

# Research on physical education learning of basketball Club students from the perspective of core literacy—A case study of junior high schools in the Xi'an High-tech Zone

**Zhu Hangzhou**

*Xi'an Aerospace City No.1 High School, Xi'an City, Shaanxi Province, 710100, China*

**Abstract:** Sports association is a kind of social organization voluntarily formed by citizens in accordance with the relevant constitution and system. Among many student association projects in Our country, basketball association has a wide influence in the school and is one of the favorite associations among students. By participating in basketball clubs, students can not only learn basketball skills, enhance physical fitness, but also help students improve the core quality of sports. The core accomplishment of physical education discipline puts forward specific requirements for students' sports skills, healthy behavior and sports morality, which is helpful to help students establish good sports values and outlook on life. Junior high school is the key period for students to form good sports habits and establish lifelong sports awareness.

**Keywords:** High-tech zone middle school; Basketball Association; Physical education learning; Core literacy

## 1. Preface

### 1.1 Basis for Topic Selection

#### 1.1.1 The demand for cultivating students' core competencies in physical education subject

Make significant contributions to the school's physical education discipline. The Curriculum Standards (2017 Edition) condense the core competencies of physical education and health into three aspects: athletic ability, healthy behavior, and physical morality. Sports ability (E.C) is the ability that a person possesses to participate in sports and training, and is a comprehensive manifestation of factors such as quality, function, and psychological ability. Zheng Taotao divides athletic ability into two aspects: cognitive (consciousness level) and physical development (action level). This article will also use sports cognition and physical development to study the sports ability in students' core competencies. Sports ethics refers to the stable psychological characteristics and tendencies exhibited by students in club activities and competitions based on certain sports ethics standards. Sports ethics mainly refers to the behavioral norms of sports members in various social roles during sports. Sports character is similar to sports ethics. In a book published by the Central Compilation and Translation Press in 2010, character was defined as: character, basic qualities, etc.

In the reform of physical education teaching, "teaching, diligent training, and regular competitions" are the requirements and connotations of the reform, promoting the formation of a systematic, standardized, and normalized organizational and activity model for sports. The Outline points out that according to the teaching objectives of different stages, the organizational methods should be enriched, and the activity modes should be diversified. By continuously promoting adaptation to local conditions and teaching according to students' aptitude in activities, the reform of school physical education teaching can be more effective and feasible. Therefore, in addition to formal physical education courses, sports clubs can be considered as a highly compatible school physical education teaching model and organizational method with the spirit of the "Outline". Through sports clubs, students can be encouraged to participate in sports activities flexibly, while also promoting the improvement of their voluntary and proactive self initiative, further enriching their participation in sports activities. Basketball clubs are one of the earliest and longest running school sports clubs. Due to the strong competitiveness, intense competition, and high viewing value of basketball, it has become an indispensable club project in sports

clubs. Therefore, under the guidance of the "Outline", basketball clubs can work together with other clubs to promote the formation of students' core sports literacy, further enhance the image of practical and innovative school sports, form a good situation of "sports people", and comprehensively promote the reform of physical education teaching.<sup>[1]</sup>

### ***1.1.2 Students' need for efficient participation in basketball club learning***

With the improvement of social specialization, the demand for talents in the future is comprehensive talents with multiple qualities. Students themselves should have strong academic qualifications, knowledge, and good interpersonal communication skills. The establishment of basketball clubs not only cultivates students' psychological and physical qualities, but also effectively cultivates their non intellectual factors, team consciousness, cooperation consciousness, competition consciousness, etc. Therefore, effectively establishing basketball clubs in junior high school can develop students' various qualities and lay a solid foundation for their future development. For teenagers, the establishment of a healthy lifestyle concept and the cultivation of good exercise habits are of great significance for their future healthy development. Basketball clubs are the most common clubs in schools, and in most cases, school activities are based on basketball clubs. The reason why basketball clubs are the most common in schools is mainly because students have a certain basketball foundation and are more fond of basketball, which leads to a large number of students participating in basketball clubs. Through investigation, it was found that basketball is a popular sport among junior high school students. Through training and competitions, students can achieve self realization while cultivating their communication skills, team spirit, and cooperation awareness. Therefore, basketball clubs have a more solid foundation and are easier to establish in schools. Various sports clubs such as junior high school basketball clubs are increasingly receiving widespread attention because both parents and teachers hope that junior high school students have a strong body.

### ***1.1.3 Promote the need for students to exercise for one hour every day***

The purpose of establishing Sunshine Sports One Hour School Education by the state is to improve students' overall physical fitness, promote their physical and mental health development, and further achieve the goal of rapid development of school sports. With the development and implementation of physical education teaching reform in our country, the status of physical education in school education has also been improved, and the development of various sports clubs in schools has been correspondingly promoted. The software and hardware facilities for sports activities and the enthusiasm of physical education teachers have also been correspondingly improved and stimulated. Basketball clubs not only ensure students' sports time, but also enhance their physical health, continuously improve their core sports literacy, and enhance the sports learning environment.

With the continuous deepening of sports system reform, sports clubs have gradually started to develop in universities, high schools, junior high schools, and primary schools. With the further improvement of systems and guiding documents, sports clubs have ushered in huge development space. The development of sports clubs can better meet the needs of various student groups for sports projects. Currently, physical education classes in middle schools in China are taught in modules, allowing students to adapt to their own sports talents and preferences. To some extent, this promotes students' participation in sports and enhances their interest and hobbies in sports, laying a solid foundation for lifelong physical education. At present, many high schools in China have various forms of sports clubs. The development of basketball clubs in China began in the late 20th century. Generally, club activities are held once or twice a week, with a duration of about 50-80 minutes, similar to the time of two physical education classes during the activity. Due to the relatively short time since the establishment of basketball clubs in China, the training program and fitness system for basketball clubs have not yet been perfected. In the process of developing such clubs, many shortcomings have been exposed, which have caused some problems for the development of basketball clubs themselves and the quality of club training. It can be seen that the implementation of sports club courses has ensured the requirement of "exercising for one hour every day" to a certain extent, while promoting students' participation in sports.

## ***1.2 Research Purpose and Significance***

Organizing basketball club activities in schools can further enhance students' learning enthusiasm in basketball, laying the foundation for improving their physical fitness in the future. The key to the success of basketball clubs in schools lies in several aspects such as the number of students participating, their performance in activities, and the extent of physical fitness improvement. Achieving these aspects is inseparable from the content of basketball club activities. At present, many junior high schools in China

have launched basketball clubs, but the physical education learning content of basketball clubs is relatively dry, students' enthusiasm for exercise is weak, and there are single methods of activities for the same content. The physical education learning of junior high school basketball clubs in Xi'an High tech Zone is taken as the research object of this article. By implementing this content activity in the first grade of junior high school, the scientificity, rationality, and timeliness of physical education learning for basketball club students are tested, and at the same time, it contributes to the physical education learning of local junior high school basketball clubs.

### ***1.3 Literature Review***

In recent years, with the continuous heating and development of basic education in China, physical education courses and sports clubs have gradually developed. Research on the development of sports clubs has become a hot topic in school sports research under the guidance of the "Outline". Therefore, there are many related research results, which also provide sufficient theoretical support for the development and reform of junior high school basketball clubs in China.

After entering keywords such as sports clubs, basketball clubs, and junior high school basketball clubs into China National Knowledge Infrastructure, Longyuan Network, and Wanfang Database, a search was conducted, and it was found that the current content related to junior high school basketball clubs in Xi'an is "0", indicating that the research in this field in the domestic academic community is still in a blank stage. A search was conducted using the keyword 'sports clubs', resulting in a total of 780 articles, including 712 journal articles and 68 master's and doctoral theses; A total of 91 records were retrieved using the keyword "university sports clubs", including 79 journal articles and 12 master's and doctoral theses; By searching using the keyword 'basketball club', a total of 10 records were obtained, including 9 journal articles and 1 master's and doctoral thesis. The following will focus on the research review in this area.

## **2. Research objects and methods**

### ***2.1 Research Object***

This article takes the physical education learning of junior high school basketball clubs in Xi'an High tech Zone and its impact on students' core competencies as the research object. Taking 805 students in basketball clubs as the survey subjects, this article conducts research on the current situation of basketball clubs and their impact on students' core competencies, and finally draws conclusions.

### ***2.2 Research Methods***

According to the research needs of this paper, literature review, questionnaire survey, expert interview, mathematical statistics and other research methods were mainly used in the research process to investigate the current situation of physical education learning in junior high school basketball clubs in Xi'an High tech Zone. As shown in Tables 1, 2 and 3

### ***2.3 Literature review method***

During the research process of this paper, a large amount of literature was collected through well-known websites such as China National Knowledge Infrastructure, VIP website, and Wanfang database, which laid the foundation for the research of this paper. During the collection process, the literature was classified and analyzed while collecting and organizing. Collected over 100 journals, more than 40 master's and doctoral theses, and read more than 10 related books about basketball clubs.

## **3. Research Results and Analysis**

In response to the national call and the actual situation of school sports work, Xi'an High tech Zone Junior High School has decided to establish a school basketball club, which was established in September 2015.

Table 1 Establishment Time of Basketball Club

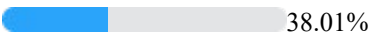
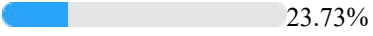
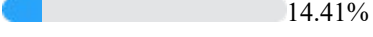


option	Number of clubs	Subtotal of Members	proportion
From 2015 (inclusive) to 2020	six	five hundred	62.11%
From 2010 (inclusive) to 2015	one	ninety-three	11.55%
2005 (inclusive) -2010	one	ninety-six	11.93%
Before 2005	five	one hundred and sixteen	14.41%
Number of valid respondents for this question		eight hundred and five	

From Table 1, it can be seen that the establishment time of junior high school basketball clubs in Xi'an High tech Zone was mainly from 2015 to 2020.

Table 2 Summary of Concepts of Some Junior High School Basketball Clubs in Xi'an High tech Zone

Basketball Club	Establishment time	Club goals or beliefs
one	2009	Enjoy basketball and keep fit
two	2010	Using basketball clubs as a carrier, cultivate students' teamwork ability and positive and sunny attitude towards life through teaching, competition activities, and various communication methods
three	2011	A unique basketball club appreciates cultural education, infects students with actions, inspires junior high school students' potential with praise, and respects the concept of people-oriented education
four	2011	Advocate leadership, teamwork, intellectual development, innovation ability, high physical fitness, and high intelligence
five	2014	Learn to be a good person first, and then learn to exercise; Learned self-discipline through teamwork
six	September 2017	Establish a comprehensive training system and basketball training base to enable more junior high school students to enjoy the most advanced basketball training methods
seven	October 2014	Happy and healthy basketball club, happy and healthy life

Table 3 Scale of Club Members

option	Subtotals	proportion
10-20 people	three hundred and six	 38.01%
20-30 people	one hundred and ninety-one	 23.73%
30-40 people	one hundred and sixteen	 14.41%
40-50 people	forty-eight	 5.96%
More than 50 people	one hundred and forty-four	 17.89%
Number of valid respondents for this question	eight hundred and five	

At present, the size of basketball clubs is the largest, largest in number, and widest in coverage among some school clubs. From the table 3, it can be seen that among all the surveyed students, the number of people in their basketball club is between 10-20, totaling 306, accounting for 38.01%. The next largest group is 20-30, accounting for 23.73%. Basketball clubs with more than 50 people account for 17.89%, and the smallest group is the one with 40-50 people. The basketball club has the largest proportion of 10-20 members, and students in this department are generally members of the school basketball team, with solid basketball skills, and can represent the school in various basketball competitions. A basketball club with 10-20 members also reflects that basketball clubs are not widely popular in the school, with only some basketball enthusiasts or players participating. For the vast majority of students, they cannot effectively participate in basketball clubs. Clubs with more than 50 members belong to larger scale clubs,

but they account for a relatively small proportion. The above data indicates that the scale and popularity of junior high school basketball clubs in Xi'an High tech Zone are limited, and most students cannot effectively participate.

#### **4. Conclusion**

##### ***4.1 Scale and Popularity of Basketball Clubs***

Firstly, most junior high school basketball clubs in Xi'an High tech Zone were established nearly five or ten years ago, with relatively few clubs having more than 50 members. The scale and popularity of junior high school basketball clubs in Xi'an High tech Zone are limited, and most students cannot effectively participate.

Secondly, the organization and management of junior high school basketball clubs in Xi'an High tech Zone are mostly carried out under the management of schools or teachers. However, the principles of spontaneity and voluntariness in the basketball clubs of junior high schools in the high-tech zone have not been effectively utilized.

Once again, the promotion work of basketball clubs is diverse, but the frequency of exposure to basketball culture is extremely low. Some promotional posters should have been posted for up to four years, while electronic screens, radio and television stations, etc. have almost never conducted special reports on basketball. The viewing and promotional aspects of basketball competitions have not been effectively popularized in Xi'an High tech Zone, and the promotion of basketball clubs has not played its due role.

##### ***4.2 Student situation of basketball club***

Firstly, the formation of students' core competencies in physical education is aimed at the whole population rather than a single gender group. The number of female students in the junior high school basketball club in the high-tech zone is too small, therefore, more female students should be attracted to participate in the basketball club. Among the students of all grades participating in the club, the eighth grade basketball club has the highest proportion of participants among the three grades. Secondly, most students in the junior high school basketball clubs in the high-tech zone have a certain foundation in basketball, but there is a lack of practical and systematic training.<sup>[2]</sup>

##### ***4.3 Basketball Club Teachers***

Firstly, most of them have a background in basketball and are able to promptly address any issues that arise during training and competition. Secondly, nearly 90% of students believe that teachers have not been able to teach students according to their aptitude, and there is still a gap in teachers' understanding and recognition of basketball club activities. There is still room for improvement in the concept of activities. At the same time, there are certain deficiencies in the cultivation of basketball competition spirit and tactical awareness. Students generally believe that they have not learned many basketball tactics in basketball clubs, and due to limited competition activities, the cultivation of basketball competition spirit also needs to be improved.

##### ***4.4 Sports Learning of Junior High School Basketball Club in Xi'an High tech Zone***

Firstly, the content design of physical education learning for junior high school basketball clubs in Xi'an High tech Zone is unreasonable, with repeated and repetitive teaching of the same content for a long time. Middle school students have a lower level of love for basketball clubs and a lower level of participation in sports. The main reason is that the content of basketball clubs is relatively single, and there is a serious repetition of physical education learning. Over time, students' love for sports decreases, resulting in poor student participation in sports. The satisfaction of basketball clubs needs to be improved. Therefore, it is necessary to enrich basketball club activities and avoid boring exercises. Secondly, under the influence of previous basketball club students' physical education learning, their enthusiasm for participating in basketball clubs is not high, and 30% of students have a poor level of participation, which needs further guidance.

Thirdly, under the influence of students' physical education learning in basketball clubs, their motivation to participate in basketball clubs is not yet clear enough, and their sense of cooperation is

lacking. 35% of students participate in basketball clubs just to deal with things. Middle school students in Xi'an High tech Zone have poor cooperation awareness, competition awareness, and tactical awareness in the basketball club process. Their ability to cooperate in games is also poor, and they cannot fully implement the coach's arrangements during games, resulting in poor execution.

#### ***4.5 The Influence of High School Basketball Clubs in Xi'an High tech Zone on Students' Core Physical Literacy***

By comparing the scores of various projects, it was found that:

Firstly, in terms of athletic ability, students have poor ability to apply basketball knowledge to practice, indicating a significant gap in their understanding of the fitness value of basketball clubs. The value of basketball fitness needs to be balanced to avoid high or low expectations for the value of basketball clubs. Secondly, among all physical development projects, the average score for believing that basketball clubs can promote the improvement of flexibility is the lowest, and the least suitable is that basketball clubs can improve endurance and agility. At the same time, there is a significant gap in agility among basketball club students.

Secondly, the average score for intentional participation of club members is the highest, while the lowest is for competition application ability and sports fitness decision-making. Basketball exercise tasks have the lowest score. The physical education learning in most basketball clubs is relatively monotonous and boring, with no innovation and repetitive activities. By comparing highly relevant items, students' team adaptation ability has been greatly improved, while their self adaptation ability is relatively inferior.

Thirdly, in terms of sports ethics, firstly, in the three-dimensional dimension of sports ethics, the average awareness of rules is the lowest, mainly because there is less teaching of basketball referee knowledge, rules, etc. Secondly, some students have not formed a correct view of victory and defeat. Compared with civilized manners and respect for opponents, there are still shortcomings in their understanding of victory and defeat through participating in basketball club sports. This is mainly due to the lack of practical experience in competitions and effective guidance on positive and negative views. They place too much emphasis on competition results and neglect the analysis of the competition process and training investment. <sup>[3]</sup>

#### **References**

- [1] Zhu Mingjian.(2020). *Development State of School basketball club and countermeasures research—Taking a primary school in Nanjing as an example.*[J].*Sports World (Academic Edition)*, 02,71-83
- [2] Cai Zhonggeng.(2020). *A Brief Discussion on the Training Mechanism of College Basketball Clubs and the Educational Significance of Campus Basketball Culture.*[J]. *Sports Trend*06,206-208.
- [3] Wang Caifeng.(2020). *Development Statu of Weiyuan County Basketball Club and Investigation Research.*[J]. *college entrance examination*14,195.