

# Research on the Problems and Strategies of Physical Training in College Physical Education and Basketball Courses

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**ABSTRACT.** *basketball competition like sports loved by people all over the world, because the time is long, energy consumption is large, the player's physical requirements is very high, but our country at present the basketball training, because of the lack of professional training philosophy and training methods, cause most of the basketball athlete's physical ability can't meet the practical requirement of the basketball match. Based on the analysis of the deficiency of physical fitness training in basketball training, this paper puts forward appropriate solutions to ensure the overall level of physical fitness training in basketball training, comprehensively strengthen the players' fighting ability, and improve the development level of basketball in China.*

**KEYWORDS:** *College physical education; Basketball class; Physical training; Existing problems; Resolution strategy*

## 1. Introduction

In the process of basketball sports training in colleges and universities, through the study of the physical training of basketball players, can enhance the combat ability of athletes, in the process of fast attack and defense conversion repeatedly improve athletes, the sensitivity of the physical training can help athletes maintain good physical condition, can achieve good results lay a solid foundation for the team, but because of the basketball sports in colleges and universities in the process of training, there are many problems and the insufficiency, caused by physical training effect is not ideal.

## 2. Main problems of physical training in basketball training in China

### 2.1 Lack of scientific and reasonable thinking in physical training

In the process of conducting basketball fitness training, because a lot of basketball players don't realize the importance of physical training leads to a lot of basketball players is not willing to spend a lot of time and energy on the physical training, but spent a lot of time and energy on the tactical preparation, hope can be prepared through tactics to make up for the defect of physical aspect [1].

There are many college sports and basketball classes that pay too much attention to the game, but fail to make long-term plans for players' physical training, which causes the training philosophy to be out of touch with the development of The Times, and even seriously leads to the failure of normal physical training plans. Many coaches fail to actively coordinate the relationship between long-term planning and short-term training, which leads to the fact that many athletes fail to properly practice endurance, speed, explosive force and other special physical training in the training process, resulting in the poor physical quality of players, which seriously restricts the development of players.

### 2.2 The way of physical training is too simple

For a long time, in the process of carry out physical training, because most of the college sports basketball class consciousness, the lack of a scientific and reasonable training of physical training way too single, not improve the effect of physical training, in the process of physical training, for example, must pay attention to every athlete's physical quality and physical and mental characteristics. Proper physical exercise is conducive to

good health, excessive overload exercise is not only bad for health, but will lead to injury. At this point, you need to rest, drink water or soak in a hot bath to restore your physical strength. Once the recovery time is not long enough to continue to exercise is difficult to restore physical strength, causing adverse effects on your health. Therefore, too intense, frequent overload physical exercise is not conducive to healthy development. However, it does not mean that there is no need for high-intensity and high-density physical exercise. Basketball exercise is too easy to achieve the effect of physical exercise, and it cannot increase one's physical quality without reaching the limit of physical ability [2].

Through scientific and reasonable arrangement of training amount, help the basketball player's physical ability to get comprehensive enhancement, but from the current situation, most basketball players in the physical training process still. There is no training in the form of barbells. Although many players spend a lot of time and times in training, the lack of scientific and effective training methods and systematic training lead to the unsatisfactory training effect of basketball players.

### ***2.3 The number of professional basketball physical education teachers in college physical education classes is insufficient***

Since the quality of basketball physical education teachers can directly affect the effect of physical training, it is necessary to strengthen the cultivation of physical training coaches. However, at present, most of China's college sports and basketball classes lack of professional physical training coaches and fail to develop scientific and reasonable training programs according to the physical development of players.

In college basketball teaching process, because of a lot of basketball sports teachers lack the experience of the physical training, often only for students in the classroom teaching of tactical training, it is difficult to to student's physical stamina training, less time and the basketball class, the classroom teaching in the process of physical training time is limited, can't systematically the comprehensive to student's physical exercise, also leads to most students based power shortage, serious impact on the building of the entire team education level [3].

Second, improve the main strategy of physical training in basketball training

(1) A scientific concept of physical fitness training must be established

With the rapid development of China's social economy, sports and sports activities have become more and more abundant. Basketball, as a popular sport among people all over the world, is also very popular in China. In college basketball in the process of physical education teaching, in order to help students develop good physical quality, improve their physical fitness, to adapt to the intense struggle in the game, must be positive change student's ideological concept, fully study the law of basketball sports, through a variety of ways to strengthen students' correct understanding of physical training, let the students to pay attention to physical training in the process of daily training, improve their physical quality, scientific and reasonable in physical stamina training, in a short period of time to enhance the students' basketball technology level [4].

(2) To formulate scientific and reasonable physical fitness training plans

Physical fitness training is closely related to students' personal physical quality. When formulating physical fitness training plans, we should analyze each student's technical characteristics and physical conditions and adopt scientific training methods to improve the overall training effect. In the process of physical fitness training, the most important thing is to strengthen the comprehensive training method combining short-term goal and long-term goal. It is not possible to blindly pursue the results of physical fitness training to conduct surprise training, which is easy to cause the physical function damage of students and shorten their sports career. For example, in order to improve their physical ability, many basketball players in our country tend to overtrain, resulting in physical injury and eventually have to retire early, which has caused a very bad impact. In the future basketball physical fitness training process, the first thing to do is to ensure that the athletes' own physical functions are protected, constantly enhance the strength of physical fitness training under appropriate conditions, and gradually ensure that students' physical fitness is enhanced [5].

Basketball physical training, including special training, jumping training and other related items. The special training can be aimed at students' waist strength, leg strength, hand strength and other physical fitness for a comprehensive exercise. In the process of carrying out special training, the most important thing is to ensure that the training to the critical point after the appropriate relaxation rest, to avoid high-intensity training. Only reasonable collocation, special training related content. For example, push-ups, pull-ups, point feet and other forms of exercise can be specific exercises on students' physical strength. Jumping training is an important part of basketball physical training, which can be coordinated with strength and speed training. If students do not have a good grasp of jumping training, it is easy to cause muscle strain, ligament and tendon damage. For this

reason, the most important thing for basketball teachers is to develop a scientific and reasonable jumping training plan, make full use of lever dumbbells and other equipment for repeated exercise, and enhance students' muscle strength.

(3) Systematically improving the training level of basketball physical education teachers

In the process of classroom teaching, teachers' professional skills and training idea will directly determine the quality of physical training, along with our country university sports basketball class, increasing the number of basketball professionalization development level has been improved, for the teachers' professional level requirement is also increasing, in the process of daily training master the physical training of relevant theoretical knowledge, actively learn foreign team of advanced training methods to enhance the overall quality of the college sports basketball class physical training. In the process of team training, by referring to foreign methods and methods of physical training, a talent team construction system of colleges and universities is formed to ensure that the quality level of physical training in college sports and basketball courses is comprehensively strengthened and the overall level of basketball training is continuously enhanced [6].

### 3. Conclusion

In short, the contemporary college sports basketball class there are many problems in the physical training and the insufficiency, the serious influence the students' physical fitness level, therefore must take appropriate strategy actively, strengthen the result of college sports basketball course of physical training, the reasonable training plan to help students to correctly understand the important role of physical training, to create a good physical training environment for students, to improve the students' interest in physical training, promote the all-round development of students.

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