A Study on Modern College Basketball Instruction Strategies from the Perspective of Leisure Sports

Yong Zheng
China West Normal University, Nanchong 637009, China

Abstract
Basketball class is an important part of physical education in modern colleges and universities. The instruction quality of basketball class directly affects students' interest in sports, physical exercise and physical strengthening. Therefore, in the process of basketball instruction in modern colleges and universities, it is very important to optimize teaching strategies. In view of this, based on the existing research results, in this paper, the author analyzes the application of leisure sports teaching in college basketball courses from the theoretical aspect, and designs the basketball instruction contents of colleges and universities based on leisure sports. Finally, from the perspective of leisure sports, the author puts forward the strategy of basketball instruction optimization in modern colleges and universities from the aspects of determining teaching objectives, highlighting the concept of "people-oriented" education and positioning basketball instruction in colleges and universities. From the perspective of leisure sports, the author studies basketball instruction strategies in modern colleges and universities, aiming to promote the upgrading and reform of basketball instruction in modern colleges and universities.

Keywords: Leisure Sports Perspective, Colleges and Universities, Basketball Instruction, Strategy.

1. BACKGROUND

1.1 Literature review
For a long time, scholars in China have carried out many researches on basketball instruction in modern colleges and universities, which now forms a certain amount of literature. Hu Kewei points out that basketball class instruction is a activity, based on the task of the class, to teach students basic theoretical knowledge, make them master the basic techniques and tactics, and carry out ideological and moral education. Therefore, teachers should have not only some professional knowledge and teaching skills, but also the ability to organize teaching and managing students (Hu, 2014). Zhang Hui believes that in recent years, sports in colleges and universities in China are developing rapidly, physical fitness of students is improving and their will is tempered. As an important part of college sports, college basketball class plays an important role in students' physical development and the improvement of their physical and mental health. Classroom teaching should be carried out in the planned design and in an orderly manner, so as to accomplish the task of class instruction satisfactorily and achieve the desired teaching effect (Zhang, 2017). Li Binhui believes that from the perspective of modern teaching theory, emancipating the mind and making innovations and building a "learning-based" teaching system in college basketball instruction can improve the teaching quality of college basketball class more effectively and cultivate the overall quality and ability of students (Li, 2017). Meng Shouhong and Lu Zhijun put forward that basketball class, as an important part of PE in modern colleges and universities, plays an important role in students’ health education and professional development. However, with the progress of the society and the renewal of concepts, basketball instruction in modern colleges and universities can-not meet the needs of current students in many aspects and can-not adapt to the modern teaching mode (Meng and Lu, 2012). Hou Zhiyuan puts forward that college teachers should combine practical teaching experience with the connotation of basketball consciousness training method and focus on the specific application of consciousness training method in college basketball instruction and training (Hou, 2016). Wang Daojun believes that the existing relevant researches are mainly based on the traditional methods of analysis of modern college basketball instruction, which lacks innovation (Wang, 2015). Therefore, from the perspective of leisure sports, in this paper, the author discusses the basketball
1.2 Research objectives

In recent years, with the continuous innovation and development of society, economy and culture, the society has put more stringent requirements for college basketball instruction. However, at present, basketball instruction in colleges and universities in China has many drawbacks: firstly, students cannot be taught according to their aptitude. Different undergraduates have different levels in playing basketball, while teachers often have a one-size-fits-all approach in instructions; secondly, the teaching process focuses on the segments in basketball playing but ignores the whole of the basketball playing; and thirdly, the assessment method is not strict. Teachers usually do not set any obstacles for students in the final exam. Moreover, teachers also have a relatively simple examination method for this course (Lin, 2017). In this context, the concept of leisure sports is gradually accepted by the public. Leisure sports refers to the physical activities that people do in their spare time, which follows no set form, has a low demand for sites or facilities, and emphasizes recreation, leisure and relaxation. Promoting basketball instruction in modern colleges and universities from the perspective of leisure sports can effectively stimulate students' interest and enthusiasm in learning and promote the development of basketball instruction (Yue, 2012). Therefore, it is of great importance to study modern college basketball instruction strategies from the perspective of leisure sports. The purpose of this paper is to design the contents of basketball instruction in colleges and universities from the perspective of leisure sports and put forward specific optimization strategies. Through the improvement of basketball instruction methods, it can mobilize the enthusiasm of students in learning and stimulate their interest in learning, so as to achieve good teaching results.

2. ANALYSIS OF THEORIES APPLIED IN LEISURE SPORTS TEACHING IN COLLEGE BASKETBALL CLASS

Foreign leisure sports instruction has gone through a normative development, in the process of which, there are more leisure elements and the effect is rather obvious. For example, leisure and social development, leisure and literary creation, leisure and basketball instruction, etc. In modern basketball instruction process, the new instruction method of leisure sports can achieve better results. In general, the application of leisure sports in college basketball class process is mainly in the following three categories. Firstly, spectator activities. This kind of activity provides a full range of skills support for basketball sports competitions and recreational sport performances. Secondly, relatively quiet activities, such as playing chess and cards, fishing, etc., can effectively enhance the fun of courses. Thirdly, sport interaction with various leisure activities. These activities are usually divided into dizziness sports, adventure classes, outdoor activities, competitive games, etc. (Yong, 2016). In particular, the application of leisure sports in college basketball instruction can give full play to students' enthusiasm, so as to comprehensively enhance the overall quality of students. The process of leisure sports instruction follows the principle of gradualism, appropriate skills should be applied and students should be encouraged to improve their practice times. If students lack the concept of leisure sports, it is difficult for them to achieve the promotion of basketball interaction. Therefore, we should teach undergraduates appropriate leisure skills, so that they have the freedom to arrange basketball learning activities and can be more active in various leisure practice to enhance basketball playing skills.

3. DESIGN OF CONTENTS OF BASKETBALL INSTRUCTION IN COLLEGES AND UNIVERSITIES FROM THE PERSPECTIVE OF LEISURE SPORTS

3.1 Item selection

The author collects, organizes and analyzes the questionnaires of basketball instruction syllabus in colleges and universities, and gets the instruction indicators of basketball practice course in colleges and universities, which includes the following aspects: Basketball movement postures, passing, dribbling, shooting; steal, defense (personal, combination), simple basic cooperation activities (cover, substitution) and the corresponding teaching competition courses (see Table 1). With more basketball tactics, students' needs for more guidance on the skills
from teachers and the severe compacting of basketball courses in all colleges and universities, teachers should fully respect the characteristics of students and humanistic education, focus on the combination of technical contents of basketball playing and leisure sports, and reduce the students' boredom in physical education. Therefore, it is of great importance to select some indexes of leisure sports instruction and to apply them to modern college basketball instruction.

**Table 1 Selection of indicators**

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<tr>
<td>Basketball movement posture, passing, dribbling, shooting</td>
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<td>Steal, defense (personal, combination)</td>
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<tr>
<td>Simple basic cooperation activities</td>
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<td>The corresponding teaching competition courses</td>
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3.2 Design of College Basketball Instruction Contents

At current stage, undergraduates have a strong interest in leisure sports instruction, especially in the basketball training process. Under such circumstance, the physical education curriculum in colleges and universities can include relevant knowledge of leisure sports in basketball instruction contents. Moreover, in order to realize the relations between knowledge comprehension, consciousness cooperation and action, it is necessary to design the contents of instruction to meet the actual needs of basketball instruction in colleges and universities (Li and Wang, 2015). In the full integration of leisure sports connotation, fun and other characteristics, activate the leisure and entertainment awareness of students in basketball playing, and thereby increase students' participation in leisure sports.

Through the investigation of college basketball basic curriculum theory, nearly 15% of teachers suggest that they seldom integrate theoretical knowledge in the process of basketball leisure sports instruction for students. This phenomenon is contrary to the teaching requirements of the new syllabus, and obviously it is difficult to increase the enthusiasm of students to participate in basketball playing. Therefore, we should use leisure sports teaching methods and fully integrate basketball instruction in colleges and universities to design the contents of instruction. Top 4 items in current teaching process are selected: Basketball game rules and basketball referee law skills, tactical consciousness, and injury treatment and health care after sports. Through the setting of these items and effect test, the results show that: basketball teachers pay special attention to the practical experience aspects and the use of leisure sports teaching tactics can improve the effectiveness of contents of instruction and give full play to students’ initiative in sports. As for the injury and treatment of students playing basketball, more diversified methods are needed to improve them. Therefore, exploring contents of college basketball instruction from the perspective of leisure sports is of good practical effectiveness. This kind of instruction not only transmits basketball rules, skills and culture, but also can really let students understand sports and lives so that teachers and students can better understand, pursue and affirm the effectiveness of such teaching methods.

3.3 Verification of instruction contents

Through the indicator selection of leisure sports teaching in basketball course application, the design of instruction contents, the actual effectiveness test is further adopted. The main contents of test include competition and referee accounting for 85.4%, basketball training accounting for 76.2%, which reflects that teachers actively adjust the teaching mode and use leisure sports teaching methods according to the actual situation of students, which greatly meets the actual needs of students. According to the change in traditional basketball instruction mode, the proportion of basic skills and tactical instruction contents is reduced by 22.6% and 27.8% respectively; the proportion of tactical consciousness and training is 33.6% and 37.2% respectively. At the same time, the guidance of competition and the content of fun basketball training strengthen the ways in which students gain knowledge in practice and the curriculum is flexibly adjusted according to the actual costs required accounting for 58.9%. Therefore, from the perspective of leisure sports, basketball instruction strategies for modern colleges and universities should be gradually adjusted to meet the needs of modern teaching, so as to increase the practical effectiveness (as shown in Table 2).

**Table 2 Results of contents tested**
4. OPTIMIZATION OF MODERN COLLEGE BASKETBALL TEACHING STRATEGIES FROM THE PERSPECTIVE OF LEISURE SPORTS

At present, the combination of leisure sports and college basketball instruction is still not optimistic, which is mainly affected by the traditional competitive sports training mode of basketball instruction, and it is difficult to adapt to the diverse needs of students' health, bodybuilding, leisure, entertainment and individual development. In order to change this status quo, the author of this paper puts forward a new model of modern and efficient basketball instruction from the perspective of leisure sports, and proposes the concrete implementation path for this model in order to efficiently adapt to the trend of recreation- and entertainment-oriented development of sports in colleges and universities. Firstly, determine the goal of college basketball instruction mode from the perspective of leisure sports. Although the basketball instruction activities carried out actively in colleges and universities currently can make students to take the initiative to participate in basketball activities, which is mainly due to their own skills and relevant knowledge of sports. However, the current goal of college basketball reform based on leisure sports is not clear, which seriously affects the enthusiasm of students in learning basketball skills. Therefore, the goal of college basketball instruction should be combined with the concept of modern leisure sports and carried out according to the actual situation and the individual students. Besides, the goal of college basketball instruction from the perspective of leisure sports should be determined according to the scientific guiding ideology of "health first" and lifelong sports, under the guidance of new PE syllabus. In addition, thinking and exploring of relevant instruction content of college basketball instruction based on leisure sports should be carried out so as to efficiently achieve the mastery of basketball knowledge and skills. Through the development of students' own basketball learning goals, their motivation in and active thinking of basketball learning can be promoted.

Secondly, make full use of the successful leisure basketball instruction activities in some colleges and universities. Specifically, the technical instruction of basketball playing in colleges and universities should be realigned to instruction of leisure-based basketball playing. Modern colleges and universities should appropriately introduce freestyle basketball so as to mobilize the enthusiasm of students and participants. In addition, colleges and universities should constantly increase the content of basketball games. In the aspect of theoretical basketball instruction, it should greatly enhance the content of related leisure sports and increase the teaching and popularization of leisure basketball activities in which students can experience basketball fun, individual development and stress relief.

Thirdly, based on leisure sports, college basketball instruction should emphasize the concept of "people-oriented" education and enhance the subject position of students so as to provide corresponding ideas for the implementation of new basketball instruction mode. On the one hand, the basketball instruction in colleges and universities should emphasize the educational concept of "people-oriented", enhance the students' subject position, change their traditional thinking and enhance students' awareness of accepting the modern basketball instruction mode. On the other hand, it is necessary to pay attention to the teaching mode of self-inquiry instruction method and emotional experience of students in college basketball instruction activities. It is necessary to pay attention to the research on basketball instruction methods as well as to enhance the study and guiding practice mode of students' leisure basketball activities.

5. CONCLUSIONS

With the rapid economic and social development in China, the development of leisure sports has been driven forward. The reform of physical education in colleges and universities has become one of the major tasks for their development in the new era. In this paper, the author mainly analyzes the application of leisure sports instruction in college basketball course and the design of basketball instruction contents from the perspective of leisure sports. The study finds that college basketball reform should continue to promote quality education to embody the
teaching philosophy of “health first”. Besides, related activities should be carried out in accordance with the scientific concept of leisure sports. From the perspective of leisure sports, the author puts forward deep thinking and reconstruction of basketball instruction objectives, contents and methods adopted in modern colleges and universities in China. On this basis, it aims to continuously meet the needs of students for leisure basketball activities, continue to improve the overall quality of students, and cultivate their habitual awareness of actively participating in leisure sports activities.

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REFERENCES