

The Application of Mixed Stratified Teaching Method under OBE Concept in College Basketball

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Abstract: The mixed stratified teaching method under the concept of OBE plays a positive role in promoting the informatization process of teaching method in modern education. Introducing the mixed stratified teaching method under the concept of OBE into college basketball teaching can improve students' interest in sports learning, strengthen students' grasp and understanding of basketball technology, and improve students' physical quality to a certain extent. It has practical and reliable teaching effect. This paper mainly analyzes the basic situation of the mixed stratified teaching method under the concept of OBE and as the research entry point, focuses on the introduction of the importance of the mixed stratified teaching method under the concept of OBE in college basketball teaching, expounds the existing problems in basketball teaching, and improves the teaching method according to this problem. It provides a new reference for the innovation of college basketball teaching method.

1. Characteristics of mixed stratified teaching method under the concept of OBE

1.1 Highlight the principal position of students in the teaching process

In recent years, PE teaching methods are constantly innovating and reforming, and various new teaching methods emerge in an endless stream, which provides a power that cannot be ignored for the reform of school PE. Due to the large number of students in colleges and universities, there are great differences in students' sports basis. Therefore, appropriate physical education teaching methods can effectively improve students' interest in sports learning, cultivate students' good sports habits, and encourage students to actively participate in sports after class. The traditional teaching method mainly focuses on teachers' demonstration, students' imitation practice and teachers' error correction in the teaching process. In this process, students passively accept indoctrination-style education, which has a certain limiting effect on students' learning interest, and thus leads to the low learning atmosphere. The hybrid stratified teaching method under the concept of OBE magnifies the individual characteristics of students in the teaching process. Teachers teach according to the different needs of students, and students can choose their own learning forms according to their preferences in the online teaching part, so as to solve common problems on the premise of meeting

the individual needs. In order to improve students' interest in learning, driving the benign development of learning atmosphere.

1.2 Break the limitation of time and space

Compared with the traditional teaching method, the hybrid stratified teaching method based on the OBE concept has less demand on time and space. This is because the online teaching part is arranged by the students themselves, and the online learning content is distributed to the students one or two days before class, so as to make use of the fragmented time of students and lengthen the learning time line, so as to improve the learning effect. Achieve the ultimate physical education learning goal. The offline teaching section provides students with sports venues that students need, and students can seek timely help from teachers in the offline learning section, so that students' learning process has higher integrity.

1.3 Meet the requirements of the new curriculum standards

Based on the concept of OBE, the mixed stratified teaching method determines the final physical education learning goal of students, divides the students into different levels according to certain standards, and then carries out targeted teaching based on the actual situation of students. In the teaching process, the combination of online and offline methods is adopted to consolidate the teaching content. Students will also be able to choose from the advantages of online learning in the form they prefer. This can not only meet students' actual needs and enhance their interest in learning, but also cultivate students' sense of autonomy in the process. It is mentioned in the new curriculum standard that students should be guided towards the goal of "falling in love with physical education, truly understanding, participating in and enjoying sports" [1]. The mixed stratified teaching method under the concept of OBE gives students the initiative of learning in the teaching process. One of the functions it plays is to stimulate students' interest in sports learning, enable students to actively participate in sports learning, make students fall in love with sports, and implement lifelong sports.

1.4 Meet the requirements of students' physical and mental development

Students are the subject of education, and the effectiveness of curriculum construction is directly limited by students. Indoctrinate education in traditional physical education teaching method restricts the healthy development of students' body and mind to a large extent [2]. This is because its relatively simple teaching method is difficult to arouse students' interest, and students will find this method boring in long-term learning, which will lead to low learning atmosphere, and ultimately affect the healthy development of students' body and mind. However, the hybrid stratified teaching method based on the concept of OBE puts students in the main body of learning in teaching, and has various teaching forms. It always puts the choice of learning resources in the hands of students, cultivates students' consciousness of autonomy, arouses students' interest in learning, and forms a relaxed and happy learning atmosphere. In this learning process, students can form the awareness and ability of lifelong sports [3].

2. Application of mixed stratified teaching method in basketball teaching under the concept of OBE

2.1 Basic technology teaching

Basic skills are the basis for good performance in all sports. With a solid basic skills, the higher

level you can achieve in the future. Basketball sports teaching plays an important role in college sports teaching [2]. The traditional physical education teaching method repeats a single teaching method for many times in the teaching process, resulting in low interest of students in the learning process, resulting in a low learning atmosphere, which affects the mastery of basic technology. The hybrid stratified teaching method under the concept of OBE distributes learning resources to students in the way of online teaching in the teaching process. The vast online teaching resources are very conducive to the cultivation of students' consciousness of autonomy. Students can choose suitable and interested learning forms from numerous learning resources for learning, and initially establish a movement image in the online teaching process. At the stage of offline teaching, students can directly put forward their puzzles to teachers, and teachers can also provide targeted answers according to students' personality questions, so that students have a more solid grasp of the foundation.

2.2 Technical and tactical teaching

The significance of students' learning of basketball lies in cultivating their interest in sports and taking the initiative to do physical exercise in their spare time. Therefore, it has a higher requirement for students' basketball practice ability, and the cultivation of students' consciousness of autonomy is also a key issue to be solved. In the application of the hybrid stratified teaching method under the concept of OBE, students need to help each other in the online learning stage. In this process, students' sense of teamwork can be cultivated to a certain extent, promoting the formation of a harmonious relationship between students. In the team training, students can feel the beauty of basketball and strengthen the mutual transformation of theoretical knowledge and practice. Finally, students' comprehensive athletic ability will be improved [3]. When the hybrid stratified teaching method under the concept of OBE is used for the teaching of skills and tactics, the skills and tactics are clearly presented to students in different forms in an online way, so that students can have a higher understanding of them and practice them in the offline teaching process to complete the organic transformation of theory and practice, and finally form a clear movement image in students' brains. In teaching, teachers should adhere to the people-oriented concept, have a clear understanding of the specific situation of each student, teach according to the different needs of students, stimulate the potential of students, and lay the teaching foundation of the hybrid stratified teaching method under the concept of OBE [4].

2.3 Special mobile teaching

Movement quality is the basic quality of sports, and movement is the beginning of sports items. The characteristic of movement item movement lies in the variability of movement direction and the flexibility of reentry movement, which is obviously different from the simple speed movement. Teachers often ignore the importance of movement in teaching or training, which is also an important factor that makes it difficult for most students to improve their basketball level. This is because the teaching of moving footsteps requires students to have a clear cognition of the way of moving and the change of footsteps. However, in the teaching of traditional physical education teaching method, the teacher gives demonstration and explanation, which makes it difficult for some students to grasp the way of moving easily, thus failing to form a clear motion image in the brain. However, the lack of cognition of moving leads to a series of problems. For example, unbalance of movement structure, big defensive loopholes, sloppy attack and so on will directly affect the normal play of students, and eventually lead to a small improvement in basketball level. Before offline teaching, the hybrid stratified teaching method under the concept of OBE can clearly present the steps of mobile and plane road map to students through the online platform, so that students can have a clear understanding of mobile in the online teaching stage, and thus be more relaxed in the offline learning process[5].

2.4 Special physical education

In the teaching of basketball, special physical education is an important basis for the initiation of skills and tactics. In the daily teaching, teachers should strengthen students' physical training, cultivate students' tenacious consciousness and tenacious quality. Due to different projects, students have different requirements on muscles and qualities. Basketball focuses on the teaching and training of speed endurance and lasting endurance [6]. The mixed stratified teaching method under the concept of OBE can train the required physical strength according to the characteristics of basketball. Since there are great differences among students, students can find their lack of quality according to the guidance of teachers when the online task is announced, and then conduct targeted training for their lack of quality. In the offline teaching process, teachers give timely feedback to students, so that students can further clarify the direction of continuing efforts and form a good physical foundation, which has positive significance for the improvement of students' basketball level and the promotion of students' physical health [7].

3. Conclusion

The mixed stratified teaching method under the concept of OBE plays a positive role in college basketball teaching, but some problems in the teaching process cannot be underestimated, because the existing problems have a certain limiting effect on the development of actual teaching activities. In the practical application process, teachers need to have a clear understanding of the actual situation of each student, so as to design targeted teaching activities, cope with and deal with problems through scientific and reasonable means, and strengthen the transformation of students' theoretical knowledge and practical application. Teachers should actively update and transform the teaching concept, actively innovate and enrich the teaching means, and carry out practical teaching activities extensively, which will be able to play a good teaching effect.

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