

Feasibility Study on Launching Basketball Projects in the Second Classroom of Anshan Junior High School

Jian Cui

Education Major in Physical Education, University of Perpetual Help System DALTA Las Pinas, Manila, Philippines

Abstract

With the increasing popularity and importance of youth sports, Anshan Junior High School plans to introduce basketball into the extracurricular activities of students, enhance their physical fitness, and cultivate teamwork spirit. Conduct a survey on 48 physical education teachers and 1448 students from 6 junior high school colonels in Anshan City. Adopting methods such as literature review, questionnaire survey, mathematical statistics, field investigation, and logical analysis. This study aims to analyze the feasibility of the project and provide scientific basis for school decision-making.

Keywords

Basketball; Anshan; Second Classroom.

1. Preface

In today's society, with the continuous deepening of education reform and the widespread dissemination of the concept of quality education, the second classroom, as an important component of school education, has become increasingly prominent in its status and role. The second classroom not only provides students with rich and diverse opportunities for extracurricular learning and practice, but also promotes their comprehensive development, cultivates their interests, innovative abilities, and teamwork spirit.

Basketball, as a widely popular sport, has a large number of participants and audiences worldwide. It can not only exercise students' physical fitness and improve their sports skills, but also cultivate their competitiveness, teamwork ability, and perseverance. In junior high school, students are at a critical stage of physical and mental development, curious about new things and passionate about sports. Therefore, introducing basketball into the second classroom of junior high school not only meets the actual needs of students, but also conforms to the trend of educational development.

This study aims to explore the feasibility of implementing basketball programs in the second classroom of junior high schools in Anshan City. A comprehensive analysis will be conducted from multiple dimensions, including the length of service, professional title, major and student situation of physical education teachers, the facilities and funding required for sports, and the impact of basketball programs on students' physical and mental health development. We hope that through this study, we can provide scientific basis and reference suggestions for school decision-makers, promote the smooth implementation of basketball programs in the second classroom of junior high school, and contribute to the comprehensive development of students.

At the same time, we also look forward to attracting more attention and importance from educators and various sectors of society through the conduct of this research, jointly promoting the prosperous development of school sports, and making positive contributions to cultivating socialist builders and successors with comprehensive development in morality, intelligence, physical fitness, aesthetics, and labor.

2. Research Objects and Methods

The research object of this article is the feasibility of carrying out basketball projects in the second classroom of junior high schools in the urban area of Anshan City. 48 physical education teachers and 1448 students from 6 schools including Anshan Second Junior High School, 26th Junior High School, 29th Junior High School, 48th Junior High School, 51st Junior High School, and Anshan Experimental High School were surveyed and interviewed. Adopting methods such as literature review, questionnaire survey, mathematical statistics, field investigation, and logical analysis.

3. Results and Analysis

3.1. Investigation on the Situation of Physical Education Teachers Carrying Out Ball Projects in the Second Classroom of Anshan Junior High School

Table 1. Statistics of the length of service of physical education teachers participating in extracurricular activities in Anshan City's junior high schools (n=48)

	Less than 5 years	6 to 10 years	11-15 years	16-20 years
Number of people	4	28	12	4
Percentage (%)	8.3	58.3	25	8.4

Table 2. Professional Title Statistics of Physical Education Teachers Participating in the Second Classroom at Anshan Junior High Schools (n=48)

	Senior Teacher	First-class teacher	Second-level teacher
Number of people	12	32	4
Percentage (%)	25	66.7	8.3

From the data shown in Table 2, it can be seen that the titles of physical education teachers in the second classroom of Anshan Junior High School are concentrated in senior teachers and first level teachers. 12 physical education teachers, accounting for 25% of the total, have obtained senior teacher titles, and 32 physical education teachers, accounting for 66.7%, have obtained first level teacher titles. There are 4 secondary teachers, accounting for 8.3% of the total number. From this, it can be seen that the professional title statistics of physical education teachers participating in extracurricular activities in Anshan junior high schools indicate that high professional title physical education teachers must have higher teaching and academic research abilities, which is very beneficial for the popularization of basketball in extracurricular activities in Anshan junior high schools.

Table 3. Statistics of Scientific Research on Basketball Related Activities by Physical Education Teachers Participating in the Second Classroom of Anshan Junior High School (n=48)

	Periodical articles	There are no periodicals
Number of people	28	20
Percentage (%)	58.3	41.7

Although basketball has not been carried out in the second classroom of Anshan Junior High School, some physical education teachers have conducted research on basketball as a sport. After investigation, it was found that 14 physical education teachers in the second classroom of Anshan Junior High School have conducted research on basketball, with 58.3% of them having published papers related to ball. However, 10 teachers, accounting for 41.7% of the total, have

not published any articles. This indicates that physical education teachers in the second classroom of Anshan Junior High School are very concerned about basketball, which provides a theoretical basis for basketball to be truly carried out in the second classroom of Anshan Junior High School.

Table 4. Statistics of Majors Learned by Physical Education Teachers in the Second Classroom of Junior High Schools in Anshan City (n=48)

	physical education	social sports	Sports Rehabilitation	else
Number of people	30	12	6	0
Percentage (%)	62.5	25	12.5	0
professional project	ping-pong shuttlecock	basketball volleyball	soccer exercise	athletics martial art
Number of people	5 2	9 7	8 1	8 3
Percentage (%)	10.4 4.1	18.9 14.6	16.7 2	16.7 5.2

At the same time, all surveyed physical education teachers have received higher education, and according to the data in Table 4, it can be understood that the majority of physical education teachers study physical education, with 30 people, accounting for 62.5%, and 9 physical education teachers studying basketball, accounting for 18.9%. Physical education teachers who specialize in social sports and sports rehabilitation account for 25% and 12.5% respectively. This indicates that the physical education teachers in the second classroom of Anshan Junior High School have received systematic and professional physical training and education, and have certain physical education teaching and sports abilities.

Table 5. Statistics of Physical Education Teachers' Understanding of Basketball in the Second Classroom of Anshan Junior High School (n=48)

	Very familiar	Know very well	know
Number of people	9	26	13
Percentage (%)	18.9	54.1	27

Table 6. The cognitive level of physical education teachers in the second classroom of Anshan Junior High School on the difficulty of basketball teaching (n=48)

	It's simple	simplicity	ordinary	Difficult	Very difficult
Number of people	0	14	20	10	4
Percentage (%)	0	29.2	41.7	20.8	8.3

Through a survey of the second classroom teachers in Anshan Junior High School on their understanding of basketball sports, it was found that the majority of physical education teachers, accounting for 54.1%, have a good understanding of basketball. There are also 14 physical education teachers who are familiar with basketball, accounting for 27%. Of course, there are also 9 physical education teachers who are very familiar with basketball, accounting for 18.9%. However, when asked about teachers' understanding of the difficulty of basketball teaching, physical education teachers generally believe that the difficulty of basketball teaching is not high. 20 teachers think that the difficulty of basketball teaching is average, accounting for 41.7% of the total number, while 10 teachers think that basketball teaching is difficult, accounting for 20.8% of the total number. At the same time, 4 teachers think that basketball education is very difficult, accounting for 8.3% of the total number, and 14 physical education

teachers think that basketball teaching is very easy, accounting for 29.2%. From this, it can be seen that the second classroom teachers of Anshan Junior High School have a high level of understanding of basketball sports, and incorporating basketball into physical education classes for teaching is also easy for physical education teachers to cope with.

3.2. Investigation on the Situation of Students Participating in Basketball Projects in the Second Classroom of Anshan Junior High School

Table 7. Survey on the mastery of basketball among students in the second classroom of Anshan Junior High School (n=1448)

	with skill	Simple mastery	Not very good at it	incapable
Number of people	160	900	348	40
Percentage (%)	11	62.2	24	2.8

Table 8. Understanding Path of Basketball among Second Classroom Students in Anshan Junior High School (n=1448)

	electronic product	Physical education	Off campus institutions	others
Number of people	218	680	460	90
Percentage (%)	15	47	31.8	6.2

Through a survey on the cognitive level of basketball among students in the second classroom of Anshan Junior High School, it was found that the majority of students had heard of basketball but had not played it, accounting for 26.8%. 62.2% of students also stated that they have mastered simple exercise techniques. 11% of students also stated that they are proficient in mastering sports techniques. When conducting a survey on the ways in which students in the second classroom of junior high schools understand basketball, it was found that the majority of students, accounting for 47%, are familiar with basketball and school sports activities; Next is through external institutions, accounting for 31.8%; Once again, it accounts for 15% through television and the internet. Overall, students in the second classroom of Anshan Junior High School have a certain understanding of basketball sports, which lays a foundation for their participation in basketball.

Table 9. Analysis of Students' Enjoyment of Basketball in the Second Classroom of Anshan Junior High School (n=1448)

	think the world of	Love it	I generally like it	I don't really like it	Very dislike
Number of people	460	520	380	80	8
Percentage (%)	31.8	35.9	26.1	5.6	0.6

Through a survey on the level of interest in basketball among students in the second classroom of Anshan Junior High School, it was found that students have a high level of interest in basketball. 460 students, accounting for 31.8%, expressed a strong liking for it, 520 students, accounting for 35.9%, and 380 students, accounting for 26.1%, had an average level of interest in basketball. 80 students expressed a dislike for basketball, accounting for 5.6%. But most students are interested in basketball, which provides a mass foundation for the development of basketball in schools.

From the data shown in Table 10, it can be seen that students in the second classroom of junior high schools have a rich experience in participating in basketball. 1400 students have been exposed to basketball, accounting for 96.7%, while students who have not been exposed to basketball account for a smaller proportion, only 3.3%. Note that basketball is still familiar to

many extracurricular students in junior high schools. Therefore, promoting basketball in schools can stimulate students' enthusiasm for participating in basketball, thereby achieving the widespread promotion of basketball on campus.

Table 10. Statistics of basketball participation among students in the second classroom of Anshan Junior High School (n=1448)

	Have been in contact with	No contact
Number of people	1400	48
Percentage (%)	96.7	3.3

Table 11. Forms of basketball participation by students in the second classroom of Anshan Junior High School (n=1448)

	school team	Physical education	Extracurricular institutions	sports school	never
Number of people	38	680	460	32	238
Percentage (%)	2.6	47	31.8	2.2	16.4

From Table 11, it can be seen that the main organization for students participating in basketball sports in the second classroom of junior high schools is junior high school sports, accounting for 47%. There are also 31.8% of students participating in extracurricular institutions for basketball sports. There are 38 people participating in the school team, accounting for 2.6%, 32 people participating in the city sports school, accounting for 2.2%, and 238 people who have not participated in basketball sports, accounting for 16.4%. There are some basketball organizations established in Anshan City that can provide guidance for students to participate in basketball. Therefore, when schools carry out basketball activities, they can learn from the basketball training classes and expansion training camps, and effectively carry out basketball activities based on the school's situation.

3.3. Facilities and Funding for Basketball Activities in the Second Classroom of Anshan Junior High School

Through visits, it was found that there are relatively ideal venue facilities in the Second Classroom School of Anshan Junior High School, with 15 standard basketball courts. Satisfy the demand of students to participate in basketball sports. Meanwhile, the equipment required for basketball is relatively simple, as long as there is a basketball, basketball can be played. So, with sufficient infrastructure conditions, basketball sports have been successfully carried out in the second classroom campus of junior high schools.

Through investigation, it was found that the school's investment is the main source of funding for the implementation of sports projects in the second classroom of Anshan Junior High School. However, in recent years, schools have gradually increased their emphasis on physical education and actively invested in various aspects such as sports facilities, equipment, teaching materials, and training of physical education teachers. And many physical education teachers have stated that they have sufficient funds when conducting sports activities. Therefore, the development of sports activities has received a large amount of funding investment under the school's emphasis on physical education, which provides sufficient funds for the development of basketball in schools.

3.4. The Impact of Basketball Programs in the Second Classroom of Anshan Junior High School on Students' Physical and Mental Health Development

In recent years, a prominent problem in extracurricular education in junior high schools has been the gradual decline in students' physical fitness. This issue has attracted the attention of local authorities and various sectors of society.

3.4.1. The Impact of Basketball on the Body

Basketball requires participants to perform high-intensity movements such as running, jumping, and turning, which helps improve students' cardiovascular function, muscle strength, and endurance, and comprehensively enhance physical fitness. Long term basketball training can promote blood circulation, enhance the immune system, improve the body's resistance, and reduce the occurrence of diseases. Jumping and landing movements in basketball contribute to the growth and development of bones, especially the strengthening of lower limb bones and spine. At the same time, it can enhance joint flexibility and stability, prevent joint injuries and degenerative diseases. Basketball can exercise the muscles of the whole body, especially the upper, lower, and core muscles, helping students shape a healthy and symmetrical physique. It can also improve body posture and reduce physical problems caused by poor posture.

3.4.2. The Impact of Basketball on Mental Health

Basketball provides students with a platform to showcase and challenge themselves. Making progress and success in competitions can greatly enhance students' confidence and self-esteem. At the same time, facing failures and setbacks, students can also learn to learn from them and cultivate a tenacious spirit. Basketball is a team sport that requires close cooperation and mutual trust among team members. During training and competitions, students need to learn how to communicate, collaborate, and cooperate with their teammates, which helps cultivate their teamwork spirit and communication skills. Basketball can help students release the pressure of learning and life, and regulate their emotions through the joy and sense of achievement brought by sports. It can also provide a relaxing environment for students to unwind and relieve anxiety during exercise. Cultivate willpower and competitiveness. The competition in basketball games can inspire students' fighting spirit and enterprising spirit, cultivate their courage to challenge and not be afraid of difficulties. At the same time, long-term basketball training can also exercise students' willpower and qualities, enabling them to learn to persevere and pursue excellence. Basketball provides students with an opportunity to make new friends and expand their social circle. During training and competitions, students can communicate and interact with people from different backgrounds and personalities, enhancing understanding and friendship.

In summary, conducting basketball programs has a positive and comprehensive impact on the physical and mental health development of students. It can not only improve students' physical fitness and physical level, but also cultivate their psychological qualities such as confidence, teamwork ability, communication ability, and willpower. Therefore, schools should actively promote basketball programs and encourage more students to participate in this sport.

4. Conclusion and Suggestions

4.1. Conclusion

1) The implementation of basketball programs in the second classroom of Anshan Junior High School can effectively promote students' physical and mental health development, enhance their physical fitness, improve their physical fitness, and help cultivate perseverance and a positive attitude towards life.

2) As a popular sport, basketball's introduction into the second classroom of Anshan Junior High School can greatly enrich campus cultural life, enhance students' sense of belonging and collective honor.

3) The basketball activities in the second classroom of Anshan Junior High School provide a platform for teachers and students to participate together, which helps to strengthen communication and interaction between teachers and students, enhance mutual understanding and trust.

4.2. Suggestions

1) Anshan Junior High School should develop a scientific and reasonable basketball curriculum and teaching plan based on the actual situation, ensuring that students can acquire systematic and comprehensive basketball knowledge and skills in the second classroom.

2) Anshan junior high schools should increase their efforts to cultivate basketball teachers, improve their teaching level and professional competence, and ensure that they can effectively guide students in basketball learning and training.

3) Anshan Junior High School should provide sufficient basketball courts and facilities to ensure that students can learn and train basketball in a good environment. At the same time, schools should strengthen the maintenance and management of venues and facilities to ensure their safety, cleanliness, and orderliness.

4) Anshan Junior High School can regularly organize basketball games, basketball culture festivals, and other activities to provide students with a platform to showcase themselves, communicate, and interact. These activities can not only stimulate students' interest and enthusiasm for learning, but also enhance the cohesion and centripetal force of the school.

5) Each school of Anshan Junior High School should actively communicate and cooperate with parents to jointly pay attention to and support students' basketball learning and training. Parents can participate in their students' basketball activities to provide more support and encouragement for them. At the same time, parents can also work with the school to develop reasonable study plans and goals, jointly promoting the comprehensive development of students.

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