International Journal of Signal Processing, Image Processing and Pattern Recognition
Vol.9, No.2 (2016), pp.225-238
http://dx.doi.org/10.14257/ijsip.2016.9.2.20

Dynamic Evaluation of Sports Games Teaching on College student's Psychological Health and Basketball Skills based on Network Big Data

Chuanyun Tan

Huanggang Vocational College of Science and Technology, Huanggang 438000, Hubei province, China

Abstract

The whole world is rapidly integrated through the Internet, and the impact of the internet has penetrated into the whole society. Sports games method has strong entertainment, which can inspire the majority of students to participate in the initiative and enthusiasm, more conducive to the cultivation of the students' physical training. In this paper, the author analyzes the games teaching method of sports education by using network data ,the result shows that sports game method can significantly improve the quality of teaching, the student's quality of movement is better after using this teaching method. Combined with conventional basketball teaching, games teaching method can effectively relieve the tension, anger, fatigue, depression, energy and confusion of college students, improve the sense of self-esteem and significantly improve their mental health. So that, suitable teaching methods of physical education will inspire students' interest, enhance students' participation sports desire, and finally achieve the desired teaching effect.

Keywords: *Sports games teaching; Network data; Information extraction; Psychological health; Basketball skills*

1. Introduction

Internet with the convenience of communication and information dissemination rapidly and become an important way to reflect the society, more and more ordinary people through the Internet to express their true thoughts and opinions. With the development of the Internet and the extension of human interaction and communication needs, the social network has been deep into people's life, and in the vigorous development, traditional Internet forward a brand-new times ahead, that era of social network [1]. The social network data includes not only the individual information of the user, including interaction, data share and query content. These data penetrated into the net daily life. But network these filled in by the user and the definition of the information and data is still in a state of disorder, not easy to process and analyze data. Therefore, need from the massive social network data for efficient access to the new, high quality information, and from contains no structural or semi structural information of the page according to certain rules to identify the required data, and these data into structured, semantic clear format. On the other hand, the development of cloud computing for online processing of massive network data provides new methods and technologies. Cloud computing source in the Internet company's business practices, it by the way of Internet computing the hardware resources and information sharing and on-demand use, many famous Internet company launched a cloud computing platform [2]. Social network daily produce pet bytes of social networking online data and information management of network has brought challenges and how to obtain and real-time processing massive social network data, new techniques and methods. Real time cloud computing platform concerns is real-time processing massive data stream, is a data intensive computing

ISSN: 2005-4254 IJSIP

platform, provides a new method and technology for massive network data online processing.

Basketball is one of the world's three major sports, has a profound influence, with the rising of the level of our country professional basketball, basketball make more college students love and fascination[3]. In recent years, college basketball's comprehensive development and expansion, basketball culture in the campus spread positive energy, visible, basketball under the background of the booming development at the same time because of the lagged development of Chinese university basketball there is no good college basketball course content system prevents the China University Basketball Games sound and rapid development, which restricts the improvement of China's overall level of basketball. This paper makes an empirical study on the application of "sports game law" in the teaching of basketball course in Colleges and universities in china. Sports games is to exercise for the content, and taking the game activity form, to the development of physical and mental health, intellectual stimulation and the promotion of mental health for the purpose of a special physical training activities. In basketball teaching seeps into the various sports games can help to students' learning interest and hobbies, finally realized the basketball teaching target. The Huanggang Vocational College of science and technology of the class of 2014 basketball option class two classes of men and 45 students of 100 meters, run-up touch high, 1000 meters, 10 meters x 4 run back and forth, sitting body flexion, place one hand shoulders shot, the basket a minute shooting, the audience straight shooting off the dribble, 2 people traveling between pass investment basket and 3 of 3 races tested, on College Students' nervousness, anger, fatigue, depression, vigor, confusion and self esteem sense degree index conducted a questionnaire survey, comparative analysis of index data and get the corresponding results, for colleges and universities to carry out sports game with basketball teaching provides valuable reference on the basis of the theory.

2. Literature Review

2.1. Network Data

With the advent of the rapid development of network technology and network era, the impact of the Internet has penetrated into all aspects of the national economy in various fields and the lives of the people and the whole society on network dependence degree is more and more, the whole world through the network is quickly integrated, but because the computer network is connected in various forms, uneven distribution of the terminal and network openness, connectivity and other features, resulting in the network vulnerable to hackers, malicious software and other malicious attacks. Broadly speaking, usually involves to the network of information confidentiality, integrity, availability, authenticity and controllability of the related technology and theory are network security research field. Network security involves not only the technical aspects of the problem, there are management problems, two aspects complement each other, and neither is dispensable [4]. Technology mainly focuses on the outside to prevent the illegal user attacks, management is focused on the internal management of human factors. How to more effectively protect important data and improve the security of computer network system has become an important problem that all computer network applications must be considered and must solve [5].

According to the cognitive model theory, the learning process is considered as the process of information processing and knowledge construction. In this model, learners become active participants from the passive recipients of the view of behavior. Cognitive theory believes that in the learning process, learners actively by other cognitive skills, control the cognitive process, select the relevant information and through their existing knowledge to explain it [6-7]. Learning is not only the process of recording information, but also the process of understanding information. The effect of learning evaluation not

only pay attention to the learners learn how much knowledge, and to learn at one's own knowledge structure and the knowledge level of processing. Speaking from the universal significance, teaching is not the main transfer needs to be stored information, but rather to stimulate the learning ability has already, caused it to have the help to complete the learning task and the future more the task of learning ability. In general, with the growth of age students, learning self monitoring all aspects have been varying degrees of development and improve, students' self monitoring showed a trend to slow after the fast development speed in the different periods. Students with growth of the grade, will gradually to their own learning feedback and reflection, to their own learning is more and more accurate, the use of different learning methods with the ability to regulate is developed gradually. The core of computer network is the network protocol[8], so the study protocol and network security is crucial. Are now used in the network protocol earlier design, many protocols are based on a very friendly, communication between the two sides fully trust. Under the network environment, user's information includes password is transmitted in plaintext in the online, as long as the network interface to set the listening mode, they can continue to be transmitted over the Internet information interception, so network monitoring to obtain the user information and is not a difficult thing. In order to guarantee the network security, to prevent network attacks, in addition to the information using encryption technology, there is and network protocol network security techniques, such as firewall technology, intrusion monitoring technology and security scanning technology and protocol analysis technology and the data packet generation technology. These techniques, packet capture and analysis is the most important means, it is the basis of many network security technology.

2.2. Information Extraction

Information extraction is developed in recent decades, a new application field, its main goal is to find needed information from the document, the core of Web information extraction is using a pattern rules from the web page contains the semi structure or non structure information to identify specific data and convert it to a more structured, semantic clear format[9]. The key part is used for extracting a series of extraction rules and patterns. Web information extraction is the information from the web page extraction, semi-structured information page is according to a certain pattern appears on the web server obtained from the backstage database data, it in the page layout has certain regularity, so you can get specific information extracted from using the extraction rules. The text information extraction and processing are the main text is structured, semi-structured and free text. Structured text is strictly in accordance with the format generated text, the extraction process is simple and high accuracy; semi structured text generally refers to the Internet HTML *etc*.; free text format is not unified, grammar generally require using natural language processing.

1. ***Natural language processing:*** Based on natural language processing technology is mainly used in the document that contains a large number of sentences and grammatical, extraction rules is based on the syntax and semantics of natural language, document analysis based on sentences, phrases and their inter relationship, thereby pumping out the specific information[10].

2. ***Wrapper induction:*** wrapper induction information extraction is semi automated. This method in first user manual annotation data recordset or web application of induction algorithm to generate a set of extraction rules based on the delimiters, and then use this set of extraction rules from a web page and extract target data.

3. ***Ontology:*** ontology based method is mainly based on the concept of ontology, first of all it needs domain experts use their knowledge to build domain ontology,

ontology analysis were to concepts and relations, then the concept generated tagging rules, it is the information extraction of a set of principles, finally also use these concepts to grammatical analysis of the text and put it and ontology annotation rules combine to generate information extractor and extracted data.

4. ***HTML structure:*** according to the structural characteristics of documents on the web page, information extraction from HTML structure before extraction will parse it into a DOM tree grammar[11], and then through the automatic or semi-automatic learning extraction rules, and the extraction process is transformed into the DOM syntax tree to complete information extraction. In the information extraction can be according to the characteristics of tree structure summary induces needs to part of the extraction of features, so as to realize the extraction work.

2.3. Sports Games Method

1. ***Basketball preparation:*** To accomplish the task of teaching, a part of the very foundation is warm-up preparation stage, in this link; students of various parts of the body were fully activities, so as to ensure the function of various parts of the body to normal operation, the better to join the basketball. Basketball has a fierce confrontation, the physical requirements higher. There is also a need for a warm-up exercise to produce enough attention. Compared to the single preparations for the content in the traditional teaching, students often do not feel the fun, and then we have the traditional activities in the development of as strong interesting game. These students to learn basketball into the state can be faster [12]. This warm-up effect can be achieved, and can let students grasp the characteristics of basketball, basketball better learning knowledge. In addition, the physical education teachers need to be combined with the demands of the game, before the class to the equipment, and ensure the exercise site is sufficient, to avoid because of equipment or the problem of space, to affect the game smoothly. Only do these preparations, can the orderly to smooth out the set of games and sports games in this part can be brought into full play, to further improve the quality of teaching

2. ***Basketball basic skill teaching:*** In sports teaching, the important task is to review old content, on the new content for learning, to promote students' physical quality development; then in physical education teaching activities, you can will some sports games to come, change the past that a single boring teaching mode. For example, a student of basic movements in basketball game to master, you can let the students were to take a ball, other students trying to ruin their dribble; through this game, students dribble skills can get training, at the same time, the interest is also compared to the wall. Can also carry on the grouping of students, each group of two people, a student dribbling and counting, another supervise students and find out most students dribble and two students between the location of the exchange. So the students' sense of competition can be strengthened, can also coordinated ability and thinking of the students exercise. In addition, you can also take some other games, such as rope skipping, jumping touch ball, through this game students control ball ability has been improved, physical fitness of students has been enhanced at the same time, students' thinking ability and creative ability exercise too, promote the development of students.

3. ***The end stage of basketball teaching:*** In this stage, mainly to help students to restore the physical state, then in this link, game of choice requires with a small amount of exercise, and have a strong entertainment and fun, so you can eliminate fatigue state after the student movement, basket ball movement ended in a relaxed and pleasant atmosphere. The organization of this game is less difficult, but also can better relax the students' physiology and psychology. First is the security of the game need to be guaranteed, in the organization of sports games, there will be some security risks exist in some physical confrontation game or throwing games, so teachers need to attach more

attention to security issues. Teachers need to properly regulate the interpretation of the game, in a timely manner to stop those that may cause security risks. Teachers should create a good classroom atmosphere, need to ensure that students are able to comply with the relevant rules; in the course of the game, teachers need to global control, position for each student to grasp to ensure the security of the game, to avoid some accident. Secondly is justice, competition is a lot of sports games have the characteristics of. Therefore, teachers often needed to act as referee role in order to be able to smooth game; in terms of the referee, serious and fair and accurate are required to guarantee the, teachers need to the game name, method and rule fully familiar with, also need to scientific judgment, temporary problems appeared in the course of the game to deal with scientific. Only in this way can smoothly carry out the game.

3. Sports Games Method

3.1. The Role of Sports Games Method

1. ***Adjusting the students interest in learning:*** in the traditional sports teaching activities, due to inflexible teaching mode, making teaching boring, monotonous, how can the teaching focus is monotonous, boring technology action, designed to in the form of a variety of games to practice, and stimulate the enthusiasm of the students to practice, is an important direction of first-line sports workers for many years to explore. Sports games in teaching have strong entertainment, which can inspire the majority of students to participate in the initiative and enthusiasm, more conducive to the cultivation of the students' physical training enthusiasm and interest.

2. ***Adjust the students' mentality:*** through the game form cultivating students' healthy mentality, students in the learning life, psychological bearing capacity is not high, or lacking, this training in learning and life pose a potential threat. Through the game teaching can cultivate students' innovation spirit and competition consciousness, solidarity and cooperation, with good quality, love the collective, and law-abiding frequent outcome in the competition, so that the students can feel the joy of success, so as to improve students' self-confidence, improve the purpose of the mentality.

3. ***Developing students' physical quality:*** in sports in the classroom, teachers through the establishment of effective sports games evaluation system and incentive mechanism, in order to better and improve the physical fitness of students. Sports game is carried out by means of physical activity and the indirect exercise can student development speed, agility, coordination and stamina diathesis, effectively improve students basic ability, promote students in a happy mood positive development of the body, to enhance physical fitness.

4. ***Training student's organizational idea:*** in physical education teaching activities, teachers through the course before the game, often require participants to conditions in accordance with the provisions of the venue, equipment and related rules, in a certain extent, urge the students to be able to maximize the training to comply with the discipline of consciousness. Because in the team game, students in the process of the whole game, no one do not want their mistakes and the destruction of the team's score and ranking, also do not want to let the team punishment in violation of the rules of the game. So in the sports teaching, especially the collective game, can maximize the cultivation of students' consciousness and self-discipline.

3.2. Research Object

The research object is Huanggang College of Science and Technology, the basketball option class two classes of men and 45 students, the reasonable selection of experimental group (n=22) and control group (n=23), and the same physical education teachers as

basketball teaching; study time from September 2015 to December 2015, a total of 130 days; location: Huanggang College of Science and Technology basketball court. The experimental group of teachers using the sports game method combined with traditional teaching methods, the control group used the conventional teaching of the same level of teachers.

3.3. Research Methods

1. ***Literature data method:*** The research to "Sports Games", "Basketball Teaching", "students", "basketball skills", "health" as keywords, by searching the Chinese Journal Database and reading about sports games and college basketball teaching related research articles as well as individual monographs and textbooks to search how the game teaching method flexibly using to College basketball teaching course and through the teaching experiment were empirical research. Data are collected from in four categories: journals, the second is books and monographs, dissertations, and the fourth is news page. In the course of the study, the existing literature by reading, sorting, screening, induction, analysis and summary, provide premise and guarantee for the research in related fields.

2. ***Test method:*** Before the experiment, after the experimental group (n= 22) and control group (n= 23) male college students in the 100 meters, the run-up to touch high, 1000 meters, 10 meters x 4 run back and forth, sitting body flexion, place one hand shoulders shot, the basket a minute shooting, the audience straight shooting off the dribble, 2 people traveling between ball and 3 of 3 races were test and evaluation and record the results.

3. ***Questionnaire survey:*** (1) questionnaire: according to the basic requirements of questionnaire design, on College Students' nervousness, anger, fatigue, depression, vigor, confusion and self esteem sense degree index on the basis of research and analysis preparation and the design of the questionnaire; (2) measured questionnaire: the questionnaire is mainly on the research of like college students were investigated. The face-to-face interviews, in the form of recycling, and fully guarantee the recovery rate of the questionnaire, and the questionnaire recovery process, a face-to-face conversation with many respondents, 48 questionnaires, 47 were recovered, 45 effective questionnaires, the recovery rate of 97.92%, efficiency of 95.74%; (3) the contents of the questionnaire: the questionnaire the questionnaire adopts 5 grade evaluation, tension, anger, fatigue, depression, panic, energy and self-esteem in the degree of effect degree is 5 points, rather than 4, moderate 3 points, one point to 2 points, almost 1 points, higher scores indicate a higher level. Relatively more serious; (4) questionnaire validity test: using Cronbach a to observe the coefficient of internal consistency, in this questionnaire, the a=0.89 coefficient >0.76, P values were less than 0.01, in line with the requirements of survey validity; (5) questionnaire reliability test The "method", the correlation coefficient r, respectively: 0.94, $P < 0.01$, with statistical significance, reliability.

4. ***Comparative study:***Comparative study is the thinking process and method to determine the similarities and differences between things. By comparison, the similarities and differences between, to find the law, to solve the problems, in order to improve the college basketball skills and physical and mental health for reference.

5. ***Mathematical statistics method:*** The data collection, collation, use of SPSS16.0 analysis software of income data of experimental classes and control classes of data processing, the main analysis of mean method comparison, percentage statistics, variance comparison and sorting the list method, and according to the statistical data of table drawing, draw the relevant conclusions of the mathematical and facilitate further inferences.

6. ***Logic analysis method:*** On the basis of literature and related materials using induction, analogy, deduction and so on logic analysis method, in-depth analyses of the collected college basketball skills and physical and mental health, and data and information, comparison, induction and consolidation, draw relevant conclusions and suggestions.

7. ***Behavior research method:*** Behavior research is a comprehensive research method, mainly through observation and interviews, to understand behavior of college students in sports games, then analyze and explore on the activities of the game rules, the main representative of modern behavior modify the school is the American psychologist B. F. Skinner. He advocated the use of praise and reinforcement, to modify their behavior.

4. Empirical Analysis

4.1. Comparison and Analysis of the Test Indexes

Before the experiment the experimental group and the control group tested indicators, can be obtained from Table 1: In the "100 meters" index comparison, median and standard deviation of the experimental group before the experiment (13.28 ± 0.58), the values and the control group standard deviation (13.29 ± 0.46), the experimental group is better than the control group 0.01s, and F = 0.004, P = 0.951> 0.05; in the "run-up Mogao" comparative indicators, median and standard deviation of the experimental group before the experiment (58.22 ± 1.07), median and standard deviation of the control group (57.39 ± 1.06), the experimental group than the control group good 0.83 cm, and F = 0.069, P = 0.795> 0.05; in the "1000 meters" index comparison, median and standard deviation for the former Experiment group (236.22 ± 15.31), median and standard deviation of the control group (234.17 ± 16.89), the experimental group than the control group difference 2.05s, and F = 0.182, P = 0.672> 0.05; the index more "10 m × 4 shuttle run" in the median and standard deviation of the experimental group before the experiment (13.28 ± 0.58), median and standard deviation of the control group (13.29 ± 0.46), the experimental group than in the Good control group 0.24s, and F = 0.571, P = 0.454> 0.05; in the "Sit and Reach" comparative indicators, median and standard deviation of the experimental group before the experiment was (9.31 ± 3.53), the value of the control group and the standard deviation of (8.43 ± 4.32), the experimental group is better than the control group 0.88cm, and F = 0.559, P = 0.459> 0.05; in comparison index "in situ hand basket - shooting" in the experimental group before the experiment value and standard deviation of (4.50 ± 1.76), median and standard deviation of the control group (4.39 ± 1.95), the experimental group than the control group good 0.11, and F = 0.038, P = 0.846> 0.05; in the "basket one minute shooting "index comparison, median and standard deviation of the experimental group before the experiment (13.05 ± 6.28), median and standard deviation of the control group (11.91 ± 5.18), better than the control group, the experimental group, 1.14, and F = 0.436, P = 0.512> 0.05; in the "straight audience dribble shooting" comparative indicators, median and standard deviation of the experimental group before the experiment (14.18 ± 0.69), median and standard deviation of the control group (14.29 ± 0.88), better than the control group, the experimental group 0.11s, and F = 0.214, P = 0.646> 0.05; in the "road between two people passing shot" comparative indicators, median, and standard front Experiment group difference (13.01 ± 2.16), median and standard deviation of the control group (13.19 ± 2.27), the experimental group 0.18s better than the control group, and F = 0.075, P = 0.785> 0.05; in the "3 on 3 game" Comparison Index the median, and standard deviation of the experimental group before the

experiment was (7.11 ± 1.34), median and standard deviation of the control group (6.86 ± 1.26), 0.25 points better in the experimental group than the control group, and F = 0.394, P = 0.533> 0.05; in the "tension" comparative indicators, median and standard deviation of the experimental group before the experiment was (2.53 ± 1.10), median and standard deviation of the control group (2.47 ± 1.34), the difference in the experimental group than the control group 0.06, and F = 0.033, P = 0.856> 0.05; the "anger" comparative indicators, median and standard deviation of the experimental group before the experiment was (2.55 ± 1.05), median and standard deviation of the control group (2.30 ± 1.22), the experimental group than the control group difference 0.25, and F = 0.499, P = 0.484> 0.05; in the "fatigue" comparative indicators, median and standard deviation experiment before the experiment group was (2.72 ± 0.82), the control group median and standard deviation of (2.52 ± 1.03), the experimental group than the control group difference 0.20, and F = 0.536, P = 0.468> 0.05; in the "depression" comparative indicators, median, and standard front Experiment group difference (2.63 ± 1.13), median and standard deviation of the control group (2.43 ± 1.04), the experimental group than the control group difference 0.20, and F = 0.387, P = 0.537> 0.05; in the "energy" comparative indicators, before the experiment median and standard deviation of the experimental group (3.72 ± 0.76), median and standard deviation of the control group (3.65 ± 1.02), a difference of 0.07 in the experimental group than the control group, and F = 0.077, P = 0.783> 0.05; in "panic" comparative indicators, median and standard deviation of the experimental group before the experiment was (2.45 ± 1.14), median and standard deviation of the control group (2.43 ± 1.27), the experimental group than the control group, a difference of 0.02, and F = 0.003, P = 0.957> 0.05; in the "self-esteem" comparative indicators, median and standard deviation of the experimental group before the experiment was (2.59 ± 1.09), median and standard deviation of the control group (2.69 ± 1.25), experiments group than the control group difference -0.10, and F = 0.088, P = 0.768> 0.05. Visible, F values were less than 1 near 0, P> 0.05, no statistically significant, indicating that there was no significant difference before the experiment, provide the basis for the premise and guarantee relevant indicators studied.

Table 1. Comparative Analysis of Each Test Index (n=45)

Indicators	Experience group		Control group		D-value	F value	P value
	n	X±S	n	X±S			
100 meters (s)	22	13.28±0.58	23	13.29±0.46	-0.01	0.004	0.951
The run-up height (CM)	22	58.22±1.07	23	57.39±1.06	0.83	0.069	0.795
1000 meters (s)	22	236.22±15.31	23	234.17±16.89	2.05	0.182	0.672
10 m * 4 round trip (s)	22	13.38±0.78	23	13.62±1.27	-0.24	0.571	0.454
Sit and reach (CM)	22	9.31±3.53	23	8.43±4.32	0.88	0.559	0.459
Place one hand shoulder shot (a)	22	4.50±1.76	23	4.39±1.95	0.11	0.038	0.846
Shoot a minute (a)	22	13.05±6.28	23	11.91±5.18	1.14	0.436	0.512
The straight line drive shot (s)	22	14.18±0.69	23	14.29±0.88	-0.11	0.214	0.646
Travel between 2 people passing shot (s)	22	13.01±2.16	23	13.19±2.27	-0.18	0.075	0.785
3 to 3 games	22	7.11±1.34	23	6.86±1.26	0.25	0.394	0.533

(points)							
Nervous	22	2.53±1.10	23	2.47±1.34	0.06	0.033	0.856
anger	22	2.55±1.05	23	2.30±1.22	0.25	0.499	0.484
fatigue	22	2.72±0.82	23	2.52±1.03	0.20	0.536	0.468
depression	22	2.63±1.13	23	2.43±1.04	0.20	0.387	0.537
energy	22	3.72±0.76	23	3.65±1.02	0.07	0.077	0.783
flurried	22	2.45±1.14	23	2.43±1.27	0.02	0.003	0.957
sense of self-respect	22	2.59±1.09	23	2.69±1.25	-0.10	0.088	0.768

4.2. Comparative Analysis of Sports Quality

Sports Quality refers to the size of the basic capabilities of human muscle, including speed, strength, stamina, agility and flexibility and so on. In basketball, the speed of representative projects of 100 meters, the strength of representative projects run-up Mogao, endurance representative projects of 1000 meters, sensitive representation of the project is 10 m × 4 shuttle run, flexible representation Sit and Reach project. Obtained from Table 2: In the "100 meters" index comparison, median and standard deviation of the experimental group before the experiment (13.88 ± 0.48), median and standard deviation of the control group (14.20 ± 0.53), the experimental group than the control group difference -0.32s, and F = 4.414, P = 0.042 <0.05; in the "run-up Mogao" comparative indicators, median and standard deviation of the experimental group before the experiment (63.95 ± 9.51), the values and the control group standard deviation (57.78 ± 10.47), a difference of 6.17 cm in the experimental group than the control group, and F = 4.269, P = 0.045 <0.05; in the "1000 meters" index comparison, median and standard deviation of the experimental group before the experiment (224.45 ± 10.21), median and standard deviation of the control group (233.17 ± 15.75), difference -8.72s experimental group than the control group, and F = 4.804, P = 0.034 <0.05; in the "10 m × 4 shuttle run" index comparison, median and standard deviation of the experimental group before the experiment (12.94 ± 0.57), median and standard deviation of the control group (13.55 ± 1.19), the difference in the experimental group than the control group -0.61s, and F = 4.691 , P = 0.036 <0.05; in the "Sit and Reach" comparative indicators, median and standard deviation of the experimental group before the experiment (11.54 ± 4.83), median and standard deviation of the control group (8.65 ± 4.16), difference in the experimental group than the control group 2.89cm, and F = 4.638, P = 0.037 <0.05. P <0.05, indicating that the experimental group and the control group in the 100 meters, the run-up Mogao, 1000 m, 10 m × 4 shuttle run, there is a significant difference statistically significant Sit and Reach indicators, it is because sports game law teaching can promote student learning enthusiasm and creativity, the interest extends to extracurricular hobby class, the number of students to enhance physical exercise, so continuously improve the quality movement. Visible, sports games basketball teaching method combined with conventional energy than conventional teaching significantly improve 100 meters of university students, the run-up Mogao, 1000 m, 10 m × 4 shuttle run and Sit and Reach indicators data, significantly improved the quality of their movement.

Table 2. Comparative Analysis of Sports Quality (n=45)

Indicators	Experience group		Control group		D-value	F value	P value
	n	X±S	n	X±S			
100 meters (s)	22	13.88±0.48	23	14.20±0.53	-0.32	4.414	0.042
The run-up height (CM)	22	63.95±9.51	23	57.78±10.47	6.17	4.269	0.045
1000 meters (s)	22	224.45±10.21	23	233.17±15.75	-8.72	4.804	0.034
10 m * 4 round	22	12.94±0.57	23	13.55±1.19	-0.61	4.691	0.036

trip (s)							
Sit and reach (CM)	22	11.54±4.83	23	8.65±4.16	2.89	4.638	0.037

4.3. Comparative Analysis of Basketball Skill

Obtained from Table 3: Comparison of the indicators in situ hand basket in the median and standard deviation of the experimental group before the experiment was (5.86 ± 2.12), median and standard deviation of the control group (4.56 ± 1.97) the experimental group than the control group difference 1.30, and F = 4.522, P = 0.039 <0.05; in the "basket one minute shooting" comparative indicators, median and standard deviation of the experimental group before the experiment (16.68 ± 8.48), control group median and standard deviation (12.26 ± 4.81), the experimental group than the control group, a difference of 4.42, and F = 4.675, P = 0.036 <0.05; in the "straight audience dribble shooting" comparative indicators, the experimental group before the experiment median and standard deviation (13.71 ± 0.81), median and standard deviation of the control group (14.33 ± 0.89), the experimental group than the control group, a difference of -0.62, and F = 5.761, P = 0.021 <0.05; in " People traveling between the two passing shots "index comparison, median and standard deviation of the experimental group before the experiment (11.82 ± 1.03, median and standard deviation of the control group (13.19 ± 2.22), the difference in the experimental group than in the control group - 1.37, and F = 6.912, P = 0.012 <0.05; in comparison index "3 on 3 game" in the median and standard deviation of the experimental group before the experiment was (8.01 ± 0.94), median and standard deviation of the control group (7.00 ± 1.21), the experimental group than the control group, a difference of 0.81, and F = 7.095, P = 0.011 <0.05.P values were <0.05, indicating that the experimental group and the control group in place with one hand shoulder shot, the basket one minute shooting , the audience dribbling straight shooting, there was a significant difference statistically significant passing shots and 3 on 3 game people traveling between the two indicators, it is because sports games teaching method can promote students' enthusiasm and creativity, serious initiative to complete classroom technical skills action, repeated practice, to achieve very proficiency, so the basketball skills continues to increase. Visible, sports games basketball teaching method combined with conventional energy than conventional teaching college students significantly improved where it is Single - handed To shoot the basket one minute shooting , the audience dribbling straight shooting, passing and shooting 3 on 3 game 2 people traveling between the index data, significantly improving their basketball skills.

Table 3. Comparative Analysis of Basketball Skills (n=45)

Indicators	Experience group		Control group		D-value	F value	P value
	n	X±S	n	X±S			
Place one hand shoulder shot	22	5.86±2.12	23	4.56±1.97	1.30	4.522	0.039
Basket of shots	22	16.68± 8.48	23	12.26± 4.81	4.42	4.675	0.036
straight line drive shot	22	13.71± 0.81	23	14.33± 0.89	-0.62	5.761	0.021
2 people travel between the ball	22	11.82± 1.03	23	13.19± 2.22	-1.37	6.912	0.012
3 to 3 games	22	7.81±0.94	23	7.00±1.21	0.81	7.095	0.011

4.4. Comparative Analysis of Mental Health

Tension is the body's response to external things to strengthen the spirit and the flesh in terms of both people disturbed sleep, thinking and attention cannot concentrate, headaches, palpitations, front and pain, fatigue, questionnaire reads "your level of anxiety"; anger is when the desire cannot be achieved or a time to achieve the purpose of the action setbacks caused tension without a happy mood, the survey reads "your angry extent"; fatigue is a subjective discomfort, but will at the same objectively Under the conditions, losing their complete original engaged in normal activities or ability to work, the survey reads "your listless degree"; depression, also known as major depressive disorder, with significant and persistent low mood as the main clinical features, is a major mood disorder type, the survey says "you're not happy extent"; energy, mental and physical ,, refers to the content of the questionnaire as "your pleasant level"; refers panic panic disorder, the survey reads "your panic level"; self-esteem, also known as self-esteem, self-esteem is a reflection of the relationship between social needs assessment and personal self-esteem, questionnaires reads "your embarrassing degree." Obtained from Table 4: In the "tense" index comparison, median and standard deviation of the experimental group before the experiment was (1.95 ± 1.04), median and standard deviation of the control group (2.65 ± 1.11), the experimental group than the control group difference -0.70, and F = 4.690, P = 0.0360.05; the "anger" comparative indicators, median and standard deviation of the experimental group before the experiment was (1.63 ± 0.84), median and standard deviation of the control group (2.30 ± 1.14), the experimental group than the control group, a difference of -0.67, and F = 4.908, P = 0.032 <0.05; in the "fatigue" comparative indicators, median and standard deviation of the experimental group before the experiment was (1.86 ± 0.99), median and standard deviation of the control group (2.52 ± 1.03), the experimental group than the control group difference -0.66, and F = 4.724, P = 0.035 <0.05; in the "depression" comparative indicators, the value of the experimental group before the experiment and the standard deviation of (2.00 ± 1.02), median and standard deviation of the control group (2.69 ± 1.10), the experimental group than the control group difference -0.69, and F = 4.788, P = 0.034 <0.05; in the "energy" targets comparison, median and standard deviation of the experimental group before the experiment was (4.31 ± 0.83), median and standard deviation of the control group (3.69 ± 1.01), the experimental group than the control group, a difference of 0.62, and F = 4.978, P = 0.031 <0.05; in the "panic" comparative indicators, median and standard deviation of the experimental group before the experiment was (1.86 ± 1.03), median and standard deviation of the control group (2.56 ± 1.16), the difference in the experimental group than the control group -0.70, and F = 4.555, P = 0.039 <0.05; in the "self-esteem" comparative indicators, median and standard deviation of the experimental group before the experiment was (1.81 ± 1.05), median and standard deviation of the control group (2.65 ± 1.19), the experimental group than the control group, a difference of -0.84, and F = 6.172, P = 0.017 <0.05. P <0.05, indicating that the experimental group and the control group in tension, anger, fatigue, there is a significant difference statistically significant depression, energy, a sense of panic and self-esteem index, it is because sports games law teaching can promote student learning interactive, promote the spirit of cooperation and competition, so mental health indicators continue to improve. Visible, sports games basketball teaching method combined with conventional energy than conventional teaching significantly increase tension, anger, fatigue, depression, energy, a sense of panic and self-esteem index data college students, a significant improvement of their mental health.

Table 4. Comparative Analysis of Mental Health (n=45)

Indicators	Experience group		Control group		D-value	F value	P value
	n	X±S	n	X±S			
Nervous	22	1.95±1.04		2.65±1.11	-0.70	4.690	0.036
anger	22	1.63±0.84		2.30±1.14	-0.67	4.908	0.032
fatigue	22	1.86±0.99		2.52±1.03	-0.66	4.724	0.035
depression	22	2.00±1.02		2.69±1.10	-0.69	4.788	.0.034
energy	22	4.31±0.83		3.69±1.01	0.62	4.978	0.031
flurried	22	1.86±1.03		2.56±1.16	-0.70	4.555	0.039
sense of self-respect	22	1.81±1.05		2.65±1.19	-0.84	6.172	0.017

5. Conclusions

From the point of view of the history of the development of sports teaching in our country, many front-line workers in sports, of sports games in physical education teaching in the use of research made an important contribution, it is generally believed that teaching to fully mobilize the enthusiasm of students learning in physical education, promote students all-round development, improve the quality of teaching. Sports games will improve the teaching quality of physical education, the successful completion of teaching tasks, with positive role. Sports game method combined with conventional basketball teaching than the conventional teaching can significantly improve college students of 100 meters, run-up touch high, 1000 meters, 10 meters x 4 round-trip run and body antexion index data, significantly improve their quality. Sports games method combined with conventional basketball teaching than the conventional teaching can improve significantly students place one hand shoulder shot, the basket a minute shooting, the audience straight shooting off the dribble, 2 people traveling between ball and 3 on 3 competition index data, significantly improve their basketball skills. Sports games method combined with conventional basketball teaching than the conventional teaching can significantly improve students' nervousness, anger, fatigue, depression, vigor, confusion and self-esteem sense index data, significantly improve their mental health.

References

[1] C. Wei, Y. Tao, "Application of Multimedia–Aided Project–Teaching Mode in Cultural Education", IERI Procedia, vol.2, **(2012)**, pp.538-542.
[2] M. Hu, S. Xu, "Research of Multimedia Teaching on Principles of Management", IERI Procedia, vol. 2, **(2012)**, pp. 666-670.
[3] Y. Huang and S. Backman, "Experiencing student learning and tourism training in a 3D virtual world: An exploratory study", Journal of Hospitality, Leisure, Sport & Tourism Education, vol. 13, **(2013)**, pp. 190-201.
[4] C. Fornell, and D. F. Larcker, "Structural equation models with unobservable variables and measurement error: Algebra and statistics", Journal of marketing research, vol. 18, **(1981)**, pp. 382-389.
[5] I. Ihfasuziella, and Z. Wan, "Space Management: A Study on Space Usage Level in Higher Education Institutions", Procedia - Social and Behavioral Sciences, vol. 47, **(2012)**, pp. 1880-1887.
[6] M.Oana, "The implementation of quality management in higher education",Procedia - Social and Behavioral Sciences, vol. 5, **(2011)**, pp.1046-1050.
[7] W.Dai, L.Fan, "Discussion about the Pros and Cons and Recommendations for Multimedia Teaching in Local Vocational Schools",Physics Procedia, Vol.33, **(2012)**, pp.1144-1148.
[8] M,Silvia,and Stefania,T. "A knowledge management approach to organizational competitive advantage: Evidence from the food sector",European Management Journal, vol.27, Issue 2, **(2009)**, pp.129-141.
[9] C.Ceyhan, and Harika,O.A., "A phenomenological study of instructors' experiences on an open source learning management system",Procedia - Social and Behavioral Sciences, vol.28,**(2011)**, pp.790-795.
[10] L.Marjan, "Knowledge management in higher education", Procedia Computer Science, vol. 3, **(2011),** pp.544-549.

[11] R.Teshia, and Susan,A., "Shaping the online experience: How administrators can influence student and instructor perceptions through policy and practice", The Internet and Higher Education, vol.17, **(2013)**, pp.29-37.
[12] S.Jian-hua, L.hong, "Explore the Effective Use of Multimedia Technology in College Physics Teaching",Energy Procedia, Vol.17, **(2012)**, pp.1897-1900.