

DEVELOPING BASKETBALL TEACHING PROGRAM FOR STUDENTS OF SPORT COACHING MAJOR OF BAC NINH SPORT UNIVERSITY

Pham Duc Toan¹

Abstract:

Study results have selected content and develop a basketball teaching program, with a duration of 45 periods, in the form of credit courses, which are feasible and practical for application in actual general basketball teaching for students of Sports Coaching major at Bac Ninh Sport University.

Key words: Teaching program, Basketball, general students.

INTRODUCTION

With the development trend and the practical requirements of training staff of Bac Ninh Sport University, the renovation and content development of the curriculums of subjects, including the standardization of curriculum content of compulsory subjects in general and basketball in particular, have become vital and urgent. On the basis of theoretical analysis and research results, we would like to introduce a basketball teaching program for students of Bac Ninh Sport University.

RESEARCH METHODS

In the course of researching the topic, the following methods are employed: Reading and analyzing materials; Interviews, pedagogical examination, pedagogical experiment, and mathematical statistics

RESULTS AND DISCUSSION

1. Reality of content of general basketball program for students of Sports Coaching major under the credit system

The results showed that the basketball program had some limitations as follows:

- The content of the program has not integrated theory and practice, is not suitable with the ability to learn and is not able to apply effectively in the practice of professional labor.
- Duration of program has changed from 30 periods to 45 periods, however, the content of

the program is not suitable with the duration.

- The objective of the program is not related to the practical training, does not contain "vocational character", and at the same time does not show which level of academic achievement students might gain after finishing the course.

2. Research in constructing and experimental application of basketball teaching program for students of Sports Coaching major at Bac Ninh Sport University

2.1 Selecting teaching content

By using the interview methods, the contents of basketball teaching for students of Sports Coaching major at Bac Ninh Sport University have been selected. Specifically:

- + *Theory*: History and development of basketball; Basketball Rules; Method of organizing and refereeing basketball competitions.
- + *Practice*: Basic Techniques, Attacking strategies in Basketball.

2.2 Basketball teaching program for students of Sports Coaching major at Bac Ninh Sport University

Course objectives:

- *In terms of theory*: The course will introduce students to the basics of basketball. Introduction to the origins and history of basketball development around the world and Vietnam over time.

1. PhD, Bac Ninh Sport University; Email: ductoansport@gmail.com

- *In terms of techniques:* During the learning process, students will be equipped with the most basic skills in basketball techniques such as; dribbling, passing, how to move in basketball, personal techniques, for each student to master basic techniques in basketball and from which to self-improve in expertise.

- *In terms of attitude:* Students are required to follow the rules of the instructor. Neat outfit is also vital.

- *Requirements for students:*

- Students are to attend class on time, in full

hours as specified by the program.

Course structure:

The course consists of 45 periods, equivalent to 03 credits

- *Theoretical part:* The total is 4/45 periods, accounting for 8.8% of the total time.

- *Practical part:* The training hours are 36/45 periods, accounting for 80% of the total time.

- *Test method:* The test time is 5 hours, accounting for 11.1%.

Subjects: Students of Sport Coaching.

Initial condition: None.

Table 1. Course syllabus

No.	Content	Total hours	Time and form of instruction				Self-study
			Theory	Exercise /method	Practice	Discuss	
	Credit 1: History of the development of Basketball	15	2	0	12	1	0
1	Origin and development of basketball		2			1	
2	Tilt run, direction-changing run, sides slide, forward slide, backward slide techniques				2		
3	Court size, basketball equipment, moving without ball				2		
4	Dribbling in place, dribbling while moving				2		
5	Shoot with one hand technique				4		
6	2-step lay-up with one hand technique				2		
	Credit 2: Basic Techniques in Basketball	15	2	0	11	2	
7	Method of organizing and refereeing basketball competitions		2			2	
8	Dribble and spin 360 degrees then change hand				2		
9	2-step hook lay-up with one hand.				3		
10	2 people move, pass and catch ball with two hands in front of chest				4		
11	Stay in one position and shooting with 1 hand technique				2		
	Credit 3: Offensive strategies in Basketball	15	0	0	13	2	
12	Drive ball pass through opponent with convenient step				2		
13	Drive ball pass through opponent with cross step				2		
14	Fast attack strategies				2		
15	Zone defense strategies				2		
16	Competitions and refereeing methods				5	2	
Total		45	4		36	5	

Content and form of examination:*** Content of exam:****Mid-term test**

1. 2 steps lay-up with one hand technique
 - Male 5/5 shots into the basket gain 9 points
 - female 5/5 shots into the basket gain 9 points
- 1 shot less, minus 2 points. 1 point left is to evaluate the performing technique according to 4 levels (A, B, C, D)

Final Exam

1. Stay in one position, shoot with one hand 5 times
 - Male 3/5 shots into the basket gain 9 points
 - female 3/5 shots into the basket gain 9 points
- 1 shot less, minus 3 points. 1 point left is to evaluate the performing technique according to 4 levels (A, B, C, D)
2. Move, pass and catch the ball with two hands in front of chest
 - Perform 1 time. Evaluate on the scale of 10 with 4 levels of techniques (A, B, C, D)
 - 1 level decrease, minus 2.5 points. 1 point left is to evaluate the performing technique according to 4 levels (A, B, C, D)

*** Form of exam:**

- Multiple choice theory test.
- Practice test according to the built contents.

*** Evaluation criteria include:**

- Each study unit is evaluated as follow: The study unit score is the total of 3 scores (evaluate on the scale of 10): Conciousness score + mid-term test score + final exam score.

In which: Conciousness score is 10%

Mid-term test score is 30%

Final exam score is 60%

Final exam score = (theory score + practice score*2)/3

Theory score is the score of the technical exercises, examined by the multiple choice test (or ask and answer) the contents existed in the program.

Unit score = conciousness score + mid-term test score + final exam score

Rating scale: Scale of 10**2.3 Experimental application, evaluation of the effectiveness of basketball teaching program for students of Bac Ninh University of Physical Education and Sports, 2017-2018**

- The curriculum was pedagogically experimented in the form of collation. The number of students participating in the experiment was 61 students of K51 in Sports Coaching major. Experimental time is at the beginning of school year 2017 - 2018. From: 22/2/2017 to 31/5/2017 with duration of 45 periods of practice, 22 weeks of practice, 1 session per week, each session is 90 minutes. Under the guidance, management and teaching of basketball teachers.

- Evaluate the effectiveness of the experimental application of basketball teaching program for students of Sports Coaching major in the school year of 2017-2018.

To evaluate the effectiveness of the content, General basketball teaching program for students of Sports Coaching major at Bac Ninh Sport University was built in practice, the topic used selected test items to test the effectiveness of the program that the topic has built in practice.

Experimental results are shown in Table 2.

Table 2. Summary of general basketball study results of K50 and K51 students of Sports Coaching major at Bac Ninh Sport University

Session	Number	Study Unit	Excellent (A) 8,5 – 10		Good (B) 7,0 – 8,4		Fair (D) 5,5 – 6,9		Weak (D) 4,0 – 5,4		Poor (F) 0 – 3,9	
			No.	%	No.	%	No.	%	No.	%	No.	%
Theory												
51	61	1	26	42.60	25	41.00	6	9.80	4	6.50	0	0
50	113	1	20	17.60	40	35.30	30	26.50	23	20.30		
Practice												
51	61	1	26	42.60	25	41.00	6	9.80	4	6.50	0	0
50	113	1	38	33.60	54	48.00	13	11.50	8	7.07	0	0



Establishing specific, public standards is a necessary condition for conducting a highly effective training process

From the results obtained in Table 2, the following observations can be drawn:

- K51 students are more receptive to both theoretical and practical contents of the subject than the K50. The rate of students K51 scored good and excellent is at high rate, while fair scores decreased. Students have the ability to master the course content specified in the study unit: Techniques and technical principles, basic rules, training methods, methods of organizing and refereeing basketball competitions.

- Study results reflected the effectiveness of the program goal of equipping students with some basic knowledge of basketball.

CONCLUSION

- The research has developed a general basketball teaching program for students of Sports Coaching major at Bac Ninh Sport University.

- The research has demonstrated the effectiveness of applying the experimental program for the experimental group, initially gained good results. The content of the program is selected in accordance with students' receptive skills and mobility.

REFERENCES

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