching practice activities. The purpose is to better enable the students to master technical movements deepen students' muscle memory for technical movements, but ignore the individual differences in learning, resulting in some students' lack of understanding, and some students' lack of concentration, mistakenly thinking that professional teachers have not explained theoretical knowledge.

2.2.2. The Teaching Concept of Basketball Professional Courses Needs to be Updated

When setting the teaching content, the teachers of our school's basketball major are accustomed to using the teaching plan from a few years ago. Due to the different physical qualities of the students, the desire for technical learning is different. Therefore, the old teaching content and the students' learning ability are less matched. It stimulates students' interest in learning very well, resulting in students' sparse learning of professional courses, and there are many students in the classroom. Therefore, in the teaching activities, the teaching methods of the students are mainly based on the teaching methods of other teachers. The explanation of technical movements cannot be combined with the physical and mental characteristics of primary school students to carry out targeted teaching, and cannot mobilize the enthusiasm of primary school students to learn.

2.2.3. Ignoring the Repeated Penetration of Training Objectives in the Teaching of Basketball Professional Courses

In the teaching of basketball majors, teachers have a relatively clear positioning of the training objectives, and said that they have been popularized to students. The jobs that students of our school major in physical education face after graduation are mainly based on grass-roots teaching, and the vast majority of students will be engaged in the work of physical education teachers in primary and secondary schools. Due to the deviation of students' own positioning, the first is that teachers ignore repeated penetration, and the other is because students are so ambitious and feel that they should not go to primary and secondary schools to teach with their own abilities, so that some students are not interested in training the lack of awareness of the goals has led to excessive requirements for the teaching content of primary school students in the process of teaching support.

2.2.4. The Difficulty of Teaching and Assessment of Professional Basketball Courses is Relatively Small

Assessment is the most effective way to test learning results, and it is a kind of affirmation for students. In order to take into account, the individual differences of students in the setting of the assessment content, the teachers of our school's basketball majors set the assessment standards too simple, which makes some basketball basics more difficult. Good students have low requirements for themselves and lack enthusiasm in the study of professional courses. They think that their own level is enough to complete the assessment standards, resulting in the effect of technical improvement is not obvious. For students with a poor foundation, self-practice the requirements are too low, mainly focusing on the practice test content, ignoring the improvement of their own technical level and movements.

2.3. Countermeasures for the Teaching Reform of Basketball Professional Course in Northwest University for Nationalities

2.3.1. Explanation of Clear Theoretical Knowledge in the Teaching of Basketball Professional Courses

In the usual teaching, teachers of professional courses should not only run the theoretical knowledge throughout the classroom teaching, but also dedicate the corresponding hours to explain the theoretical knowledge. Afterwards, the practical teaching will lay a certain foundation. When students have an understanding of theoretical knowledge, they can improve their learning of technical movements. Any sport has its cultural origin, and the two complement each other to develop in a balanced way.

2.3.2. Update the Teaching Concept

In the teaching process, according to the different physical qualities of the students, set the teaching content in line with the physical and mental development of the students, change the existing teaching concept, transform the teacher's "teaching" into the students' "learning", and use the game teaching method to drive the students' learning. Learning interest, with the help of media teaching, download and share some typical basketball star actions with students, use the "idol effect" to stimulate students' thirst for knowledge, pay attention to the individual differences of students in the process of technical teaching, according to different levels Students, adopting teaching according to their talents or stratified teaching, so that students without basketball foundation have a strong interest in basketball professional courses.

2.3.3. Teachers of Professional Courses Clarify Students' Training Goals in Teaching

In the teaching of basketball professional courses, teachers should also exercise students' lecturing ability when teaching students to learn technical movements, and take a certain amount of time to conduct classroom simulation teaching in primary and secondary schools in the form of trial lectures or lectures, to improve students' teaching practice ability. The students' lectures are given corresponding evaluations, and their wrong actions are corrected, indicating that some details should be paid attention to in the teaching of primary and secondary schools, to accumulate certain experience for the future work.

2.3.4. Improve the Assessment System

In the examination of basketball professional courses, teachers should not limit the examination content to the assessment of technical movements, but should assess students' usual learning attitude and progress in all aspects. The assessment content should include practical examination and theoretical examination. The theoretical examination is closed-book. For the exam, specific exam time and invigilators should be arranged. There should be no less than two invigilators. If cheating is found during the exam, it should be dealt with seriously. The purpose is to urge students to strengthen their study of theoretical knowledge The main teacher of the test shall not invigilate the students of this class, and shall be replaced by other

basketball professional teachers to invigorate the test. The purpose is to maintain the principle of fairness and justice in the test.

3. Conclusion

To sum up: Combined with some of the problems reported by the students in Yao Fund's teaching activities, the teaching content of professional courses should be adjusted accordingly. To explain a certain technical action, let the students evaluate each other first, and then the teacher makes comments. In view of the problems existing in the students' language organization ability or password mobilization ability, corresponding learning is carried out in the teaching of professional courses, to improve the students' teaching ability. Practice the basic skills learned well, and cultivate students' lifelong sports awareness.

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