

strong physical fitness. Therefore, in basketball sports training coaches should pay close attention to and strengthen the guidance of athletes' muscle strength improvement, reasonably increase weight training according to the specific situation, and use multi-functional strength training equipment to guide athletes, in order to continuously strengthen the muscle strength of athletes, and then improve the physical quality. Wrist and arm strength can be used dumbbell exercise method, 3 to 4 times a week; Waist and abdomen can be enhanced by eight font around exercise, barbell weight rotation and other methods to enhance body coordination, leg strength can be improved by doing standing jump, leap-frog jump and other methods.

Second, strengthen endurance training. Endurance quality is an important physical quality in basketball, especially in the game plays a decisive role in the stability of the athletes' technical movements and the sustainability of the competitive state. In the training practice, coaches can take many ways to improve the endurance level of athletes: first, guide athletes to jog and fast run two different types of running training; Secondly, arrange athletes to carry out weight-bearing or self-weight training; Finally, let the athletes do high-intensity sports such as long-distance running and cross-country running ^[1]. In addition, coaches should continue to strengthen their own physical training, more effectively help athletes improve endurance, and guide athletes to complete endurance training efficiently and with high quality. At the same time, teachers can also help athletes enhance endurance through other ways, such as moderately increasing the muscle mass of athletes, so as to effectively improve the contractile force of the heart muscle. At the same time, interval training can be used to enhance the cardiopulmonary function of athletes, so as to perform better in continuous and high-intensity basketball games.

Third, strengthen speed training. Basketball attaches great importance to speed, so the coach should strengthen speed training to improve the attack speed of the players in the game, ensure that the players can pass the ball quickly, and calmly cope with various unexpected situations in the game. In the specific training stage, the coach should guide the athletes to perform basic speed training movements, such as quick running in place, reverse sprint, knee lift and step fast running, etc. At the same time, it is emphasized that the athletes need to continue to practice, enhance the control of the body's center of gravity, and then improve the stability of the body.

Fourth, strengthen sensitivity training. The high sensitivity of players in basketball competition will help to occupy an advantage in the defensive and offensive links, and can quickly identify the defensive position and the ball's landing point, and then make timely decisions. Therefore, in daily training, emphasis should be placed on training athletes' perception of the ball, distance judgment and positioning ability, and improving their body sensitivity ^[2]. For example, a training method can be adopted to require athletes to run immediately after receiving the signal. By simulating the real situation of the game, this method can strengthen the athletes' braking, sprint, acceleration and direction change abilities under sudden conditions, thus improving the athletes' inspiration and reaction speed in the game, and helping to enhance the athletes' defensive ability and offensive efficiency. And then improve the overall performance of the athletes in the basketball game.

Fifth, strengthen flexibility training. In basketball, athletes must have good physical coordination and agility, so it is necessary to integrate appropriate flexibility training into physical training. In teaching practice, coaches should guide athletes to master the correct stretching skills and enhance muscle flexibility through continuous repetition. In addition, the use of auxiliary tools such as yoga balls can also effectively assist athletes in stretching exercises. Coaches can also design a variety of activities, such as dance and gymnastics, to improve the athletes' physical flexibility. In addition, coaches should pay attention to the differences of each athlete and choose the appropriate training difficulty and way.

2.2 At the initial stage of college basketball physical training, coaches must comprehensively

consider the particularity of basketball and the individual conditions of athletes, and formulate physical training plans with personalized characteristics to improve the targeting and efficiency of training. The training program design should pay attention to the combination of physical training and technical and tactical training to ensure that athletes can give full play to their physical advantages in the competition ^[3]. Coaches should continuously evaluate different training methods, and constantly improve training plans to improve training results. Trainers should also establish a reasonable evaluation system to regularly evaluate the results of physical training, and use the feedback of the evaluation results to adjust the training programs and methods in a timely manner to improve the rationality and effect of physical training. At the same time, attention should be paid to the effective combination of the evaluation system and the reward mechanism to stimulate the enthusiasm and consciousness of athletes in physical training. In addition, coaches build a reasonable recovery process to ensure that athletes can get enough rest after high-intensity training, pay attention to physical recovery and nutrition supply, and prevent injuries caused by overtraining. On this basis, massage, spa and other methods are used to help athletes quickly relieve fatigue and prepare for the next stage of training. Through psychological counseling and other methods to assist athletes to optimize the psychological state, enhance the recovery effect.

3. Conclusion

Basketball requires very high physical quality of athletes, involving speed, strength, endurance and flexibility. Systematic physical train-

ing plays an important role in improving athletes' key abilities such as endurance, speed, muscle strength, agility and coordination, while effectively preventing sports injuries and accelerating the recovery process of athletes. In addition, physical training also plays an indispensable role in cultivating athletes' indomitable will and teamwork spirit. College basketball training should adopt more advanced training methods and technologies, build a scientific and reasonable physical training system, strengthen the professional ability of the coach team, increase the investment in training, improve the level of physical training of basketball, and train more competitive and balanced physical quality of basketball players.

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Research on Influencing Factors of Teachers' Professional Loyalty in Private Colleges

-- Taking Sichuan as an Example

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Abstract: With the development of society, the state puts forward the policy of expanding enrollment in colleges and universities in order to better provide high-level talents for the society. Under this background, private colleges and universities have developed rapidly under the promotion of policies. However, in the vigorous development of private colleges and universities, there are also many challenges, the most prominent of which is the problem of teachers' professional loyalty. Taking Sichuan as an example, this paper discusses the influencing factors of teachers' professional loyalty in private colleges and universities through questionnaire survey and SPSS data analysis. It is found that external factors and organizational management factors have significant influence on teachers' professional loyalty, while personal factors have no significant influence. Based on this, this paper puts forward a series of measures to enhance teachers' loyalty in order to provide reference for the stable development of private colleges and universities.

Keywords: Private colleges and universities; Professional loyalty; Teachers; Organizational commitment; Sichuan area

1. Introduction

As an important part of China's higher education system, private colleges and universities play an important role in meeting the diversified needs of society for higher education. However, compared with public universities, private universities are facing more challenges in the construction of teaching staff. In particular, the issue of teachers' professional loyalty is not only related to teachers' personal professional development and job satisfaction, but also directly affects the teaching quality, student training effect and the overall development of the school. As an important education center in southwest China, private colleges and universities in Sichuan have developed rapidly. With more and more high-end talents entering private colleges and universities to work as teachers, they have become the backbone of teaching and education in private colleges and universities. However, the brain drain has also become a major problem in the development of private colleges and universities. Therefore, it is of great practical significance to study the influencing factors of teachers' professional loyalty in private colleges and universities in Sichuan for improving the stability of teachers and promoting the sustainable development of schools.

2. Meaning and value

2.1 Theoretical significance and value

This paper broadens the research on teachers' loyalty in private colleges and enriches the analysis of relevant experience, which has certain theoretical value. The existing literature focuses on the factors that affect the loyalty of teachers in private universities and teachers themselves, and most of them stay at the level of qualitative analysis, lacking the consideration of data, which makes their research conclusions highly subjective and thus reduces the reliability of corresponding policy recommendations.

2.2 Practical significance and value

By studying the influencing factors of teachers' professional loyalty in private colleges and universities in Sichuan, this paper provides practical suggestions for the management practice of private colleges and universities in Sichuan and even southwest China. The research results are helpful for school management to formulate more effective management strategies, so as to promote the stability of teachers and improve teaching quality. At the same time, the research results of this paper can also provide scientific basis for policy makers to formulate policies conducive to the development of private education.