

Investigation and Analysis of the Development of Three-Player Basketball in Universities

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Abstract

This paper takes the students of colleges and universities in Heilongjiang Province as the research object, and investigates and studies the three-player basketball game through the methods of literature review, interview and questionnaire methods. The results show that the three-player basketball can promote the unity and cooperation of the students in colleges and universities, cultivate the students' comprehensive practical ability in sports and the spirit of innovation. The development of three-player basketball is important and necessary in colleges and universities.

Keywords

Three-player basketball game, general colleges and universities, sports.

1. INTRODUCTION

Three-player basketball game originated in the United States. Guangzhou Province first held a larger scale of the three-player basketball game. With the development and vigorous rise of basketball, three-player basketball game is gradually becoming popular sport in the streets and campus basketball courts, and has become a favorite way of sports. In the college extracurricular sports activities, college students often choose to carry out the three-player basketball sports exercise. With the continuous reform of physical education in colleges and universities in China, it has become an important part of college physical education to promote college students' interest in sports, and improve their sports ability and develop their sports habits. Three-player basketball, as a favorite sport among college students, is of great significance in promoting the development of college students' sports habits, health and ability, as well as the reform of college physical education content.

2. RESEARCH OBJECTS AND METHODS

In this paper, 6 undergraduate universities in Heilongjiang province are selected as the research objects, including Harbin Institute of Technology, Heilongjiang Bayi Agricultural University, Harbin Normal university, HeiLongJiang University, Northeast Petroleum University and Northeast Forestry university. The research methods include literature review, interview, questionnaire survey, statistical analysis and field investigation.

3. RESEARCH AND ANALYSIS

3.1. Analysis of the Current Situation of Three-Player Basketball in Universities in Heilongjiang Province

Through the investigation of the three-player basketball game in 6 universities, it is found that 4 universities hold a three-player basketball game every year, there are large number of take part in the sport. Colleges and universities in Heilongjiang Province will regularly organize three-player basketball games, so as to promote the widespread development of three-player

basketball in colleges and universities, which is of great help to the sustainability of college students' participation in sports. In addition, fierce confrontation can make college students pay attention to their own physical conditions and feel that constant exercise is of great help to their future health and life. The three-player basketball game can improve students' athletic ability, increase their enthusiasm for participation, exercise students' volitional quality and cultivate their lifelong sports awareness. Therefore, colleges and universities in Heilongjiang Province should vigorously publicize three-player basketball, organize more three-player basketball matches of different levels, so as to enrich students' after-school cultural life, edify their healthy sentiments, and promote the healthy development of three-player basketball in colleges and universities.

The basketball sports of college students in Heilongjiang Province's are not limited to the basketball games organized by the school. Students spontaneously organize three-person basketball activities, which is more casual than the games. The level of the competition is mainly different sizes of three basketball series competition activities organized by school, department and class. According to the survey, Heilongjiang Bayi Agricultural University has held "dormitory three-on-three basketball game" since 2015, which played a positive role in developing dormitory culture, enhancing students' physique, enhancing classmates' friendship and creating a good campus culture. In addition, Northeast Petroleum University, Harbin Institute of Technology, Harbin Normal University and other schools regularly organize three-person basketball games, teacher-student three-on-three basketball games and other activities in order to enrich the recreational and sports life of the faculty and staff. This can not only enhance the friendship, strong physique, improve work efficiency, but also can establish a platform for teachers and students to communicate, and respond to the call of basketball into the campus.

The basketball field facility is an indispensable condition for building sports atmosphere and organizing sports activities. The courts generally include indoor courts and outdoor courts. By the investigation to the colleges and universities in Heilongjiang Province three-player basketball game courts, it is found that most games are carried in the outdoor basketball venues. The size of three-player basketball game court is 14 meters long and 15 meters wide field, equivalent to a "half-court basketball". The number of outdoor basketball courts in each school is sufficient. In addition to daily teaching and basketball competitions, some schools encourage more students to participate in sports activities and open outdoor basketball courts to students in their spare time. Among the six colleges and universities, which owns the indoor basketball court, but the court is less, and in order to maintain facilities, prolong service life, in addition to the normal classes and organize large activities, indoor basketball court is also open to students. For few sites, it largely affects the students' enthusiasm to participate in the system of three-player basketball, and produce adverse impact on the development of three-player basketball in colleges and universities in Heilongjiang Province.

3.2. Problems in the Development of Three-Player Basketball System in Colleges and Universities in Heilongjiang Province

3.2.1. Few Events and Small Scale

Although colleges and universities in Heilongjiang Province have carried out the three-player basketball system different levels, the overall development of colleges and universities is not very good, especially in the event holding. Four of the six universities hold a three-player basketball tournament every year. The basic situation of colleges and universities in Heilongjiang Province is that the number of competitions is less and the scope of influence is small. Holding a game is the most intuitive way for students to understand the game. By holding a three-player basketball game, students can have a more direct understanding of the game, and the three-player basketball game can be close to students' lives, thus arousing their interest

in sports and inducing their motivation to participate. Colleges and universities in Heilongjiang Province should hold more three-player basketball matches, especially those with higher specifications, so as to raise the popularity of three-player basketball among students. Often organize friendly matches between colleges and departments as well as between schools, which is not only conducive to increasing communication and enhancing the friendship between colleges, but also conducive to easing the pressure of study, improving the sense of unity and the actual combat level.

3.2.2. Imperfect Allocation of Teaching Resources

The unsound allocation of teaching resources in colleges and universities is mainly manifested in two aspects: Firstly, the site facilities cannot meet the standards and demands of students. There are few indoor courts and the opening hours are limited. The outdoor courts are mostly made of cement. If students play sports on an inelastic court for a long time, it will not only cause some damage to students' health, but also consume a lot of basketball equipment. Therefore, the court cannot well meet students' sports needs. Secondly, the three-player basketball game lacks professional guidance, the teaching process of the three-player basketball practice application knowledge is too little, and effective guidance is lack to the development of the three-player basketball in university. Colleges and universities in Heilongjiang Province should fully encourage basketball teachers to learn the update of knowledge related to three-person basketball system and carry out training to improve teachers' teaching ability, increase capital investment, improve indoor and outdoor facilities, and lay basketball suspended assembled floor or PVC plastic floor, so as to optimize the allocation of teaching resources.

4. CONCLUSION

Three-player basketball, as a sports item that has been promoted vigorously in recent years, has gradually formed the campus culture of three-player basketball in colleges and universities in heilongjiang province. Three-player basketball game can promote the unity and cooperation of the students in colleges and universities, cultivate the students' comprehensive practical ability in sports and the spirit of innovation and can greatly help college students to participate in sports persistently. The intense rivalry can make students aware of their physical condition, feel that exercise has a great help on their own health and life in the future.

Colleges and universities in Heilongjiang Province should improve the three-player basketball game organization system and institutionalize it, so as to provide sufficient organizational guarantee for students' active participation. Different levels of games are set according to students' sports level, this can truly face all students and enable students of different levels to participate. In the aspect of physical education, schools should increase the investment of funds, strengthen the allocation of teaching resources, update the concept of education, follow the development trend of three-player basketball, strengthen the guidance to students, and expand the influence of the project among college students. Colleges and universities in Heilongjiang Province should take corresponding measures to strengthen school-enterprise cooperation, promote the commercialization of three-player basketball system in colleges and universities, establish a sound incentive mechanism and reward mechanism, and fully mobilize the enthusiasm of college students in Heilongjiang Province to actively participate in the three-player basketball system.

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