



Practice of Diversification of Basketball Teaching Methods in Physical Education Specialty

Zhengjun Zhou

Hainan Vocational University of Science and Technology, Haikou 571126, Hainan, China

Abstract: To address the issues of monotonous teaching methods and disconnection between theory and practice in basketball instruction for physical education majors, this study explores diversified teaching approaches to enhance teaching quality and students' comprehensive competencies. The results demonstrate that diversified practices such as tiered instruction and theory-practice integration effectively compensate for traditional teaching limitations, significantly improving students' basketball skills and teaching application abilities. This study proves that diversified teaching methods align with the characteristics of basketball instruction in physical education, balancing skill transmission with teaching competency development, and can serve as a practical reference for similar teaching practices.

Keywords: physical education major; basketball teaching; diversified instruction; tiered teaching; integration of theory and practice

1. Introduction

Basketball instruction serves as a core curriculum in physical education programs, tasked with developing students' basketball skills and teaching competencies. However, many universities still rely on the outdated teacher-modeling and student-imitation approach, which suffers from rigid methodologies, lack of targeted instruction, and a disconnect between theory and practice—failing to meet modern educational demands. To address these challenges, exploring diversified teaching methods and resolving pedagogical bottlenecks is crucial for enhancing instructional effectiveness and cultivating high-caliber physical education professionals.

2. Characteristics of Basketball Teaching in Physical Education Major

2.1 Balancing Skill Transmission and Teaching Ability Cultivation

Basketball instruction in physical education programs fundamentally differs from standard basketball skill training. Its core objectives extend beyond mastering fundamental techniques like dribbling, passing, and shooting, while cultivating students' instructional design, implementation, and error-correction competencies. The pedagogical process must balance technical proficiency with instructional expertise, equipping students not only with basketball skills but also the core competencies required for future teaching roles in K-12 schools. This achieves the organic integration of "learning skills" and "teaching ability," aligning with the program's mission to cultivate applied sports educators.

2.2 Theoretical and field practice are closely integrated

Basketball is a highly practical discipline that integrates rich theoretical knowledge, including basketball rules, tactical principles, teaching methodologies, and sports physiology and psychology. For physical education majors, basketball instruction must overcome the disconnect between theory and practice, establishing a virtuous cycle where theory guides practice and practice enriches theory [1]. Field practice serves as the core platform for skill consolidation and tactical application, while theoretical knowledge provides scientific support for practical training. For instance, explaining basketball rules should incorporate real-field scenarios, and tactical coordination training should be grounded in tactical principles. This ensures students can not only master practical drills but also apply theoretical knowledge to solve real-world problems in teaching and training.

3. Challenges in Basketball Instruction for Physical Education Majors

3.1 Rigid Teaching Methods and Lack of Adaptability

Currently, most physical education programs still rely on traditional lecture-based teaching, where instructors dominate the entire process through a fixed "demonstration-explanation-imitation-repetition" cycle, failing to account for individual

student differences [2]. Students exhibit significant variations in basketball proficiency, learning capacity, and interests. The monotonous approach struggles to accommodate diverse needs: beginners find it hard to keep up, while advanced learners struggle to progress, resulting in diminished educational outcomes. Moreover, the teaching methods lack innovation, focusing primarily on repetitive skill drills while neglecting the development of independent inquiry and collaborative learning abilities—contradicting the multidimensional requirements of physical education talent cultivation.

3.2 Insufficient Integration of Theory and Practice

In basketball instruction for physical education majors at some institutions, a significant disconnect exists between theoretical teaching and practical field training [3]. Theoretical instruction predominantly relies on classroom lectures, often presenting abstract and dry content without practical application. This makes it challenging for students to translate theoretical knowledge—such as basketball rules, tactical principles, and teaching methodologies—into practical skills. Conversely, field training focuses heavily on skill drills while neglecting the integration of theoretical concepts. Consequently, students struggle to apply their theoretical knowledge when encountering training challenges, failing to elevate practical experience into theoretical understanding. This disconnect results in students neither mastering theoretical knowledge nor developing the ability to flexibly apply skills in teaching practices, ultimately compromising the quality of talent cultivation.

4. Diversified Teaching Methods in Basketball Education for Physical Education Majors

4.1 Innovative Tiered Instruction and Enriched Teaching Formats

The core of tiered instruction lies in addressing individual differences among physical education majors, aligning with basketball teaching objectives, breaking away from traditional one-size-fits-all approaches, and implementing differentiated instruction. The entire process emphasizes practicality and dynamic adjustments [4]. Physical education teachers should conduct tiered assessments before class. During the first lesson, basic skill tests and targeted questionnaires are used to comprehensively evaluate students' basketball foundation, learning abilities, interests, and career plans, clearly dividing them into beginner, intermediate, and elite tiers. Specific, quantifiable teaching goals are set for each tier to eliminate vague requirements. In-class instruction adopts a group-based, synchronized approach, with elite students serving as teaching assistants. Beginners focus on skill decomposition, with teachers demonstrating and correcting errors one by one, supplemented by slow-motion replays and dedicated error-correction time. Intermediate students emphasize skill mastery and simple tactical coordination, improving tactical awareness through competitive training. Elites focus on instructional guidance and tactical innovation, taking on small-coach roles and designing teaching segments. Post-class assignments are differentiated: Beginners practice basic skills daily and submit training videos; Intermediates focus on group tactical drills; Elites complete small teaching plan designs. Regular tiered assessments are conducted twice per semester, with content aligned to each tier's goals. Levels are dynamically adjusted based on assessment results, incorporating game-based and scenario simulation methods to enhance teaching effectiveness and student engagement.

4.2 Enhancing Integration of Theory and Practice through Multi-tiered Platforms

Centered on the dual focus of empowering basketball pedagogy through theoretical frameworks and deepening practice through theory, we establish a multi-dimensional practical platform to facilitate their seamless integration, with clearly structured processes tailored to professional training requirements [5]. Physical education teachers should redesign curricula by breaking the conventional "theory-first, practice-later" sequence. Each lesson should integrate theoretical knowledge with practical applications around core themes, enabling students to master skills while understanding movement principles and instructional correction methods. Content optimization should align with primary and secondary school teaching realities to highlight the practical value of theory. A three-tiered practical platform is implemented: On-campus, basketball facilities and multimedia classrooms host classroom skill drills, extracurricular interest groups, school tournament officiating, and simulated teaching sessions where students receive feedback. Off-campus, partnerships with neighboring schools arrange student internships, classroom teaching, club coaching, and tournament organization, while inviting frontline educators to share hands-on experience. The comprehensive evaluation system replaces single-skill assessments with a "theory + practice + teaching competence" framework. Theoretical evaluations emphasize knowledge application, practical assessments focus on skill and tactical execution, and teaching competence evaluations assess instructional design and mentoring capabilities. Incorporating self-assessment, peer review, and external instructor evaluations ensures objectivity, compelling students to balance theoretical learning with practical skill development, thereby enhancing teaching effectiveness.

5. Conclusion

The diversified implementation of basketball teaching methodologies in physical education programs serves as an effective solution to current pedagogical challenges and enhances talent development quality, aligning with the core requirements of modern physical education training. This study examines the characteristics of basketball instruction in physical education, addressing issues such as monotonous teaching approaches and disconnection between theory and practice. It explores the practical implementation of two core diversified teaching methods—layered instruction and theory-practice integration—detailing their specific procedures and nuances. These approaches achieve the dual objectives of individualized teaching and synchronized theoretical-practical development, significantly improving students' basketball skills and teaching competencies. The application of diversified teaching methods transcends the limitations of traditional models, enriches instructional formats, refines the teaching system, and highlights the professionalism and practicality of basketball instruction in physical education programs.

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Author Bio

Zhengjun Zhou, male, Han ethnicity, born in December 1983 in Haikou, Hainan Province. He holds a bachelor's degree and serves as a lecturer specializing in physical education.