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Research Article

Effective Path Research on Cultivating University Students' Sportsmanship with University Basketball Teaching as an Example

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Abstract

In the university stage, the cultivation of sports EQ should be paid enough attention to, and sportsmanship is one of the essential core qualities of university students. The paper first defines the concept of university students' core literacy and university basketball teaching, expounds the relationship between the two, and with the core literacy as the background, analyzes the current situation and challenge of cultivating sportsmanship in university basketball teaching, and discusses the effective countermeasures and methods, aiming at expanding the path of cultivating sportsmanship and upgrading the quality of talent training. Promote the connotation development of university basketball teaching.

Keywords

University Students • Sportsmanship • Basketball Teaching

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On March 30, 2015, the Ministry of Education issued the *Opinions on Comprehensively Deepening the Curriculum Reform and Implementing the Fundamental Tasks of Morality Education*, and first proposed the concept of "core literacy". On February 22, 2016, in the *Core Literacy Development of China Students (Exposure draft)*, the students' core literacy was defined as "the requisite character and key competency that students should have to adapt to the demands of lifelong and social development", and the nine qualities, i.e. the "social responsibility, national identity, international understanding; humanistic heritage, scientific spirit, aesthetic taste; physical and mental health, learning how to learn, practice innovation" were thereby determined. The proposal of core literacy has led a new direction on how implement the education and instruction reform in China's university. Beyond that, it has also relieved the malpractices where most universities focus more on the quantity but less on quality, more scientific but less on instruction, and more intelligence but less morality education, while injecting new power for connotative development in universities. In recent years, our university teachers have insisted on taking students as the center and taking classroom teaching as the main channel. They respond to the current situation, advance with the times, try to keep walking on the frontier of discipline education, teach students with responsibility of morality education, further expand the ideological and political curriculum implementation paths, culture students with the morality, and create a comprehensive, multi-field, multi-element education system. University basketball education branches in physical discipline and. It belongs to the quality cultivation system, and is blended into the fields of physical, intellectual and moral educations. It has internal promotion for strengthening the fitness of students and forming the rules and enhancing the concept of teamwork to a certain extent. In fact, the cultivation of core literacy of students should comply with the regulations prescribed by our country, and meet the requirements of the universities. The basketball teachers also have appropriate implementation measures for it. However, in the process of terminal implementation, there is a key part that cannot be ignored, that is, the sportsmanship cultivation (Feng, 2016; Que, 2017; Cao and Guo, 2017; Zou and Yan, 2017; Wen, 2017).

Constitution of students' core literacy and the outline of basketball education

Constitution of students' core literacy

The core literacy comes from the "Definition and Selection of Literacy: Theoretical and Conceptual Basis" project launched by the OECD in December 1997, where a core literacy structure model has been proposed to address the core knowledge, competence and emotional attitudes the students should duly have. On May 2, 2018, Xi Jinping, the chairman of China, pointed out at the teacher-student symposium, the Peking University: the purpose of our education is to cultivate socialist builders and successors who are developed in an all-round way-morally, intellectually, physically and aesthetically. Profound interpretation and correct guidance give new meaning to what's the core literacy of students, how to cultivate core literacy of students and what's the effect students are cultured. As far students, their core literacy mainly refers to the most basic and essential quality and culture that students who are studying in universities should have and attained through the education and training of society, family and schools for adapting to social development, and promoting their healthy and benign growth (He, 2017; Zhong and Li, 2017). From the perspective of content composition, with the

characteristics of students' physical and mental growth, on the basis of the nine literacies as required in the *Core Literacy Development of China Students*, it mainly reflects three levels of social involvement, independent development and cultural accomplishment, focusing on students' knowledge, skills, emotions, attitudes, values, highlighting the learning experience, academic research, hands-on operation and innovative practice, so that it is a multi-dimensional, comprehensive, strongly subjective and complex structure (Luo, 2017; Wu and Zhu, 2018). From the perspective of the objective nature, it targets at the morality education by closely combining learning and life practices, highlighting the understanding of the growth process, delivering personal and social values, and taking into account the individual and cultural learning, social involvement and self-development of students, so that it can adapt to the demands for lifelong and social development, and has strong growth, foundation, integration and practicality.

Meaning of university basketball education

Basketball education usually means that teachers who assume basketball teaching adopt theoretical education and practical operations to guide students to independent, cooperative and inquiry learning with purpose, schedule, and organization. During close integrity of theory and practice, basketball training basics, process and method, emotional attitude and values will be realized. When extending to the universities, the basketball teachers are the leader, and the students are the teaching objects, it aims to integrate the teaching process, activities, environment, organization and strategy under the guidance of the curriculum objectives from the basketball curriculum instruction activities. Orderly organization and implementation make students understand the basic skills and tactics of basketball, as well as theoretical knowledge about it, get familiar with the basketball competition organization work methods and rules, the arbitrage law, and master general skills for basketball competition organization and refereeing. In the purpose of education, basketball curriculum is launched to cultivate the students' sense of responsibility to love the motherland and society; quality to respect the post and love the profession, hard work and true-seeking, love labor, observe law and discipline, unite and cooperate with others, hold good morality, social and occupation morality, cultivate them into senior sports professionals who masters basketball expertise and skills. In the teaching tasks, the different forms of teaching can help them master the basketball basics and skills, basic tactics, and major technical action methods, and correctly demonstrate and uses them; initially master the teaching methods and procedures of basic basketball skills; and basketball competition organization work methods and rules. In short, university basketball education has certain progressivity, practicality and regularity.

Relationship between students' core literacy and university basketball teaching and culture sportsmanship

Assimilation and internal drive. The *Outline of the National Medium- and Long-Term Education Reform and Development Plan (2010-2020)* states that we shall adhere to the principle that morality education is taken as the first, athletics as the focus for overall development, especially for promoting the healthy growth of students, it is required to profoundly develop the sunshine sports for hundreds of millions of students and ensure

students' campus sports activities of one hour. The *Outline* reaffirms the educational concept that takes students as the main body, the specific deployment of students' sports, and determines the objective of the morality education, aims to further encourage and strengthen students' awareness of sports and make sports face, sportsmanship, mentality and expectations consistent with the social development situation, in phase with the cultivation of sports core literacy and connotative development in university education. The university basketball education mainly focuses on the explanation of basic basketball knowledge and the conferment of basic technology. Teachers arrange the teaching schedules and the planned implementation scientifically, so that the students' basketball athletics is progressively improved, hence to improve the awareness of basketball training, especially in the case when basketball competition and antagonism present diversified development, the catalyst potential of basketball education is maximized, students can voluntarily participate in basketball sports, take the initiative to experience its joy, and obtain the sense of satisfaction, which are also the final value orientation of students in basketball training competition. Explicit analysis is such that the core literacy of students involves a lot of content, compete elements, especially for sports training skills, emotions, attitudes and values that students should possess, these bear with the essence, Qi and spirit cultured by the university basketball sports. After long-term training and precipitation, students brewing it to form the Chinese sportsmanship, reflecting the main characteristics of sports competition level, sportsmanship and basketball sports, in favor of the cultivation of students' ideals for sports, the strengthening of sports beliefs and the culturing of sports ethics. The formation of core literacy of students is therefore nourished and cultured with sportsmanship.

Support and dependence. From the perspective of the constituent elements, the sportsmanship is composed of the human-oriented spirit, heroism, fair competition, and team spirit. From the perspective of cultural connotation, it is mainly manifested in the patriotism spirit fighting for the honor of the motherland: the theme of honor and dream, the sense of social responsibility and historical mission, the awareness of unexpected development; the heroic spirit of self-improvement: fearless setbacks and sacrifice, braving to win; daring to seize victory, self-esteem and self-confidence, transcending ego, optimism; orderly fair play spirit; fair competition, rule consciousness, pursuit of realism and innovation; dependence on lenient teamwork; cooperative consciousness, respect of peculiarity and development differential, pursuit of common development; dialectical practice reason spirit: dialectics, and pragmatic rationality. Objectively, the cultivation of sportsmanship in the university has a wide range of implementation paths, a lot of promotion tongs, full load of bearing elements, and rich contents available. The basketball education can reflect the spirit of the "craftsman" of the gym teachers for diving into the discipline, guide students to develop self-learning, self-thinking, self-promoting habits, cultivate democracy, equality, mutual respect between teachers and students, between students and students, enhance behavioral awareness of compliance, as well as the patriotism spirit to fight for national honor, self-improved heroism spirit, transcendental ego optimism spirit, orderly fair play, and trusted and lenient teamwork spirit of students who are nourished by basketball teaching, provide strong personality and rationality support for social responsibility, national identity, humanistic heritage, aesthetic taste, physical and mental health, and practical innovation, etc., in the core literacy of students. additionally, in order to cultivate students' core literacy, we should objectively foster healthy quality in their physique and psychologies by university basketball instruction, build a sportsmanship cultivation platform, further

consolidate and extend the integration of core literacy and basketball teaching practice, and enrich the core literacy of students, so as to enhance the core literacy of students in the process of integration of the basketball education and the sportsmanship.

Independence and consistency. The core literacy of students has the basic connotation of cultural foundation, independent development and social involvement. It is not only the materialization of the party's educational policies, but also the intermediate part that joints macro education concept, training objective and specific education and instruction practice. With the bridge of core literacy, university can transform it into specific requirements that are available for education practices and teachers can easily understand, clarify the indispensable qualities and key skills that students should possess, and answer for the fundamental question of "what is the virtue and what kind of people we should educate" from the medium level, and lead the curriculum reform and the educational model transformation. Bearing the sportsmanship fostered in the university basketball education, we can completely establish the individual subject status, comprehensively enhance the value of the person, intensify the historical identity, and national identity of the Chinese nation; improve the overall quality of the Chinese nation, and pursue the blend of freedom and truth, goodness and beauty, demonstrate the power of "self-improvement" and "decent morals"; respect and publicize the optimism in life, impact and correct domestic narrow nationalism trend, create a good environment for fair competition, and intensify the consciousness for rules and a sense of truth-seeking and innovation, which contribute to China's modern nationalism construction opened to the world. The athletics and daily exercise, media communication, and social interaction promote the integration of scientific spirit and humanistic spirit, thereby to realize the "human value" and "spiritual product value" (Dong and Li, 2018; Liu, Ma & Tian, 2018). Sportsmanship attributes to the concept at the consciousness level. It is not only a symbol for sports ideal, belief, and moral integrity, as well as knowledge, ethics, aesthetics about sports, but also the pillar and soul of sports. As an ideology belonging to the superstructure, it embodies basketball groupment, systematicness and historic significance. The core literacy of students includes not only the cultural level, the human level, the spiritual level, but also the specific activities regarding practice and innovation. It reflects the requisite quality and key competence that students should have to meet the demands for lifelong and social development. For the sportsmanship cultivated in the university basketball education, it bears the ideals, beliefs, moral integrity and sports knowledge, ethics and aesthetics of sports, focusing on the cohesiveness, infection and appeal in the students' spiritual literacy. The core literacy and the sportsmanship cultivated by university basketball education for students, although the origins of two forces are different, have consistent fundamental objectives and directions and a high degree of conformity in morality education.

Current situation and challenge of cultivating sportsmanship in university basketball education

Education concept to be updated

In the report of the 19th National Congress of the Communist Party of China, the strategy that China's higher education should follow the connotative development path was definitely proposed. It could be said that the

19th National Congress of the Communist Party of China has opened a new chapter for China's higher education development, expanded the new vision of the connotation construction of the university, and enhanced the new power for the cultural self-confidence and educational consciousness of the sports people. whichever level and scope the university stays, we must base ourselves on the characteristics of running a school, adhere to the fundamental mission of "Morality education", intensively implement the regulations of higher levels, focus on the needs of academic innovation, meet the realistic pursuit of students, and store positive energy and work hard and innovate to make up for weaknesses. However, in the specific instruction of university basketball, some teachers can not start from practices, emphasizing the fitness, culture, science and acceptability of basketball sports, but simply applying the *Basic Standards for Physical Education in Universities* and the *Teaching Program for National College Physical Education Course* and *The National PE health standards for students*. They do not stand at the height of cultivating the core literacy of students, fail to take the sportsmanship cultivation as the entry point to lead practical teaching and reform. In addition, some teachers lack consciousness of student-centeredness. They mainly use physical exercises as the main means to stimulate the enthusiasm of students to participate in sports, and constantly improve the athletics of basketball sports, focusing more on sports tactics, but less on intelligence, and more on skills but less on morality education. It is attributed to relatively lagging education concepts still applied by some teachers, which lag behind the development of the times, out of phase with the rhythm of education reform, and only teach the teaching, stand at a low level, so that the foothold of education shifts.

Teaching content to be diversified

The integration of the sportsmanship into university basketball education can infiltrate the "soft index" of sportsmanship into the "hard constraints" of basketball competition games, and refine the "thick line" of morality education into the "micro-support" of quality education. In particular, combined with the characteristics of basketball sports, students can master the basic theories, basic skills and basic tactics of basketball sports. Then they have the ability to speak, do, and teach, and can be qualified for the teaching and guiding extracurricular activities of basketball courses, as well as the basketball competitions of sports associations, in secondary schools. These fit in with the "social responsibility, learning how to learn, practice and innovation" in the core literacy of students. Based on the core literacy, students' sportsmanship requires objective support from physical education to concentrate great efforts to update educational concepts, enrich teaching content, and expand the education paths. In this way, we can effectively improve the sediment of students' sportsmanship and development for core literacy. However, in the process of teaching implementation, some teachers focus their energy on athletics and tactical classes, mainly explaining the contents of passing, dribbling, shooting, rebounding recovery, fast attack, and fast attack resistance, ignoring the guiding role of sportsmanship in basketball practice activities. They do not concern excavating the psychological resources in teaching process, distain the cultivation of gym appearance, gym style, sports mentality and sports expectations. This is because that some teachers have not taken students as the subjects in the specific instruction, failed to combine with the characteristics and laws of their physical and mental growth to get a "linear" radiating extension and "face" depth expansion from the "points" of the textbook content.

Relatively simple teaching model

University basketball teaching and sportsmanship cultivation are not the pure superposition of the two tasks, the intersection of concepts, the application of methods, the combination of contents, but a systematic work which needs to be implemented in an orderly and steadily manner in practice. In recent years, some university basketball teachers, inspired by some reforms in educational concepts and teaching models, have boldly innovated, actively improved their teaching models and students' learning methods. For example, "plate type, segmented teaching", contrast method, imaginary training method, competition teaching method, case teaching method, game teaching method, interactive teaching method, demonstration teaching method, self-study guidance teaching, which effectively highlight the modernization and rational teaching concept of university basketball curriculum, and have greatly improved the teaching quality. However, reflecting on the "lump-sum" teaching model, and that students have "not digest enough" and "not digest all" phenomenon, the teaching methods, content and means lack the subjectivity and weaken students' enthusiasm and initiative. There are too more quality education components, although more roots for problems, the sportsmanship is not fully integrated into it. Due to the particularity of basketball teaching, it is difficult to apply these techniques to basketball courses. Impacted by the environment, it is difficult for students to fully understand the teacher's demonstration and explanation. As a result, there is more and more sciolistic knowledge loaded on the students, discouraging their interest in learning basketball subject, so that it gets more and more boring.

Effective countermeasures for sportsmanship cultivation based on core literacy

Adhere to the morality education, update the educational concept

Core literacy is a new direction for China's education reform. On this basis, how to further promote the reform of university basketball classroom teaching, improve the quality of sportsmanship cultivation, and foster students with modern core literacy are both a hotspot and challenging. In view of the malpractice that some basketball teachers always cling to relatively backward teaching philosophy, focus more on sports but ignore intellectual education, and concern physical education and distain the morality, we must underline the concept of morality education. the *Rites · University* says; "The goal of the university education is to illustrate illustrious virtue, affectionate to the people, and arrive at supreme goodness". At all times and in all over the world, there are many genres of thoughts about education and school running, who hold different theoretical views, but reach a consensus on the target that education must cultivate the talents required for society development. To be specific, this target is just to foster those required for social development, knowledge accumulation, cultural heritage, state survival, and system operation. For this purpose, university basketball teachers should recognize the core literacy education reform situation, abandon the malpractices that only underline basic theory, tactics, exercises in basketball teaching process, and turn to the students' sports ideals, beliefs, ethics, and morality, as well as basketball training quality, behavioral norms and aesthetic literacy, in order to guide them to consciously enhance basketball emotions, improve the perception and sensitivity of sportsmanship content, help achieve self-cultivation of core literacy. Second, we must enhance the consciousness of integration. Some university teachers are constrained by the value orientation of traditional education models. They mostly focus on the

competitive sports events around the basketball discipline. Whether the objects are low-grade or upper-grade students from ordinary classes or elective classes, they all adopt the "three-stage" teaching model, coupled with business teaching and moral education which are developed in parallel. This makes the ideological and political curriculum produces the virtual effect eventually. In fact, the integration of university basketball teaching and sportsmanship cultivation is not only limited to a certain teaching component or a certain teaching content, but allows changes in the concepts, means and models of teaching. After systematic reform and innovation, a new teaching system of "the sportsmanship haulage, basketball teaching support, and complementary teaching content" will be established. For example, in the teaching concept, teachers should take the big curriculum as the background, the morality education as basis, and regard basketball teaching as a process of integration of implicit and explicit education models, mutual penetration between teaching reform and humanistic spirit, to establish dialectic and integrated education values and life-oriented concepts, thus effectively solving the separation of the "physical education" of the sportsmanship from the "formal education" of basketball instruction.

Student-centered, enriching course content

Influence theory tells us that the cultivation of students' core literacy not only requires the influence from society, schools and families, but also expand the coverage closely around social responsibility, national identity, international understanding; humanistic heritage and scientific spirit, aesthetic taste, physical and mental health, learning how to think, and practice innovation. For specific universities, in view of current malpractices that some teachers nurture students for pure sportsmanship and teach them in response to the demands for technology and tactical courses, first, on the one hand, we should properly identify the entry point between basketball teaching and sportsmanship cultivation, take the method of consolidating the basic knowledge of university basketball teaching, and upgrade to a new level of basketball culture transmission, so that students can understand relevant sportsmanship cultivation path with familiar rules and master the athletics, and that radiates the sportsmanship around, truly blending the principles of basketball tactics, the refereeing knowledge, and the basketball spirit into it. Temper themselves by self-discipline, help the formation of the outlooks on life and values, and then internalize them into the self-worth of students in order to provide the cultivation of sportsmanship with "spot" support. In terms of teaching content, teachers in each university should also make appropriate adjustments in accordance with the curriculum standards and the relevant syllabus of the teaching guidelines, by combination with school orientation, reforms and development objectives, as applicable to actual conditions of students. For this purpose, when picking out teaching content and arranging teaching classes, it is required to grasp the health, fairness and justice and other elements contained in the sportsmanship, and to tap into the basketball competition potential so that the teaching content can match the sports ideals, beliefs, and ethics reflected by the sportsmanship. The second is to expand the interface of sportsmanship and core literacy of students. The university basketball teacher must not only be proficient in the teaching business, but also understand the psychological knowledge, master the ideological and political education model and coverage, and infuse students with the sportsmanship that transforms hardening teaching into the soft model and gradually expand the penetration levels. For example, draw on the advanced experience

of leagues such as NBA, BCA, CUBA, etc., appeal to more basketball fans to integrate the ideological style and great union consciousness in the sportsmanship into the specific basketball theory knowledge, motor medicine knowledge, psychological knowledge instructions. The integration and infiltration of sportsmanship and core literacy guides students to actively participate in basketball sports, conduct physical exercise in a scientific way, develop good basketball movement habits, establish lifelong sports awareness, enhance the quality of overcoming difficulties and brave behaviors, and make them experience the joys of sports and the success in the basketball sports, cultivate a good sports ethics and cooperation spirit, and further enrich the core literacy elements of students.

Improving teaching methods and the cultivation effect

In the cultivation of students' sportsmanship, there are many sports events, carriers, platforms and paths available. As for specific basketball teaching, we aim at some malpractices that some teachers focus more on the basic training, practical skills, confrontation competition, etc., but less on sportsmanship theory, etc., first, we must strive to break through the "independent work" model. In order to promote the connotative development under the vision of "double first-class" in each university, we must first solve the problem about connotative construction for curriculum instruction model. In view of the "two skins" of basketball teaching and sportsmanship education that currently exist in universities, it is required to resolve the situation that the discipline education runs independently of morality education, strive to create co-construction and co-cultivation pattern where the university basketball is closely bound up with ideological and political education, propaganda, and party and government departments, so that the morality education platform for sharing resources and collaborative education mechanism with ideological and political classroom are thereby built. Through the top-level design and construction of the university, the motivation source will be bred for the basketball teachers to integrate course teaching with sportsmanship, open the mind and pattern of morality education consciously, inspire the wisdom of sports, athletic education, intellectual education and moral education, and offer the practical measures and methods in the teaching practices. Some malpractices that the explicit teaching method has single form, improperly content arrangement, unscientific teaching assessment, and where teachers focus more on athletics but less on sportsmanship, etc., will be solved easily in this way, and that explicit university basketball instruction lacks the connotation and the literacy concept lags behind will also get better improved, further playing the educational effect of "light fingers". Second, we should use a variety of instruction models. Currently, the too single basketball instruction model may be greatly challenging in the current education process. Therefore, it is necessary to improve the basketball education model and make a reform under the traditional education model, which requires teachers to continuously explore the models applicable to the basketball education in the practices. They should also teach students in accordance with their aptitude and develop distinctive models and objectives as applicable to different students. For example, the multimedia and online education are introduced into the teaching process, and the teaching contents are conferred via the video or animation to deepen the learning impression of students. In addition to the above means, this method can also show the teaching process intuitively in front of the students, including code

requirements on some details and actions and so on. This modern education model can provide students with an effective way to learn and make their thinking more active.

During the grain filling period of wheat, if sunshine and water are insufficient, the harvest of crops in a season will delay. Similarly for students in universities, it could be said that they are in the golden period of physical and mental growth, the key period of core literacy cultivation, and an important period of cultivating sportsmanship, especially in the current situation, universities strive to increase the “double first-class” construction, upgrade the level of talent training, and promote connotative development, it is particularly urgent and important for us to culture students' core literacy. For this purpose, in the teaching process, university basketball teachers should adhere to the morality education, students-centered education model and focus more on the sportsmanship cultivation in the process, further enriching the core literacy elements and promoting the healthy and overall development of students. while injecting new positive energy into the connotative development in universities.

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