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The Necessity and Countermeasures of Physical Fitness Training in Basketball Teaching for Physical Education Majors in Colleges and Universities

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Abstract: Combined with the basketball teaching points of physical education majors in colleges and universities, the article summarizes the necessity of physical training in basketball teaching from three aspects, namely, improving students' physical quality, helping students to prevent sports injuries and helping students to improve their own adaptability. Then put forward two effective suggestions to promote the scientific development of physical training. Based on the research of this article, it can be seen that it is feasible to follow the scientific and reasonable principles to build a more perfect training content system, and to take various means to strengthen students' awareness of independent training and improve teachers' professionalism. Based on the research of this article, it can provide more reference for the physical training in basketball teaching of physical education majors in colleges and universities.

Keywords: College physical education majors; Basketball teaching; Physical training; Importance; Reasonable training strategy

Introduction

Basketball teaching in physical education majors in colleges and universities aims to cultivate talents with solid basketball skills and professional physical education knowledge. In the process of basketball teaching, physical training is an extremely critical link. With the continuous development of basketball, the physical fitness requirements for athletes are increasing, and physical education majors in colleges and universities, as the future purveyors of basketball education and participants in basketball, the effectiveness of their physical training not only affects their own basketball level, but also relates to the quality of future teaching. Therefore, it is of great significance to study the necessity and countermeasures of physical training in basketball teaching of physical education majors in colleges and universities.

1. The main points of basketball teaching in physical education majors in colleges and universities

Basketball teaching in physical education in colleges and universities covers the teaching of theoretical knowledge of basketball, basic basketball technology (such as dribbling, passing, shooting, defense, etc.), basketball tactics and basketball competition organization and refereeing law teaching and so on. In the process of teaching, it focuses on cultivating students' special basketball skills, so that they can master various technical movements of basketball and apply tactics flexibly according to different game scenarios. At the same time, it is also necessary to cultivate the teaching ability of students, so that they can effectively teach basketball knowledge and skills to students when they are engaged in basketball teaching in the future, and stimulate students' interest in basketball^[1].

2. Analysis of the necessity of physical training for basketball teaching in physical education majors in colleges and universities

2.1 Improve the physical quality of students

Basketball is a high-intensity, high-confrontation comprehensive sports program that requires students to have good physical quality. Through physical training, students' physical quality can be comprehensively improved. Good physical quality is the basis for students to continuously improve their skills in basketball teaching and training, and it is also a necessary condition for their future work in basketball education or participation in basketball events.

2.2 Help students prevent sports injuries

In basketball, due to its confrontation and variability, sports injuries occur from time to time. Physical training can effectively prevent

sports injuries. At the same time, through physical training to improve students' body balance and coordination, students can better cope with a variety of emergencies on the basketball court, to avoid falling and injury due to loss of balance. For students majoring in physical education in colleges and universities, the prevention of sports injuries can not only protect their own health and the continuity of learning and training, but also lay a practical foundation for teaching the correct knowledge of sports injury prevention in basketball teaching in the future^[2].

2.3 Help students improve their adaptive ability

Basketball game puts high demands on athletes. Therefore, to become a professional basketball player, you need to have the ability to quickly adjust your own state in a short period of time and flexibly adjust your tactics and adapt to new tactical requirements according to the actual situation of the game. Based on this, in the daily training and teaching, through physical training, strengthen the students' reaction ability and agility, so as to promote their strong resistance and adaptability, and can better cope with the needs of the game.

3. Strategy analysis of reasonable physical training in basketball teaching of physical education majors in colleges and universities

3.1 Follow the scientific and reasonable principle of perfect training content system

In the basketball physical training process, follow the scientific and reasonable principle, from the strength training, speed training, flexibility training and psychological training in four aspects, to build a more perfect training content system, to provide guidance for physical training activities have a positive effect. Specifically, strength training includes upper limb strength training, which can improve the body's core stability, so that students in basketball sports body posture is more stable, more coordinated movements. The speed training can improve students' ability to escape from the defense and make quick cuts on the basketball court by setting up multiple marking buckets and allowing students to run in a quick change of direction between them. Flexibility training helps to relax the muscles and increase the range of motion of the joints through static stretching of the whole body, such as front and back side and inside stretching of the legs, to reduce muscle soreness and the risk of injury. Psychological quality training through simulated game scenarios, such as setting up the game pressure situation shooting training, dribbling breakthrough training under the spectators, etc., to exercise the students' psychological stress resistance; can also be used to psychological suggestion and relaxation training methods, such as letting the students before the game to carry out deep breathing and relaxation exercises, imagining in their minds the success of the game scenarios, to enhance self-confidence, so that the students can maintain a good psychological state in the basketball teaching and competition, and better play the physical fitness. The students can maintain a good psychological state in basketball teaching and competitions, and better utilize their physical ability and skill level.

3.2 Strengthen students' awareness of independent training and improve teachers' professionalism

Combined with the current situation of basketball teaching in colleges and universities, although more and more basketball coaches are concerned about the effect of students' physical training and the actual implementation of the situation, and gradually put more energy into improving students' physical fitness, but from the point of view of the actual effect, there is no in-depth understanding of the connotation of physical training, and physical training has not reached the state of in-depth, specialized, resulting in many students do not realize the importance of independent training awareness, and also do not realize the importance of independent training awareness, and also do not have a good sense of the teacher's professionalism. The importance of independent training consciousness, and did not form the physical training consciousness. At the same time, in the process of basketball training for sports majors, the coach is the main organizer and guide in charge of all activities, and is also the first object of help when students face problems in physical training. In the process of physical training, teachers need to combine the overall situation of students and students' individual conditions, targeted design of physical training programs and dynamic adjustment of the training plan, and also need to combine the training objectives, appropriate adjustment of the teaching content. Once the coach does not have strong professional quality and professional ability, it is easy to affect the training effect of students. Based on the above, coaches should give full play to their own advantages, guide students to form their own training consciousness, and take the initiative to participate in physical training. And in the teaching process, to provide students with encouragement education, for students' personality characteristics, the development of differentiated training programs, and pay attention to the psychological state of the students, to help them adjust the resistance to physical training^[3]. At the same time, promote the professional quality training of coaching teachers, combined with the needs of students and teaching objectives, regularly organize training activities. In addition, improve the recruitment standards of school physical fitness coach, recruit more people with practical training experience and rich educational experience to join the coaching team, regularly organize coaching ability assessment, through the combination of assessment results and personal performance and bonus pay, etc., to encourage the coaching teachers to actively obtain the appropriate professional qualification certificate, and take the initiative to participate in the training, and study the training content, so that can ensure the quality of teaching of physical education majors. Basketball teaching quality.

4. Conclusion

Physical training in basketball teaching of physical education majors in colleges and universities has an indispensable necessity. By improving students' physical quality, preventing sports injuries and improving students' adaptability, it lays a solid foundation for the improvement of students' basketball skills and their future career in physical education. In order to reasonably carry out physical training, it is necessary to follow the principle of scientific and reasonable to build a perfect training content system as well as to strengthen students' awareness of independent training and improve the professionalism of teachers. In this way, we can improve the quality and effect of physical training in basketball teaching for physical education majors in colleges and universities, and cultivate more physical education professionals with excellent basketball skills and good physical fitness.

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