Practical Application of Sports Basketball Teaching APP under the Background of the New Media

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Abstract. The Basketball is a sport with both competition and entertainment. In recent years, due to the popularity of NBA in the United States, basketball has been widely popularized in China. Basketball is one of the core contents of physical education, but the existing basketball teaching methods are too theoretical, boring process, and not conducive to students' mastery of skills. Therefore, combined with the characteristics of the information age, this paper puts forward the practical application research of sports basketball teaching app under the background of new media. In this paper, the new media technology and sports app are deeply studied. It is considered that the use of new media technology in Basketball Teaching in the future is a great development trend. The use of basketball training teaching APP can improve teaching effect, cultivate students' interest in learning in class, and cultivate students' learning awareness. In order to further verify the practical effect of APP teaching method for basketball teaching, this paper establishes the corresponding comparative experiment. The experimental group used app teaching method; the control group used traditional teaching method, and then compared the average score of basic basketball between the two groups through the test. The results of the experiment show that the score of the experimental group using app teaching method is significantly higher than that of the control group, with obvious difference. Therefore, it can be considered that the app teaching method can improve the basketball training effect of the traditional basketball training method.

Keywords: New Media Technology, Basketball Training, Sports APP, Basketball Teaching

1. Introduction
Basketball teaching is an important part of college public sports education. Basketball theory and basketball learning are important courses of basketball education. Fully integrate the basic technical characteristics of basketball, combine basketball education with computer technology, explore more efficient teaching methods, promote students' mastery of basketball and improve the teaching
efficiency of basketball. The theoretical knowledge of basketball can be fully displayed through multimedia technology, and the action video and basic theoretical knowledge can be fully combined to fully meet the current teaching needs and fully meet the application of courseware [1-3]. Computer technology can improve the quality of teaching by processing text, image, sound and other related information. It is also a new teaching technology. The application of multimedia tools highlights traditional teaching methods, stimulates students' interest in courses, cultivates their thinking skills, and supplements the deficiencies in traditional teaching [4-6].

At present, many students begin to use the guidance of sports app to carry out independent physical exercise or carry out interactive exchange of Sports Hobbies, which effectively promotes the formation of College Students' fitness habits [7-8]. In order to better apply sports app, physical education teachers must change the traditional teaching concept, scientifically analyze the advantages of sports teaching app, realize the effective integration of teaching content and teaching methods, promote the interaction of physical education, provide more guidance for students, and cultivate students' autonomous learning ability [9-10].

This paper makes an in-depth study on the current situation of Basketball Teaching in Colleges and universities in China. It is found that the traditional teaching method is still the main method for basketball training in Colleges and universities, which makes the teaching process boring, the teaching content is too theoretical, and the students' interest in teaching is limited. This result has seriously affected the cultivation of basketball talents and the development of basketball cause in China. Therefore, this paper puts forward the practical application research of sports basketball teaching app under the background of new media, hoping to reform the traditional college basketball training methods through new media technology, and improve the overall strength of Basketball Teaching in China. In this paper, the sports app teaching and the application effect of basketball teaching are analyzed in depth. It is considered that the use of new media technology for basketball training auxiliary teaching in the information age is a major trend in the future, and basketball training app can also better improve the shortcomings of the existing traditional basketball teaching mode. Basketball training app is a new generation of media teaching method, more flexible than the previous multimedia teaching, and the content is richer, personalized.

2. New Media Technology and Sports APP

2.1 Interpretation of the Concept of New Media Technology

New media technology is mainly based on network technology. New media technology has dual social and economic attributes. It not only shoulders the responsibility of spreading advanced culture, but also needs to obtain profits. With the rapid development of new media, new media technology has been widely used in the field of education. The application of new media technology in teaching increases the display and interaction of teaching media and enriches the presentation form of teaching content. Teachers carefully prepare and use advanced tools to produce rigorous and rich electronic courseware, its purpose is to apply it to teaching and improve the curriculum. New media assisted teaching can give full play to the function advantages of multimedia network, convey the structure of teaching information, the structure of students' identity, and the structure of classroom time, and make use of colorful multimedia courseware to attract students' interest and pursuit of knowledge. It plays the role of optimizing classroom teaching and improving teaching effect.

2.2 Concept of Sports Teaching APP

The carrier of sports teaching app is generally mobile devices such as mobile phones, which is designed according to the needs of target users' sports learning types. In the fast-paced social development environment, more and more people realize that they are in a state of sub-health for a long time, and their awareness and demand for sports are also gradually improving. However, the fast-paced life makes people more principled, convenient and time-saving in sports learning. With the development of network technology and the increase of people who need sports fitness, sports
teaching app came into being. In the sports teaching app, users can browse and download various free but systematic professional sports teaching videos on the Internet, and record and analyze the data used by users through the powerful interactive function of the app, and conduct real-time feedback.

3. Experimental Design of Basketball Teaching with APP Teaching Method
(1) Research object
This paper selects the students of class 5 of a sports college in 2018 as the experimental sample. There were 10 males and 10 females in the experimental group and 10 males and 10 females in the control group.

(2) Experimental research operation flow
Before and after the experiment, the physical fitness and basketball basic level of the two groups of students were tested, and the same teacher was teaching. In the process of experimental research, senior physical education teachers are responsible for the supervision of the experimental process to ensure that the experimental process is carried out according to the teaching plan. The difference between the two groups is: the experimental group completely uses app teaching method; the control group completely uses traditional teaching method. All students participating in the test in the experimental group and the control group learned the same knowledge of basketball skills.

(3) Pre test
In order to ensure the objectivity of the experimental research, the physical fitness of the two groups of students was tested before the implementation of APP teaching experiment. The test results are shown in Table 1. From the test results, the average difference between the experimental group and the control group was small. Therefore, the physical fitness of the control group and the experimental group were at the same level.

|                  | control group | experience group | T      | P     |
|------------------|---------------|-----------------|--------|-------|
| Four line turn back | 46.87±4.16    | 46.75±4.04      | -0.115 | 0.948 |
| Standing long jump| 5.36±1.53     | 5.46±1.55       | 0.417  | 0.67  |
| Run up to touch height | 213.47±12.65  | 213.69±12.71    | 0.007  | 0.964 |

4. Discussion
4.1 Experimental Results and Analysis
It can be concluded from Figure 1 that the experimental group improves the fixed-point shooting and the goal passing score: the average score of fixed-point shooting is increased by 0.96; the average score of dribbling over the pole is increased by 0.71; the data show that the application of APP teaching method in basketball teaching can improve the basic level of students' basketball. The results show that the application of APP teaching method in basketball teaching has a significant effect on improving students' basketball basic level.
Figure 1. Comparative analysis of the average score of basketball basic before and after the experiment in the experimental group

It can be concluded from Figure 2 that the control group's fixed-point shooting and dribbling over the pole have improved: the average score of fixed-point shooting has increased by 0.51; the average score of dribbling has increased by 0.34; the data show that the application of traditional teaching methods in basketball teaching can improve students' basketball basic level, which has a certain role in improving students' basketball basic level. The results show that app teaching method is more effective in improving students' basketball basic level, and app teaching method has advantages over traditional teaching method.
Figure 2. Comparative analysis of the average score of basketball basic before and after the experiment in the control group

4.2 Cultivating College Students' Awareness of Mobile Learning
The popularity of mobile devices and mobile Internet not only brings new information access channels to students, but also brings students rich ways of entertainment. In real life, many students are lack of self-control ability, so they are easy to indulge in it when using mobile phones and game apps, which will not only delay their study, but also seriously affect their health. Therefore, the application of smart phones and basketball training app in college basketball teaching practice can indirectly prevent students from being addicted to online games, and can also cultivate students' good learning habits. As an important part of college physical education, basketball training teachers should cultivate students' mobile phone use habits and mobile learning awareness, especially the application ability of sports teaching app. Students should consciously use basketball training app to monitor their sports status and make corresponding training plans.

4.3 Go Deep into Classroom Instruction and Break through Teaching Difficulties
The advantage of app is not only reflected in its vivid image, but also in its control of teaching content. In the traditional teaching mode, in order to help students, break through the technical difficulties, teachers need to constantly demonstrate and guide. As an explosive sport, basketball needs to complete a lot of actions in an instant, which will inevitably bring difficulties to students' watching and understanding. In view of this, in the multimedia courseware, teachers break through the limitation of time and space, using animation or pictures to show the action intuitively. Through technical adjustment and improvement of technical details, the performance of basketball technical movements can be faster, more comprehensive and more three-dimensional. Then the teacher explains and analyzes the students' technical movements step by step according to the students' methods, parts and body posture. This teaching process makes the original abstract technical explanation more
specific, more in line with students' learning habits, and makes some difficulties in basketball training easy to solve.

4.4 Increase the Interest of Basketball Teaching
Traditional basketball teaching is boring, but the use of basketball training app can well mobilize the enthusiasm of students. Teachers can adjust the teaching plan according to the data analysis in app to meet the training needs of students, so as to improve the interest and scientificity of basketball teaching. Interest is the biggest help to improve the teaching effect. In order to make students form good exercise consciousness and exercise habits, we must maximize the enthusiasm of students. The factors that determine their interests are mainly divided into congenital and acquired factors. Only a few people have strong congenital sports factors, and most of them are acquired. Basketball training app has a wealth of functions, in promoting students' learning enthusiasm, at the same time, let them more actively participate in exercise.

4.5 Construction of Evaluation System and Teaching Supervision System in the New Media Era
In addition to the application of new media technology in basketball teaching, we can also use network technology to construct teaching monitoring and evaluation system. Because most colleges and universities do not pay enough attention to basketball course, the evaluation and supervision of basketball course are not in place. Many basketball teaching evaluations is carried out by teachers themselves, and this evaluation system has no substantive significance. Through the construction of teaching evaluation and supervision system in the new media era, online teaching supervision can be effectively realized. Not only that, through the indoor basketball court, we can also supervise the basketball teaching process at any time. If there are bad phenomena, it can be registered as one of the evaluation contents to evaluate the physical education teaching situation. Through the construction of the evaluation system, in the new media era, basketball curriculum evaluation can not only let students and teaching management departments participate in the evaluation, but also can directly evaluate the teaching situation of basketball teachers by logging into the online evaluation system. At the same time, it can also protect the privacy of assessors.

5. Conclusions
In the practical application research of sports basketball teaching app under the background of new media, this paper deeply studies the advantages and disadvantages of the traditional methods of basketball training in Colleges and universities in China, and understands that although the current basketball teaching methods can improve the students' basic basketball ability, the effect is not very obvious. The main reason is that the traditional teaching method is boring, too theoretical and abstract, which makes it difficult for students to master the skills in language. In order to improve the above problems, the new media technology-based basketball training app teaching method, to a certain extent, makes up for the shortcomings of the traditional basketball teaching methods. In this paper, the application effect of basketball training app in basketball teaching is deeply studied and analyzed. It is believed that app teaching method can cultivate college students' mobile learning awareness, go deep into classroom guidance, break through teaching difficulties, and increase the interest of basketball teaching. The above effects for the current basketball teaching effect is significantly improved, this result is further verified in the corresponding comparative experiments. This paper believes that the information age has changed our way of learning and life, and the development of new media technology has also provided opportunities for the reform and innovation of traditional teaching methods. The application of APP teaching method to reform the traditional basketball training is in line with the needs of the times, but also to meet the actual requirements of the current basketball teaching.

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