

## **An Applied Research On The Teaching Reform Of College Basketball Club Based On The Grading Standards Of Youth Sports**

Ziye Zhang

Institute of physical education, Southwest Petroleum University, Chengdu, Sichuang, China

1908630233@qq.com

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**Abstract:** This paper uses the literature review, the practice method, induction theory and mathematical statistics, in view of the "standard of youth basketball level" in the use of the club teaching reform in colleges and universities, from the youth sports level standards and the reform of college club and the present situation and the background, the reform in the practice of combining aspects of concrete, in order to solve a series of core basketball club in the process of deepening reform, all starting from the students, make students learn and master basketball skills, enhance students interest to adhere to the overall goal of lifetime sports, At the same time, it also provides some new ideas and paths for the reform of college clubs.

### **1. Teaching reform of college basketball clubs and the application background of youth sports grading standards**

The teaching mode of college basketball clubs is an attempt in the reform of physical education, by breaking the traditional teaching ideas and Model to establish and implement. The purpose is to deepen the reform of physical education and to enable students to change from passive learning to active, maximizing the enthusiasm of college students' basketball enthusiasm and participation in physical exercise, and eventually develop a habit of lifelong sports. Although the college club teaching reform has its unique advantages, there are still many problems in the implementation of the reform. The dilemma needs to be resolved, and the reform process has not been smooth.

The introduction of youth sports grading standards is to evaluate the sports skills of young students in China more rationally and objectively, and to promote young students to master 1-2 sports skills in their developing stage. At present, the youth sports grading standards are consist of 11 items including basketball with a fourth-grade 12-level evaluation standard system established. Its introduction is to provide an authoritative benchmark for school physical education in China. The cradle of follow-up education in the reform, how to connect the youth sports grading standards with universities will also become an inevitable trend in the future.

#### **1.1 Reform status and dilemma of college basketball clubs**

The reform of the college basketball club model has been glorious for several years from the proposal to the promotion, from the teaching model to the student's initiative. Compared with the traditional sports courses, the motivation has been significantly improved, but with the deepening of the reform, contradictions between the problems emerging from the reform and the development of the club are becoming increasingly prominent. In order to make the reform of the club healthy and rapid, these problems will also have to be resolved or alleviated. The number of basketball club courses is large, and the existing faculty is difficult to guide students effectively. After the elective course became a student's independent choice, the basketball program was one of the favorite sports for college students. A large number of students poured into the basketball club, and the number of club classes generally reached 100. The expansion of class capacity is a problem for teachers who teach in a single class since they have to find ways to effectively guide students to carry out normal teaching activities and improve their skills.

How reasonable teaching evaluation standards and teaching content can make substantial changes on the basis of traditional basketball teaching. Although the club reform has been distinguished from the traditional basketball curriculum in terms of model, but from the perspective of a single assessment standard, teaching guidance content and students' self-directed learning have not been out of the constraints of the traditional basketball sports curriculum. In order to promote the deepening of the basketball club teaching reform, club teaching needs to optimize a set of reasonable and scientific assessment system, more targeted at teaching content, from the disadvantages of traditional teaching in this system, the true meaning to be differentiated and improved.

## **1.2 The role of launching youth basketball standards**

First of all, the introduction of youth basketball grade standards is a positive response to the needs of young people in China to master 1-2 sports. The introduction of basketball grade standards is also the root of national policies and practices, making national policies a comprehensive basis, and to promote and reform. Secondly, the propose of basketball grade standards not only provides a reference basis for the goal of youth sports skills, but also provides an objective and authoritative standard for "what to teach" and "learn what" for basketball teaching in youth. Finally, the standards put forward higher requirements on teenagers and teachers from the side. In order to master motor skills, young students must strengthen their exercise to improve their skills, physique, and develop the habit of independent practice; teachers must improve their professional skills to guide students at different levels with different items of these standards.

## **2. The application of youth basketball grading standards in the teaching reform of college basketball clubs**

It is imminent to solve the practical problems in the reform and development of college basketball clubs, and the grading standards of youth basketball. The introduction of the standards has raised a guiding and normative authority for the teaching reform of colleges and universities, and young students will enter college for further study, there is an opportunity to connect the content of the basketball sports grade standards with the college club teaching reform. Combining with the current teaching situation of our colleague basketball clubs, we are thoroughly analyzing the youth basketball grading standards system for basketball teaching, building up new learning platforms and evaluation standards, and using grade standards in club teachings in a reasonable way, so as to encourage students to join the club to really masters basketball skills and improves the quality of basketball teaching.

### **2.1 Exploration of the practice of youth basketball levels in college teaching reform**

Through the in-depth study and analysis of the content of youth sports grades by the basketball research team, in combination with the current public sports curriculum, the actual basketball levels of the students in the club course is relatively at levels 1-4 in the primary stage of the basketball sports grade standard. The current situation of colleges and universities, and for most students, 3-4 is still a certain degree of difficulty, the standards can only reached by hard training. Therefore, through the actual needs of college students and their true basketball levels, our school will implement primary content of the sports grade standards into the college club teaching. And the lecture is returned to the students, basing on their original skills, the students should practice by themselves as main methods to master the grading standards. In the form of students 'independent practice, enrich the teaching content, and broaden students' learning space, the students will enhance their abilities fundamentally thus to improve the true basketball skills.

### **2.2 The establishment of the rating system for college basketball clubs**

Through more than one semester and more than one year, the statistics of the students' grade standard assessments are counted. About 40% of the students basketball club students can complete the first level of basketball sports grade test in the standard assessment, and 20% of the students

completed the second level test content. About 15% of the students successfully completed the third grade; about just 28% of the students passed the basketball public course test after the semester. Through the reflection of real statistics, we can see that the content of the three-level test of the basketball grading standard has certain difficulties in the actual assessment of students, and the pass rate does not exceed 30%.

According to the above statistics, in the formulation of the assessment content and requirements of the club's relevant grading standards, repeated discussions and analysis were carried out and in order to truly meet the needs of improving the basketball technical level of students. It was decided that the students who passed the three-level assessment content standards will be awarded a full score. Those passed the second-level standard will be scoring 90 points, those passed the first-level standard will be scoring 80 points; at the same time also use the original club assessment content, the final scores are made on the basis of the combination of the two, students are free to choose either the assessment level and assessment method. The assessment system of the basketball club must strictly implement the youth basketball rating standards as the basis for assessment, and the scores are given according to the corresponding grades reached by the students. The assessment time is relatively free, and the attendance and other methods are fundamentally weakened to interfere with the final score and get the most authentic assessment scores to reflect the level of skills of the students.

### **3. Conclusion**

The teaching reform of college basketball clubs is a necessary supplement to deepen college physical education. It also reflects the diversified development of college physical education curriculum and the individualized development requirements oriented to students' interests. The reform of the basketball club is a brave attempt to apply the youth basketball grading standards to colleges and universities for the first time. It has bridged the gap between primary and secondary physical education and higher physical education. It can not only establish the assessment system for college clubs, but also provide authoritative standards that can be based on, and at the same time can initially alleviate a series of core and acute problems in the process of club reform. The scientific and reasonable application of youth sports rating standards will provide some inspiration and help for other college club projects in the reform process of college basketball clubs, so that students can really achieve the mastery of skills in college clubs and apply them to the game, thus finally reach the general goal of insisting on lifelong sports.

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