

Research on the Dual-Track Integration Reform Mechanism of Ideological and Political Education-Competition and Training in Basketball Teaching in Private Colleges and Universities from the Perspective of National Fitness

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Abstract: This article aims to effectively enhance the educational effectiveness and social service function of basketball teaching in private colleges and universities, and to achieve the organic unity of sports skills training and ideological and political education. Based on the national fitness strategy and the Healthy China strategy, it focuses on the problems existing in basketball teaching in private colleges and universities, such as “emphasizing skills over moral education” and “separation of competition and training”. Combining the significance of ideological and political education in basketball teaching and the implementation principles of integrating competition and training in basketball teaching, from the perspective of national construction, this paper studies the creation path of the “ideological and political- competition and training” dual-track integration reform mechanism for basketball teaching in private colleges and universities, aiming to effectively promote the reform of basketball teaching in private colleges and universities and truly establish a long-term mechanism for the coordination of the dual-track.

Keywords: National Fitness; Private colleges and universities; Basketball teaching; “Ideological and Political Education - Competition and Training”; Dual-track integration

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1. Preface

Against the backdrop of the continuous advancement of the national fitness strategy, physical education teaching activities in private colleges and universities need to proactively undertake the dual mission of enhancing the physical health of young people and promoting their all-round development. Basketball, with its solid mass base and the characteristic of teamwork, has become a key carrier for private colleges and universities to implement the concept of national fitness and cultivate students' healthy physical fitness. However, at present, basketball teaching in private colleges and universities has problems such as fragmented educational goals, single teaching models and insufficient social response, which are not conducive to the all-round development of students. Based on this, this paper, in light of the actual situation of private colleges and universities,

proposes to create a dual-track integrated teaching model of “ideological and political education - competition and training”, which not only empowers teaching activities with ideological and political elements but also drives the development of capabilities through the collaborative efforts of competition and training. Below, this article will conduct relevant discussions on the dual-track integration reform mechanism of “ideological and political education -competition and training” in basketball teaching in private colleges and universities from the perspective of national fitness.

2. The Importance of Ideological and Political Education in Basketball Teaching

2.1. Implement the fundamental task of fostering virtue and nurturing talent

In the new era, basketball teaching has undoubtedly become an important carrier of physical education for nurturing people, and it is necessary to always respond to the educational policy of “cultivating virtue and nurturing talent”. In the process of carrying out basketball teaching activities, private colleges and universities have always been guided by ideological and political concepts, fully exploring the basic ethics such as fair competition and compliance with rules in basketball activities, which can effectively cultivate students’ awareness of integrity and legal concepts. At the same time, by integrating basketball confrontation activities, the spirit of collectivism can be flexibly instilled in students, which can also help them establish a correct sense of social responsibility and a correct view of winning and losing^[1]. This can effectively make up for the current situation of traditional basketball teaching that “emphasizes physical fitness over moral education”, and promote the coordinated development of students’ basketball skills and moral qualities.

2.2. Strengthen the educational value of sports spirit

Basketball embodies the core spirits of unity, collaboration, hard work and tenacity, which are highly consistent with the goals of ideological and political education. When teachers carry out basketball teaching activities, actively integrating ideological and political elements (the spiritual core) can effectively stimulate students’ intrinsic motivation to challenge themselves, and can also cultivate students’ willpower and resilience to setbacks imperceptibly. This can lay a solid foundation for students’ future growth and development^[2]. Meanwhile, teachers can organize students to carry out tactical cooperation practical activities based on basketball, which can effectively cultivate students’ team cohesion and help them develop a good sense of collective honor. In conclusion, when teachers organically integrate ideological and political education into basketball teaching activities, it can promote the organic transformation of abstract ideological and political concepts into perceptible behavioral norms, thereby effectively enhancing the educational effectiveness of basketball teaching activities.

2.3. Facilitate the formation of the concept of lifelong sports

Integrating ideological and political education organically into basketball teaching activities can achieve a deeper guidance of healthy values for the development of basketball teaching activities. Teachers help students further deepen their understanding of the importance of sports for personal development by explaining to them the intrinsic connection between a healthy lifestyle and the acquisition of sports skills, so that they can actively participate in basketball. On this basis, teachers’ active integration with the strategic orientation of national fitness can effectively deepen students’ identification with basketball, and further encourage students to persist in playing basketball, turning physical exercise into a voluntary action. This can promote students to grow into healthy young people with good health literacy^[3].

3. Implementation Principles of Integrating Competition and Training in Basketball Teaching

3.1. The principle of synergy

The principle of synergy requires that when teachers integrate competition and training, they should always be able

to focus on the coordinated unity of personal development and team goals. Specifically, in the process of conducting basketball teaching activities, teachers should clarify the intrinsic connection between collective goals and individual role positioning, and guide students to naturally form a sense of responsibility sharing and develop collaborative execution ability in basketball competitive activities^[4]. In this way, the disconnection between team spirit and skills training can be effectively avoided. Teachers actively follow the principle of synergy and scientifically design training activities led by team efficiency, which can effectively meet the highly collaborative requirements of basketball.

3.2. The principle of integration

The principle of integration requires that when teachers conduct basketball teaching activities for students, they should always ensure the deep integration of basketball guidance and practical verification. Specifically, teachers should proactively integrate tactical theory knowledge and basketball rule recognition knowledge organically into confrontation training activities, and through real-scene training, help students further verify the rationality of their decisions and the standardization of their technical movements. This can effectively solve the problem of “disconnection between learning and application”. Teachers actively take the principle of integration as the guide and scientifically build a closed-loop chain of “classroom detailed explanation - simulation exercise - practical test”, which can not only help students effectively transform theoretical knowledge into practical ability, but also further highlight the concept of unity of knowledge and action in competitive sports^[5].

3.3. The principle of advancement

The principle of advancement requires that when teachers create competition and training activities, they should proactively start from the actual abilities of students. That is, teachers should be able to design the competition and training content differently based on the differences in students’ skill levels and their actual physical fitness foundation - consolidating basic skills → applying advanced tactics → increasing the intensity of training and the complexity of competitions. This can help students gradually improve their basketball skills and physical fitness. Meanwhile, teachers should also actively build a dynamic assessment and feedback system, and based on this system, make dynamic and scientific adjustments to basketball training programs. This not only effectively avoids the imbalance of physical and mental load but also effectively responds to the national fitness program.

4. The Creation Path of the “Ideological and Political Education - Competition and Training” Dual-Track Integration Reform Mechanism for Basketball Teaching in Private Colleges and Universities from the Perspective of National Fitness

4.1. Mechanism Construction: Implement the top-level design of dual-track parallel operation

To effectively address the current disconnected situation where ideological and political education and competition training operate independently, teachers should actively carry out top-level design during the process of conducting basketball teaching activities, clearly defining the framework for the integration of ideological and political education and competition training. This not only ensures the effective implementation of ideological and political education but also guarantees an effective response to the policy orientation of “integration of sports and education” in national fitness. And truly demonstrate the role of basketball teaching activities in serving the construction of a Healthy China.

To achieve the substantive operation of decision-making bodies, it is necessary to conduct refined design of institutional texts. To ensure the effective implementation of the dual-track integration teaching strategy, it is possible to start from aspects such as the quantification of goals, the list of rights and responsibilities, and process standards, and scientifically formulate the “Dual-track Integration Implementation Plan”, clearly defining the penetration rate of ideological and political education in courses, the way of implanting ideological and political cases, and the process standards for dual-track integration. Finally, it is necessary to scientifically build a dual-track operation evaluation system from three aspects: ideological and political goals, competition and training indicators, and integration effectiveness. From

the perspective of the evaluation dimensions of ideological and political goals, specific observation indicators should include team collaboration scores, rule compliance rates, and the rate of proper handling of conflicts on the field, with a weight ratio of 40%. From the perspective of the evaluation dimensions of competition and training indicators, specific observation indicators should include the rate of skill compliance and the duration or frequency of league appearances, with a weight ratio of 40%. From the perspective of the evaluation dimension of integration effectiveness, specific observation indicators should include the conversion rate of healthy behaviors and the participation in social services, with a weight ratio of 20%. By scientifically constructing a dynamic feedback and evaluation system for the dual-track operation, it can provide effective data support for private colleges and universities to precisely invest in basketball teaching resources, and can effectively prevent the dual-track integration reform mechanism from becoming a mere formality from the source.

4.2. Resource Sharing: Build a collaborative education platform both inside and outside the classroom

There is a situation where traditional basketball teaching activities are disconnected from classroom training and extracurricular competitions, which to a certain extent leads to the failure to effectively improve students' practical basketball skills and the inability to effectively transform healthy behaviors. In response to this situation, private colleges and universities should actively build a platform for collaborative education both inside and outside the classroom. Relying on this platform, they should open up the "learning - competition - practice" channel, which not only effectively extends the teaching time and space and truly solves the problem of teaching venue limitations, but also strongly responds to the requirement of "lifelong exercise habit formation" in national fitness.

First of all, it is necessary to start from the basic level and realize the ideological and political transformation of the competitive scenarios in basketball classroom teaching activities. For instance, teachers can reserve 20 minutes in each classroom teaching activity to guide students to design tactical cooperation based on scenarios such as the upper limit of fouls and setting score difference targets, centering on basketball rules, and conduct "highly realistic confrontations". On this basis, teachers should be able to immediately stop controversial penalty actions and explain the "fair adjudication" clause to students, thereby cultivating students' awareness of rules. Meanwhile, in order to cultivate students' teamwork ability, teachers can enforce that "all members of the trailing team must touch the ball at least three times before they can attack", which can further enhance students' trust building in adverse situations. Secondly, it is necessary to start from the extension layer to achieve a precise match between the teaching cycle and the hierarchical league. For instance, in the entry-level league, teachers can organize a 4v4 competition within the class in combination with the passing and cutting teaching from weeks 4 to 8. In the advanced league, teachers can organize the "Freshman Cup" league among departments in combination with the joint defense tactics teaching from the 9th to the 15th week. In the elite level, teachers can organize the school-level "Dual-Track Cup" annual league in combination with the final assessment. This can not only effectively cultivate students' tactical execution ability, but also further activate their subjective initiative in basketball. Finally, efforts should be made from the social level to achieve the integration of community resources and the internalization of health responsibilities. For instance, private colleges and universities can actively cooperate with community streets to jointly establish a "university-Community basketball alliance", which not only provides students with more opportunities to participate in basketball games but also offers them positions such as referees and technical statistics. This way of decentralizing events can help students internalize their health responsibilities imperceptibly.

4.3. Capacity Reconstruction: Strengthen the cultivation of dual-qualified teaching teams

Teachers are the direct guides of students and also the direct stakeholders in the improvement of students' basketball skills. Therefore, teachers' competitive guidance ability and ideological and political transformation ability are directly related to the improvement of students' physical fitness and ideological and political literacy. Based on this, private colleges and universities should, in light of the current situation where teachers "emphasize skill imparting but lack the exploration of ideological and political elements", carry out effective cultivation work for basketball teachers, build them into dual-

qualified teachers, and truly enhance the timeliness of “cultivating virtue through competition”.

First of all, it is necessary to help teachers achieve knowledge integration. To ensure that teachers can effectively explore ideological and political elements and organically integrate ideological and political education with basketball education, private colleges and universities can scientifically design modules for exploring ideological and political elements, interdisciplinary teaching design, and interpretation of Healthy China policies, helping teachers further understand the mapping relationships such as “fighting and striving → fighting spirit” and “abiding by rules → legal concepts”. Cultivate teachers’ ability to develop ideological and political teaching plans for basketball courses and help them truly understand the intrinsic connection between the national fitness strategy and basketball teaching activities. Secondly, it is necessary to assist teachers in achieving skill upgrades. Specifically, private colleges and universities can, based on the theory of cognitive apprenticeship, actively develop ideological and political cases in competitions and training to help teachers gradually enhance their ability to guide moral education. Meanwhile, private colleges and universities should also actively create immersive training scenarios for teachers. For instance, two “competition and training ideological and Political simulation classes” are held for teachers each semester. Teachers are organized to play the roles of basketball coaches and players respectively, and conflict scenarios such as referees’ wrong calls and players’ disputes are ingeniously designed. This is used as a starting point to actively cultivate teachers’ skills in guiding moral education. Meanwhile, in the new era, it is also necessary to actively utilize AI technology to build an AI emotion recognition system, so as to effectively analyze the effectiveness of teacher intervention and provide targeted guidance to teachers based on their existing deficiencies. Finally, effective incentive measures should be implemented for teachers, that is, the effectiveness and evaluation and appointment system should be organically combined to achieve effective motivation for teachers. For instance, in terms of the effectiveness of ideological and political education transformation, teachers can be evaluated from the perspectives of the rate of students’ compliance with moral education behaviors in class and the depth of post-competition reflection reports, through the method of on-site observation by supervisors and text analysis.

4.4. Feedback Regulation: Build a dynamic effect evaluation system

The traditional basketball teaching evaluation has a situation of “emphasizing skills but neglecting qualities”, which is not conducive to the all-round development of students’ skills and qualities. In response to this situation, private colleges and universities should guide teachers to actively implement dynamic assessment based on the principle of “scientific promotion” of national fitness, starting from multiple aspects such as cognition, behavior and value. This should not only ensure the scientificity, rationality and effectiveness of the assessment, but also guarantee that the assessment can support the dynamic adjustment of teaching activities and empower the high-quality development of basketball teaching.

Specifically, teachers can conduct scientific evaluations of students from three assessment dimensions: practical skills, persistent behavior, and internalized qualities. From the perspective of practical skills, the success rate of students’ tactical execution and the rationality of handling key shots can be scored. From the perspective of behavioral persistence, the frequency of students’ extracurricular self-training, the participation rate in class leagues, and the attendance rate in community services can be scored. From the perspective of internalizing qualities, It can assess students’ sense of team responsibility, the pass rate of rule compliance scenario tests, and their ability to negotiate and resolve conflicts. Teachers’ assessment of students from multiple perspectives can enable them to have a comprehensive understanding of the growth of students’ abilities and qualities, and they can provide targeted guidance to students based on their weak points. Meanwhile, this evaluation system can also promote the development of evaluation work from short-term diagnosis to lifelong quality, thereby breaking the predicament of the “two skins” of assessment and teaching, and is in good alignment with the principle of “scientific advancement” of national fitness.

5. Conclusion

Based on the perspective of national fitness, this article proposes a dual-track integration reform mechanism of “ideological and political education-competition and training” in basketball teaching, which can effectively address the disconnection between “competitive training” and “ideological and political education”, and significantly enhance the effectiveness of basketball teaching. In the future, private colleges and universities should continue to conduct research on the integrated and innovative development of basketball teaching, and effectively cultivate a large number of new-era sports talents with both moral integrity and professional skills.

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