Research on the Application of College Basketball Course Based on the Concept of Network Experiential Teaching

Wenting Wei1,*, Jinrui Wei2 and Wenxuan Fang3

1Kunming Medical University Haiyuan College, Kunming, Yunnan Province, China
2Wufoyansi Primary School, Jingtai County, Baiyin City, Gansu Province, China
3Shanghai University of Sport, Shanghai, China

*Corresponding author e-mail: fangwenxuan@sus.edu.cn

Abstract. With the strategy of invigorating the country through science and education and strengthening the country, the relevant education departments in various parts of our country gradually put emphasis on talent education. Basketball is one of the physical education courses in Colleges and universities. At present, the teaching methods and skills of basketball in Colleges and universities are relatively simple. Experiential teaching is a new modern teaching mode. Based on this, this paper puts forward to apply the network experience teaching concept to the efficient basketball course, improve the teaching quality of college basketball teaching with the help of network-based experiential teaching, and cultivate high-quality talents. In this paper, we set up the experimental class and the control class. The experimental class uses the network experience teaching to carry on the university basketball curriculum, while the control class uses the current physical education teaching for college basketball curriculum. At the end of the semester, through comparative analysis, it shows that the college basketball course designed in this paper has played the subjectivity of students. In the final examination, more than half of the students have achieved good results. Experiential learning enhances students' interest in learning and improves their comprehensive quality in an all-round way.

Keywords: Teaching Mode, Teaching Quality, Network Experiential Teaching, Basketball Course

1. Introduction

Experiential teaching is a new modern teaching mode. It refers to a form of education in which students can actively perceive the education content through repeated observation, practice and practice according to the cognitive characteristics and rules of students in practice, and finally enable students to understand and construct knowledge, develop ability, and generate feelings and intentions in the process of experience [1-3]. Different from the traditional "indoctrination" teaching method, experiential teaching has changed in essence, focusing on the improvement of personal knowledge and ability, and developing a good learning attitude. The protagonist of experiential learning is no longer the teacher, but the student himself. The teacher is only the teacher's Guide. Under the guidance of
students, students begin to explore, think independently and judge independently. They can understand, master and skillfully use what they see, listen and think through perception and digestion [4, 5].

Basketball teaching is a comprehensive educational practice, and is the key content of College Physical Education [6, 7]. For college students, basketball can not only strengthen their physique, relieve academic and life pressure, but also help to cultivate college students' team spirit and social adaptability [8, 9]. In sports confrontation activities, promote the whole body relaxation and healthy development, in order to better deal with the competitive incentive society [10]. Under the influence of traditional basketball teaching mode, there are still some problems and deficiencies in college basketball teaching, waiting for us to analyze and solve.

This paper investigates and studies the existing efficient basketball education, and finds that the effect of students in the learning process of basketball is not very good. Therefore, this paper integrates the network experience teaching concept into the college basketball course. In the research, according to the actual situation of Basketball Teaching in Colleges and universities in China, this paper introduces the Internet immersion teaching concept. The combination of the two can cultivate college students' basketball sports ability. In the contrast experiment analysis, we can find that the introduction of Internet immersion teaching concept can improve students' innovation ability and cooperation consciousness, and comprehensively improve their comprehensive quality.

2. The Necessity of Introducing Experiential Learning Teaching Mode into Basketball Course

2.1 The Implementation of Experiential Teaching is the Objective Requirement of Modern Education and Teaching Concept

Basketball is one of the most popular sports among college students. The traditional basketball teaching method is usually "indoctrination". Its disadvantages not only limit the enthusiasm of students, but also reduce their enthusiasm and participation in the learning process. In addition, modern physical education focuses on transforming knowledge into skills in the learning process, cultivating professional talents and improving the overall quality of students. Therefore, in order to adapt to the concept of modern education and teaching, it is necessary to develop students' practical fields and broaden their horizons on the basis of basketball education. Experiential teaching mode is the most effective way to improve students' skills and quality.

2.2 The Strong Practicality Provides the Feasibility for the Implementation of Experiential Teaching

Basketball not only follows the basic rules of human activities, but also has a unique sports system. Through basketball, the muscles of the body are tight, the internal organs are stimulated, the condition of human respiration and cardiovascular system is improved, the muscle strength of human body is improved, and the flexibility of joints is improved. Basketball teaching needs students to master, understand and digest knowledge in class. Therefore, with the development of the traditional "descriptive" and "imitative" teaching methods in basketball class, the students in the learning society cannot fully grasp the classroom knowledge. Therefore, college basketball classroom needs to establish a new practical teaching method to develop students' creative thinking and practical skills.

2.3 The Implementation of Experiential Teaching is the Necessary Requirement of Cultivating Innovative Talents

The main goal of university education is quality education. Quality education is to cultivate college students' comprehensive quality and creativity, especially the combination of practical ability and creativity, and to strengthen the comprehensive education of College Students' culture, ideology, and psychology and sports quality. Therefore, as teachers in Colleges and universities, we must fully stimulate and stimulate students' creativity, teach innovative technology and develop students' innovative thinking. Basketball is a dynamic, positive and healthy sport combining dribbling, passing and throwing. Therefore, it is necessary to try a teaching method to improve the overall quality of students and develop their creativity on the basis of traditional basketball teaching.
3. Experimental Ideas and Design

3.1 Experimental Ideas
Network experiential teaching is a teaching activity for college students' autonomous immersion learning. Compared with the traditional teaching method, basketball experiential teaching is conducive to stimulate students' interest, cultivate students' ability to think and solve problems, and also conducive to students' active participation in obtaining happiness and mastering basketball skills. The basic theoretical model of basketball experiential teaching lies in the subjective experience - generating emotion - active exploration - active participation - Mastering Skills - forming habits, that is, in the process of teaching interaction, students first experience according to the situation set by the teacher, generate interest, actively pay attention to and study the sport subjectively and actively participate in knowledge transfer and practice. Then, according to its own characteristics, the theoretical framework is constructed and constantly enriched. Finally, the basketball skills are mastered and the habit of lifelong sports is formed.

3.2 Experimental Design
In the design, this paper adopts two forms: questionnaire survey and field interview. 263 college students majoring in physical education and 40 teachers majoring in basketball were selected as the investigation samples. Through the analysis of questionnaire survey and interview results, this paper uses the experimental method of experimental class to analyze 100 college basketball majors, and divides them into two groups. One is the experimental group, is to integrate the network immersion teaching concept into the basketball classroom teaching method learning, the other group is the control group, and is the traditional basketball classroom teaching method learning. After a semester of teaching, we investigated and analyzed the basketball professional ability of the two groups of students and the final game. The results are shown in Table 1. Based on the survey results of the two groups of students, this paper uses the network immersion teaching concept into the basketball classroom teaching method is more effective than the traditional teaching method.

| Investigation factors | The experimental group (%) | The control group (%) |
|-----------------------|----------------------------|-----------------------|
| Dribble               | 84                         | 46                    |
| pass the ball         | 75                         | 63                    |
| Pitching              | 73                         | 59                    |
| basketball match      | 65                         | 35                    |

4. Discussion

4.1 Effect analysis of College Basketball Network Experiential Teaching
The mechanism of network experiential teaching mode students can not only carry out traditional immersion teaching, but also need to use the network video for learning. The implementation of experiential teaching mode in college basketball teaching can effectively improve the teaching quality and teaching effect. The specific investigation results and analysis are as follows:
Figure 1. The teaching level of Experiential Teaching

According to figure 1, students have high recognition of the teaching of introducing the network experience teaching concept into the basketball classroom. This paper analyzes the learning situation from six aspects: interest in learning, communication with teachers, pre class preview, Yuxi after class, careful listening and finishing homework. Among them, 90% of the students can listen to the class carefully in the experiential teaching, and 65% of them have high interest in basketball learning. Most students can communicate with teachers, preview before class, review after class and finish homework after class. This is because the experiential teaching requires students to have a high degree of autonomy. When students forget after class, they can also preview after class according to the video on the Internet. From the data in the figure, we can see that the basketball teaching based on the network experience has made students have a very good effect in the process of classroom learning. Then, we analyze the final assessment of students who introduce the concept of network experience teaching into the basketball course of colleges and universities. The final assessment results are shown in the following figure.

Figure 2. Final assessment of Experiential Teaching
According to the data in Figure 2, it can be seen that the number of students who fail the network experiential teaching concept into the final assessment results of college basketball courses is 0, the number of people with medium level accounts for 23%, the number of people with good degree accounts for 24%, and the number of people with excellent degree accounts for 53%. Under the experiential teaching mode of basketball teaching, the final examination results of students are good, and the passing rate reaches 100%, of which more than half of them are excellent and good.

4.2 Research on the Effectiveness of Experiential Learning Teaching Mode in College Basketball Teaching

Basketball is a comprehensive collective sport with strong antagonism and competitive skills. Basketball game requires the unity of action technology and tactical thinking. In the process of the game, the players' physical strength, intelligence and psychology are stimulated and influenced in many aspects. In the process of competition, the participants work through running, jumping, passing, throwing, intercepting and so on, or show the potential of the body, or bear strong pressure, or show the wisdom of confrontation. Therefore, it is of positive significance to improve the level of basketball competition and cultivate the awareness of basketball confrontation for improving physical quality, enhancing psychological quality, cultivating group cooperation and forming sports spirit. In addition, the experiential learning teaching mode in college basketball teaching is very necessary.

1) Can fully stimulate students' interest in learning

Experiential learning teaching mode has an important impact on stimulating students' interest in learning. The application of this teaching mode to college basketball teaching can effectively change the traditional rigid basketball teaching method. Under the support of experiential teaching mode, college basketball teachers can take students as the main body of teaching in teaching. Through the explanation of dribbling, passing and shooting skills, the students can learn basketball by themselves according to the guidance of teachers. Thus, it can enable students to fully discover and solve problems in time in experiential learning. As a result, students can learn basketball related content in a relaxed atmosphere, feel the charm of basketball, and gradually stimulate students' interest in basketball.

2) It can help students feel the spirit of sports

The application of experiential learning teaching mode in college basketball teaching can not only stimulate students' interest in learning, but also help students feel the spirit of sports. In the experiential teaching, basketball teachers lead students to experience basketball personally, so that students can deeply experience the sports spirit represented by basketball in basketball teaching. Basketball teachers can achieve experiential teaching by organizing basketball matches. Through the basketball competition, the students can further understand the fighting spirit contained in the basketball game by mastering the basketball related skills and their own efforts. Therefore, the students can realize the understanding of the connotation of sports spirit under the basketball experience basketball match teaching.

3) It can improve the effect of basketball teaching

In college basketball education and teaching, the teaching effect plays an important role in improving students' basketball skills. Through the analysis of experiential learning teaching mode, clear its application in basketball teaching, can improve the teaching effect of basketball. The main reason is that basketball teachers take students as the main teaching subject in teaching, and teacher’s correct students' dribbling skills and shooting skills from the perspective of guidance, so that students can further master basketball application methods from the perspective of reality. At the same time, basketball teachers in teaching, will constantly through reflection and retrospective teaching, guide students to consolidate the knowledge of basketball, so as to improve the effect of basketball teaching.

4) It can improve students' physical quality

Health includes not only physical health, but also mental health, which is the basic condition to adapt to society and realize basic survival and development. Physical quality is the basic condition for the all-round development of college students. The experiment of experiential basketball teaching
improves students' interest in sports and makes them have more time for physical exercise. Only can effectively promote the development of students' physical quality, is worthy of our promotion of teaching philosophy.

5. Conclusions
In the current process of social development, the level of higher education has been widely concerned by all walks of life. Especially on the basis of the in-depth implementation of education reform, colleges and universities gradually strengthen the importance of education methods. At present, many colleges and universities in basketball education and teaching, strengthen the application of experiential learning teaching mode, to a certain extent; improve the quality of college basketball teaching. In this study, mainly through the analysis of the basketball teaching effect of experiential teaching, the experimental results prove that the effect of college basketball class after network experiential teaching is very satisfactory. In addition, more than half of the students get good scores in the final examination after the course. "Experiential teaching mode" not only improves the quality of teaching, but also promotes the development of College Physical Education and lays a solid foundation for lifelong sports.

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