



Information-based Teaching of College Basketball from the Perspective of “Internet +”

Hongtao Luo

College of Science, North China University of Technology, Beijing 100144, China.

How to cite this paper: Hongtao Luo. (2024) Information-based Teaching of College Basketball from the Perspective of “Internet +”. *Journal of Humanities, Arts and Social Science*, 8(8), 1907-1911. DOI: 10.26855/jhass.2024.08.018

Received: July 10, 2024

Accepted: August 7, 2024

Published: September 5, 2024

***Corresponding author:** Hongtao Luo, College of Science, North China University of Technology, Beijing 100144, China.

Abstract

"Internet +" initiative offers significant opportunities for reforming physical education in colleges and universities across China, presenting a new avenue for innovation in this field. College basketball instruction is a vital aspect of physical education, possessing distinct value. The integration of information-based teaching methods into college basketball education is still undergoing continuous exploration. To strengthen the information infrastructure of college basketball instruction, it is essential to focus on conceptual innovation, resource integration, and method optimization. This paper examines strategies for enhancing information-based teaching in college basketball from the perspective of "Internet +". Key areas of focus include leveraging digital tools to create interactive and engaging learning environments, utilizing online resources for improved access to training materials, and employing data analytics to monitor and enhance student performance. These strategies aim to inspire frontline educators and provide them with practical solutions to enhance the effectiveness and engagement of basketball instruction in the digital age.

Keywords

Internet +; college basketball; information-based teaching

Introduction

With the rapid development of information technology, various industries, including education, are enjoying the significant benefits brought by digital advancements. In an era where informatization permeates every aspect of society, educational institutions are particularly poised to leverage these technologies to enhance teaching and learning experiences. Major universities are actively exploring innovative ways to integrate information technology into their pedagogical practices to better align with the needs of modern education.

College basketball courses, which have always been a popular choice among students, present a unique opportunity in this context. Despite their inherent attractiveness, the full potential of these courses has not been fully realized. Traditional methods often fall short in engaging students and maximizing their learning outcomes. The integration of "Internet +"—a concept that combines Internet technologies with traditional industries—into the realm of education offers a promising solution. By utilizing information technology as a tool to enhance college basketball teaching, we can address existing shortcomings and pave the way for a more dynamic and effective educational experience. Embracing the convenience and capabilities of "Internet +" can revolutionize how college basketball is taught. Information-based teaching methods can transform both theoretical and practical aspects of basketball education. These methods provide interactive and engaging platforms for theoretical knowledge dissemination and offer scientifically structured approaches for practical training. This dual focus ensures that students not only understand the fundamentals of basketball but also develop a comprehensive skill set that includes physical fitness, technical drills, tactical understanding, psychological resilience, and sports rehabilitation. Moreover, the adoption of information technology

in basketball education aligns with the broader trend of digital transformation in education. It supports the creation of an educational environment that is more responsive to the needs and preferences of contemporary students, who are digital natives accustomed to technology-enhanced interactions. Through mobile apps, online platforms, and digital resources, students can engage with basketball education in ways that are more flexible, personalized, and accessible. In conclusion, the integration of "Internet +" into college basketball courses offers a new pathway to enrich the educational experience. By leveraging the benefits of information technology, universities can significantly improve the effectiveness and appeal of basketball education, thereby ensuring that it meets the evolving needs of students and prepares them for future challenges. This approach not only enhances student engagement and learning outcomes but also positions college basketball education at the forefront of educational innovation in the digital age (Sheng & Sheng, 2018).

1. The impact of the "Internet +" era on the information-based teaching of basketball in colleges and universities

1.1 The application of information technology in basketball teaching in colleges and universities is conducive to improving the comprehensive quality of professional talents

Basketball teaching in colleges and universities is responsible for cultivating professional basketball talents of all levels and types across the country. Information-based teaching has its own characteristics in cultivating various types of basketball professionals. First of all, basketball courses are divided into two parts: theoretical courses and practical training courses. Among them, the information-based teaching of theoretical courses is basically the same as that of ordinary theoretical courses, while the application of information-based teaching in practical training courses is relatively special. On the one hand, with the help of information-based teaching methods, students can truly master the key points and difficulties of basketball and improve their understanding and mastery of basketball techniques; on the other hand, in the practical training teaching of watching basketball, scientific and reasonable teaching plans should be adopted to enable students to master the corresponding techniques in scientific practice, thereby improving their comprehensive quality. At the same time, basketball teaching in colleges and universities should cultivate talents with a higher level of information-based teaching so that they can better adapt to the relevant basketball work they are engaged in in the future (Hu, Liu, & Xia, 2023).

1.2 Information-based teaching has changed the concept and management of college basketball teaching

"Internet +" has become an irresistible force for the development of human society, promoting social innovation and development. It has had a profound impact on today's social life, especially on the concept and management of college basketball teaching. College basketball teaching should not only adapt to the trend of the information age but also be good at using information technology to bring new changes to students and guide new changes. This is an attitude that college basketball education managers and front-line teachers should adopt. This requires changing the concept of college basketball teaching with the development of information technology. This puts forward new requirements for the management of college basketball teaching to better promote the development of information-based education in college basketball in my country (Yang & Sumettikoon, 2022).

1.3 The impact of information technology on the teaching process of college basketball elective courses

Contemporary college students grow up in the context of the information age. The Internet and modern information technology have a huge impact on them. They can use mobile phones, computers, and modern information media to better adapt to college basketball teaching. In the basketball open course selection, from the initial course selection to the equipment pick-up and delivery, the teacher's announcement of teaching change notices, and then the teacher's release of teaching videos closely linked to the classroom, students can expand their practice after class after learning professional skills. The teacher will announce the requirements of the basketball exam, and students can check their basketball test results. All course teaching processes can be conducted through mobile phones or computers. Studies have shown that the use of information technology such as WeChat to assist college basketball teaching has a good effect in cultivating students' learning interest, enthusiasm, cooperative spirit, and autonomous learning ability. This will play a positive role in better completing the teaching process and tasks of college basketball courses and cultivating students' overall basketball literacy.

2. Countermeasures to promote the information-based teaching of basketball in colleges and universities in my country from the perspective of "Internet +"

2.1 Guided by student needs, implement diversified information-based teaching

Information-based teaching is very different from traditional educational methods. In this process, teachers should always put students first, formulate teaching content and methods that are suitable for them, improve classroom teaching efficiency, and cultivate students' ability to learn independently. At present, there is a certain gap between the information provided by college basketball teachers in information-based teaching and the needs of students. Therefore, in the teaching process, teachers should formulate teaching strategies based on students, teaching content, and teaching methods, reform teaching content according to students' interests and needs, and formulate a set of information-based teaching methods suitable for students based on students' interest characteristics, present diversified content in basketball teaching, and make students have a strong interest in it, so as to achieve better teaching results. If the selected course content does not meet the requirements of students, it will lead to a decline in students' interest in information technology, which will in turn affect the teaching effect of information technology classroom. The courseware and resources carefully prepared by teachers cannot get timely feedback, and students are less and less interested in it. Therefore, it is very important for teachers to provide diversified information-based teaching methods (Ma, 2022).

2.2 Strengthen the construction of information infrastructure required for college basketball teaching

College basketball has transitioned from the stage of simple basketball court training to the stage of integration of basketball theoretical knowledge, physical fitness, technical and tactical drills, psychology and sports rehabilitation. At each stage of development, modern information technology plays a huge role. Strengthening the information construction of each link is a systematic project, requiring colleges and universities to cooperate scientifically in terms of policies, funds, venues, faculty, and management. On the one hand, it is necessary to make up for the missing facilities, and on the other hand, it is necessary to make use of students' mobile phones, networks, and related facilities of school departments, promote the construction of hardware facilities in all aspects of college basketball teaching, improve the infrastructure platform of school basketball information teaching, and propose countermeasures to strengthen the construction of college basketball education informationization based on the analysis of the current situation of college basketball teaching.

2.3 Formulate a development plan and improve the basketball information management system

The system is equivalent to development. As the saying goes, "There is no square without rules". Basketball informationization teaching is an important link in college informationization teaching. Carrying out basketball informationization teaching construction in colleges and universities is also an important content of the "Planning Outline" of the Ministry of Education. In order to make basketball teaching compatible with the development of other disciplines, it is necessary to provide institutional guarantees, give play to the restrictive role of the system, and improve the information-based teaching level of college basketball teachers. Most colleges and universities in my country have not yet formed an effective education information management system for basketball teaching. Problems such as the imperfect system require sufficient attention from relevant departments of the school, and on this basis, build and improve the college basketball information-based teaching management system. Once the system is implemented, it must be further strengthened and improved. There is a special basketball information-based teaching management system. Only in this way can the application of informatics teaching in basketball teaching not become a paper talk, thus ensuring the smooth development of college basketball information-based teaching.

2.4 Optimize and integrate resources and strengthen the development and utilization of basketball information-based teaching resources

Under the "Internet +" conditions, the amount and quality of teaching resources are directly related to the success or failure of college basketball information-based teaching. At present, in the general environment where the Ministry of Education actively promotes information-based teaching, the construction of college information-based teaching course resources has problems such as fewer high-quality resources, lower production quality, slower resource update speed, more fragmentation, scientific errors, which has caused great obstacles to the development of college

basketball education. Therefore, at this point, all universities should integrate and classify the existing basketball education resources to prevent duplication, standardize their management, and make the basketball teaching environment better. The purpose is to better meet the needs of college basketball information-based teaching and enhance the initiative of college basketball teachers to conduct information-based teaching. Improve the existing basketball teaching information resources and increase the utilization rate of teaching platforms. At the same time, all universities should also strengthen the development and application of information exchange platforms, mobile terminal APP teaching platforms, and other software according to their actual conditions, so as to provide better educational resource support for schools to carry out basketball information-based teaching.

3. Conclusion

The "Internet +" era heralds a transformative shift in the landscape of physical education, specifically within the realm of college basketball teaching in our country. This era's emphasis on integrating information technology into traditional educational frameworks has the potential to significantly enhance the quality and effectiveness of basketball education at the collegiate level. Through the lens of "Internet +", we can identify several key impacts and strategies that contribute to the improvement of information-based teaching in college basketball.

Firstly, the application of information technology in basketball teaching enhances the comprehensive quality of professional talents. Basketball education in colleges is tasked with developing a wide range of professional basketball talents, necessitating a dual focus on theoretical knowledge and practical skills. Information-based teaching methods facilitate a deeper understanding and mastery of basketball techniques, making theoretical courses more interactive and engaging, while also providing scientifically structured practical training. This dual approach not only aids students in grasping the key points of basketball techniques but also ensures they receive well-rounded training that incorporates physical, technical, tactical, psychological, and rehabilitative aspects of the sport. The end goal is to produce graduates who are not only proficient in basketball but also equipped with high levels of information literacy, ready to excel in their future careers.

Secondly, information-based teaching reshapes the concept and management of college basketball education. The "Internet +" movement is a driving force behind social innovation and development, compelling educational institutions to adapt to new technological realities. This adaptation involves a paradigm shift in how basketball education is perceived and managed. College basketball education managers and frontline teachers must embrace and leverage information technology to introduce and guide new teaching methodologies and practices. This shift demands a reevaluation of traditional teaching concepts and the adoption of new management strategies to align with the advancing information age, thereby promoting the development of information-based education within college basketball.

Thirdly, the impact of information technology on the teaching process of college basketball elective courses is profound. Contemporary college students, who are digital natives, benefit immensely from the integration of mobile phones, computers, and other modern information media in their education. The entire teaching process, from course selection to equipment management, classroom announcements, and post-class practice, can be seamlessly conducted through digital platforms. The use of information technology tools like WeChat has proven effective in fostering students' interest, enthusiasm, cooperative spirit, and autonomous learning abilities. This technological integration ensures a more efficient and engaging teaching process, ultimately enhancing the overall basketball literacy of students.

To promote the information-based teaching of basketball in colleges from the perspective of "Internet +", several countermeasures are essential. These include:

- 1) Guided by Student Needs: Information-based teaching must prioritize student needs, creating diversified and engaging content that fosters independent learning. Teachers should develop strategies that align with students' interests and requirements, ensuring the selected course content is relevant and appealing to maintain student engagement and achieve better educational outcomes.
- 2) Strengthening Information Infrastructure: The development of basketball education must move beyond simple court training to a comprehensive approach that includes theoretical knowledge, physical fitness, technical drills, and psychological training. This requires significant investment in information infrastructure, involving policies, funding, and cooperation between various departments to enhance the educational environment.
- 3) Development Planning and System Improvement: Effective information-based teaching necessitates a robust management system. Colleges must establish and continually refine an education information management

system tailored to basketball teaching. This system will provide the necessary institutional support to ensure the successful integration of information technology into the basketball curriculum.

- 4) Resource Optimization and Integration: The quality and availability of teaching resources are critical to the success of information-based education. Universities must address existing gaps by integrating and classifying resources, improving production quality, and ensuring timely updates. Additionally, the development of digital platforms and mobile apps tailored to basketball education will enhance resource accessibility and utilization.

In conclusion, the integration of "Internet +" into college basketball teaching represents a significant step forward in modernizing and enhancing physical education. By embracing information technology, institutions can foster a more interactive, engaging, and effective learning environment, ultimately producing well-rounded and proficient basketball professionals equipped for the digital age. The strategies outlined in this paper provide a roadmap for educational institutions to navigate this transformative period, ensuring that college basketball education evolves in tandem with technological advancements to meet the demands of the future.

References

- Hu, T., Liu, H., & Xia, F. (2023). Research on the design and application of "MOOC+ flipped classroom" for basketball courses in colleges and universities from the perspective of education modernization. *Frontiers in Psychology*, 14, 1060257.
- Ma, S. (2022). College sports intelligence using human-computer interaction system for education. *International Journal of Human-Computer Interaction*, 1-9.
- Ma, S., & Lei, L. (2024). The factors influencing teacher education students' willingness to adopt artificial intelligence technology for information-based teaching. *Asia Pacific Journal of Education*, 44(1), 94-111.
- Sheng, F., & Sheng, S. (2018). A Study of College Basketball LAMS Teaching Model Centered on Learning Activities. *International Journal of Emerging Technologies in Learning*, 13(8).
- Yang, X., & Sumettikoon, P. S. (2022). Experimental Research on the Integration of "Internet+" into Middle School Basketball Teaching—A Case Study of the WeChat Platform. *Educational Administration: Theory and Practice*, 28(03).