

RESEARCH ARTICLE

College students basketball referee training mode

Xi Lu

Philippine Christian University Center for International Education, Manila 1004, Philippines

Abstract: Basketball, as a widely developed sport, is loved and welcomed by college students. In college sports activities, basketball competition is an important way for students to exercise their bodies and cultivate their team spirit, also an important platform to show their personal style and school sports culture. With the continuous popularization and development of college basketball, the demand for high-quality basketball referees is increasing. This study aims to explore and optimize the training mode of the basketball referees, improve the overall level of the basketball referees and meet the needs of the development by constructing a systematic and scientific training program. Optimizing the training mode of college basketball referees is not only helpful to improve the adjudication level and competition quality of referees, but also has great significance to promote the reform and development of college physical education. By cultivating high-quality basketball referees, it can promote the healthy development of college basketball games, enhance the enthusiasm of students to participate in sports activities, cultivate more sports talents with professional quality and practical ability, and finally promote the overall progress of sports cause in colleges and universities.

Keywords: College; College students; Basketball referee

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1 Current Situation

By optimizing the training system, improving the training methods, strengthening the practical opportunities, establishing the evaluation and feedback mechanism and other strategies, the problems in the training process of college basketball referees can be solved, and the professional ability and professional quality of the referees can be improved.

1.1 Cultivation mode and path

In colleges and universities, the training of basketball referees is mainly carried out through course teaching, practice practice and extracurricular training. Curriculum teaching is the foundation. Through the setting of physical education professional courses and elective courses, students can systematically learn the basic theories and rules of basketball referee. Practice practice is very important.

Colleges and universities usually arrange students to participate in the referee of basketball games inside and outside the school to accumulate experience through actual combat. Extra-curricular training covers attending all kinds of referees training courses and lectures, and receiving the guidance and training of professional referees. The training path is relatively single, most of which rely on campus resources, and lack of deep cooperation with external sports organizations and events, which limits students' practical experience and vision. Although some universities have tried to cooperate with local basketball associations or professional clubs, this form of cooperation has not yet been popularized, and self-training on campus. There is a lack of systematic career development planning and long-term tracking mechanism in the training path, and the channel for students to enter the ranks of professional referees after graduation is not clear enough.



Figure 1 Training site of college student basketball referees

1.2 Training content and curriculum setting

The training content of college basketball referees covers both theoretical teaching and practical training. In terms of theoretical teaching, the curriculum covers basketball rules, referee skills, game management, ability to adapt on the spot and other contents. These courses are usually conducted through classroom teaching, case analysis and thematic discussion to help students master the basic theoretical knowledge and skills of judging. In terms of practical training, the course covers simulation competition, actual combat referee, referee skill training and other links, aiming to improve students' adjudication ability and adaptability level through practical operation. The systematic and scientific curriculum setting is an important guarantee for the training effect, but there are still some shortcomings in the current curriculum content and setting in practice. The connection between theoretical course and practical course is not close enough, and students' application ability in practical competition is weak. The number and intensity of practical courses are insufficient, and students lack sufficient practical opportunities and experience. The curriculum is too flexible and innovative to adapt to the rapidly changing basketball sports environment. Although some universities have tried to introduce modern teaching methods, such as video analysis, online courses, etc., the overall application level needs to be improved.

2 Problems Existing

2.1 Lack of combination of theory and practice

The insufficient combination of theory and practice

is one of the main problems in the training process of college basketball referees. Although the course covers the rich theoretical knowledge, but in the actual teaching, the combination of theoretical teaching and practical training is not close, lead to students in practical knowledge, the root of the phenomenon is the lack of effective cohesion and interaction between theory courses and practice courses, students in the theoretical learning stage did not have enough opportunity to practical operation, practical course design also failed to fully embody the application of theoretical knowledge. The limited practical opportunities make students lack the necessary practical experience, especially when dealing with unexpected situations and complex competition environment. The single and outdated teaching methods are also the important reasons for the insufficient combination of theory and practice. The traditional classroom teaching mode places too much emphasis on the transmission of knowledge, ignoring the students' active participation and the cultivation of practical operation ability. Although some universities have tried to introduce case teaching and simulation training methods, the effects of these innovative teaching methods have not been fully reflected due to the lack of systematic planning and resource support.

2.2 Limited training resources

The limitation of training resources is an important factor that restricts the training effect of college basketball referees. At present, colleges and universities have relatively limited resources investment in the training of basketball referees, mainly in the training funds, teaching equipment and field resources. Insufficient training funds lead to the limitation of curriculum setting and training activities, which affects the overall training quality. The lack of teaching equipment makes it difficult to fully apply modern teaching means, and it is difficult for students to obtain intuitive and comprehensive teaching experience in the learning process. The shortage of site resources further restricts the development of practical courses and actual combat training, and students' actual combat opportunities and experience

accumulation are seriously affected. The unbalanced distribution of training resources is also a problem. There are significant differences in the allocation of resources among different universities. Some universities with rich resources can provide relatively perfect training conditions, while universities with relatively scarce resources are difficult to guarantee the basic training needs. The effective utilization and sharing mechanism of resources has not yet been established, leading to resource waste and inefficient use. Colleges and universities lack innovation and flexibility in the development and utilization of training resources, and fail to make full use of off-campus resources and social resources for cooperation, expand training channels and improve training effects.

2.3 The evaluation system is imperfect

The imperfection of the evaluation system is an important problem that affects the training effect of college basketball referees. At present, in the process of the cultivation of basketball referees, the evaluation system is relatively single, mainly rely on the final exam and daily performance evaluation, lack of comprehensive, systematic evaluation criteria and methods, the evaluation way too pay attention to the theoretical knowledge of assessment, ignored the practice ability and comprehensive quality assessment, it is difficult to fully reflect the students' true level and ability. The evaluation process is highly subjective, and the lack of objective and fair evaluation standards and methods, leading to the question of the credibility and scientific evaluation results. It is difficult for students to obtain timely and specific feedback in the evaluation process, which affects their learning motivation and improvement motivation. The defects of the evaluation system are also reflected in the single and limitation of the evaluation content. The current evaluation content mainly focuses on the degree of theoretical knowledge, and the evaluation of practical skills, contingency ability and professional quality is relatively weak, which is difficult to reflect students' comprehensive and accurate ability. The design and implementation of the evaluation system are lack of systematic and sustainable,

failing to form a closed-loop feedback and improvement mechanism, and the evaluation results are difficult to provide effective support for teaching improvement and students' growth. As can be seen from the data of the evaluation pass rate of college basketball referees, Between 2020 and 2023, The qualification rate of theoretical knowledge is relatively stable, But remained consistently maintained between 54% and 58%, It shows that the mastery of theoretical knowledge has not improved; The qualified rate of practical skills is increasing year by year, Rising from 48% in 2020 to 59% in 2022, But it fell back slightly to 58% in 2023, It shows the progress in the actual combat ability cultivation; The qualified rate of comprehensive quality fluctuates greatly, Rising from 45% in 2020 to 68% in 2022, But it dropped again to 51% in 2023, This reflects the instability in the cultivation of students' comprehensive quality, Further attention and improvement are needed.

Table 1 Evaluation pass rate of college students' basketball referees

Name	In 2020	In 2021	In 2022	In 2023
speculative knowledge	58%	54%	54%	55%
Practical skills	48%	55%	59%	58%
sitting up exercise	45%	54%	68%	51%

3 Optimization Strategy

3.1 Improve the training system

The Perfecting the training system is the key link to optimize the training mode of college students' basketball referees. A systematic training scheme needs to be constructed. A systematic culture program should cover clear culture objectives, detailed culture plan and operational culture paths. The training objectives should be specific and clear, covering the theoretical knowledge, practical skills and professional qualities that the referees should have. A detailed training plan shall cover the specific content and timing of each training stage to ensure the systematization and continuity of the training process. The operational training path should be combined with the actual situation of colleges and universities to design suitable for students' learning and practice routes. Setting up scientific and reasonable course content is an important measure to ensure

the training effect. The content of the course should cover basketball rules, referee skills, contingency ability and other aspects, and be updated and adjusted according to the actual needs to ensure the forward-looking and practicality of the course. The curriculum should pay attention to the combination of theory and practice, and help students to fully master the knowledge and skills of judgment through the teaching of theoretical courses and the training of practical courses. Strengthening the training of teachers is an important guarantee to improve the quality of training. Colleges and universities should continuously improve the professional level and teaching ability of training teachers by introducing professional referees, inviting well-known judges to give lectures and training, and organizing teacher training. The introduction of professional referees and well-known experts can improve the authority and practicability of the training, and provide more opportunities for students to learn and communicate. The organization of teacher training can provide students with high-quality training services by continuously improving the professional quality and teaching ability of the training teachers. With these measures, we can build a systematic and scientific training system, and provide a solid foundation for the training of college students' basketball referees.

3.2 Optimize the training methods

Optimizing the training method is an important way to improve the practical ability of college students' basketball referees. The teaching mode combining theory and practice is one of the effective training methods. In terms of theoretical teaching, students can help them to systematically learn and master the basic theories and knowledge of basketball referees through classroom teaching, case analysis, special lectures and other ways. In practice teaching, can through simulation game, practical training, let the students in the real environment to the referee practice, improve their contingency ability and level, with the combination of theory and practice, students can understand the rules and skills of the referee in theory, also can accumulate experience in practice, improve the practical

ability. The introduction of simulation competition and actual combat training can allow students to practice in the real competition environment, and improve their adaptability and adjudication level. The simulation competition can be carried out in accordance with the rules and procedures of the formal competition. In this way, students can be familiar with the working process and operation norms of the referee in the actual operation, and accumulate practical experience. Using modern teaching methods, such as video analysis and online courses, can enrich the training forms and enhance students' interest and effect in learning. Video analysis can help students through back to see the game video referee technical self assessment and improvement, and online courses can break the limitation of time and space, enable students to study and review anytime and anywhere, with the application of modern teaching methods, can improve the effect of training and efficiency, to help students to better grasp the knowledge and skills, the application of the optimization training methods, can effectively improve the practical ability of college students basketball referees and the level.

3.3 Strengthen practice opportunities

Strengthening the practical opportunity is a necessary measure to cultivate the practical experience of college students' basketball referees. Colleges and universities should actively cooperate with the basketball games inside and outside the university to provide more opportunities for students. In the college league, students can be arranged to serve as referees to accumulate practical experience. By virtue of the referee practice and internship in the actual competition, students can better master the referee skills and improve their practical ability. Encourage students to participate in the work of after-school basketball games, in order to expand their vision and improve the level of adjudication. The adjudication work of off-campus competitions can enable students to contact with a more diversified competition environment, communicate and learn from other judges, draw on their experience and skills, and constantly improve their own adjudication level.

The establishment of the internship and internship system can provide students with systematic practical training opportunities. With the referee practice and internship in the actual competition, students can better master the referee skills and improve their actual combat ability. The internship and internship system should cover the selection of internship units, the arrangement of the internship content, the guidance of the internship process and the evaluation of the internship effect. With these measures, we can ensure the smooth progress of the internship and internship work, help students to accumulate practical experience, and improve the ability of execution and adjudication. Regular organization of referee skills competition and assessment is helpful to stimulate students' learning enthusiasm and competition consciousness, and find their own deficiencies through the competition and assessment, and carry out targeted improvement and promotion. Referee skills competition and assessment, can be in accordance with the formal game rules and process, in this way, students can be familiar with the referee of the actual operation process and operation specification, accumulate actual combat experience, with these measures, can effectively strengthen the practice opportunity, help students to accumulate practical experience, improve the level of ruling.

4 Conclusion

Optimize the training mode of college students basketball referees, help to improve the level of the referee and the quality, at the same time to promote the reform and development of physical education in colleges and universities is of great significance, by cultivating high-quality basketball referees, can promote the healthy development of college basketball game, enhance the enthusiasm of students to participate in sports activities, cultivate more professional quality and practice ability of sports talents, eventually promote the overall progress of college sports.

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