

Basketball Is the Core Value of School Sports and A Lifelong Sport Extended by Society

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Abstract: The purpose of this study is to explore the core value of basketball in school physical education and its lifelong physical impact on individuals and society. Through literature review, theoretical analysis and case study, we first reviewed the status and development trend of basketball in school sports, emphasizing its important role in skill learning, physical quality training, teamwork spirit and personal responsibility development. At the same time, this study deeply discusses the value of basketball for students' mental health, including reducing pressure, enhancing self-confidence and other psychological benefits. On this basis, this paper further discusses the transition path of basketball from campus to society, analyzes the possibility of connecting school basketball activities with community resources and the way for graduates to continue to participate in basketball activities. Research shows that basketball, as a lifelong physical activity, not only helps maintain an active lifestyle into adulthood, but also helps individuals stay healthy and promote social connections at different life stages. In addition, the study looked at the social support for basketball, such as the role of government policies, social organizations and commercial institutions, and assessed the public acceptance of basketball culture and its evolution. Through the study of successful cases at home and abroad, we summarized the effective promotion model and successful factors that can be used for reference, and also pointed out the problems and challenges in practice, and put forward suggestions for improvement. Finally, this study confirms the irreplaceable core value of basketball in school sports, emphasizes its positive contribution to personal growth and social development as a lifelong physical activity, and provides valuable references for future relevant policy makers, educators and all sectors of society.

Keywords: Basketball; School physical education; Core values; Social extension; Sport for life.

1. Introduction

Basketball, loved worldwide, has evolved since Dr. James Naismith created it at Springfield College in 1891. It serves not only as a competitive sport but also promotes health, education, and social integration [1]. In view of modern society's increasing attention to the concept of healthy life, school physical education plays an increasingly prominent role in the improvement of young people's physical fitness, character building and lifelong sports concept cultivation. In China, with rapid economic development and changes in social structure, people's lifestyle has undergone great changes, the physical activity of the young generation has shown a declining trend, the proportion of obesity has continued to rise, and vision problems have become more and more prominent. In response to the above phenomenon, the State has successively promulgated a number of policy measures such as the National Fitness Plan (2021-2025), reaffirming the urgency of strengthening youth sports activities, and clearly instructing the need to integrate physical education into the overall education evaluation framework. Under this background, basketball, as a kind of sports form integrating fun, competition and teamwork, has been widely concerned about its application in school physical education.

This study can comprehensively explore the core value of basketball in the school sports system and its far-reaching impact on individuals and society. Through the in-depth analysis of the characteristics of basketball and the evaluation of advantages, the key position and unique role of basketball in the school physical education teaching plan are revealed. The study systematically evaluated the comprehensive effect of basketball on the growth of students from multiple

dimensions such as physical health, psychological state and social skills. At the same time, this study also explores the function of basketball as a link between campus and society, and its great potential in promoting lifelong sports practice. Based on the above research results, the paper puts forward specific suggestions on optimizing the distribution of school sports resources, improving the quality of basketball teaching and promoting basketball culture, in order to provide valuable reference for the government decision-making level, education practitioners and all sectors of society.

2. Literature Review

2.1. Basketball status and core value theory

Basketball combines basic movements such as running, jumping and shooting, which can effectively improve students' physical fitness (Wang & Li, 2019). In addition, it also emphasizes the use of tactical cooperation and personal skills, which plays a positive role in improving students' thinking agility and problem-solving ability [2]. Basketball promotes communication and collaboration among students and enhances class cohesion through the form of team competition (Johnson, 2021). Winning and losing builds students' mental toughness. Due to its simple rules, ease of learning, and high participation, basketball has spread rapidly. As part of school PE, it promotes physical and mental health, and fosters teamwork and responsibility. Numerous domestic and foreign studies have pointed out that basketball plays an important role in the physical education system of schools (Smith, 2018; Zhang et al., 2020). For example, in the United States, many primary and secondary schools have made basketball a compulsory or optional course; In China, basketball is also one of the recommended events in the

physical education syllabus.

The core values of basketball are reflected in many aspects, not only for physical exercise, but also for mental health and social interaction [3]. From an pedagogical perspective, basketball provides practical opportunities for students to apply what they have learned in real situations, thereby deepening their understanding and memory. This student-centered teaching method helps to stimulate their curiosity and thirst for knowledge, thus improving learning results. Psychological studies have shown that regular participation in basketball can significantly reduce stress levels, improve emotional states, and promote positive personality trait development in adolescents. When students work together to pursue goals in a supportive environment, they feel a sense of accomplishment and worth, which is essential to their mental health (Deci & Ryan, 2000). From a sociological perspective, basketball, as a social media, builds a bridge of communication between people from different backgrounds and is conducive to the integration and development of multi-cultures (Davis, 2015). Participation in basketball activities can help individuals accumulate social capital, that is, obtain resources and support by building a network of relationships [4]. This not only contributes to personal career development, but also contributes to community building (Putnam, 2000).

2.2. The concept of lifelong sports and the social extension of basketball

Lifelong sports refers to the physical activities throughout a person's life, aiming to maintain health, enhance physical fitness and enjoy life pleasure through continuous physical exercise. Basketball, as a popular sport with a broad mass base and good operability, is well suited to be part of a lifelong sport [5]. As people age, the opportunity to participate in official competitions may decrease due to work pressure or other reasons, but basketball can still be integrated into daily life through leisure forms, such as weekend games in the park, fun games at family gatherings, etc. (Jones, 2021). Therefore, how to smoothly extend intramural basketball activities to outside school is particularly important (Garcia, 2020). On the one hand, schools can strengthen the connection between home and school by holding alumni gatherings and inviting parents to participate in such activities. Gov't and orgs should increase public sports facilities and services for graduates to enjoy basketball sustainably (Harris, 2018). Basketball is a sport and a cultural expression. Such as NBA, CBA and other professional basketball events, as well as street basketball culture, have a wide range of followers around the world, and these cultural factors have intangibly shaped people's attitudes and behavior patterns toward sports (Lee, 2022). By promoting basketball culture, we can attract more young people to participate in the sport, while inheriting and developing local sports cultural characteristics (Kim, 2021).

3. The Core Value of Basketball in School Sports

3.1. Educational value

Basketball plays an important role in the school physical education curriculum system, and its educational significance is extensive. It enhances physical fitness, psychological quality, and social skills. Basketball, integrating running, jumping, and throwing, is crucial for overall physical improvement. After systematic training, students' cardiopulmonary efficiency, muscle strength, coordination

and flexibility can be greatly improved (Smith, 2018). In addition, the process of learning basketball rules and techniques is also an intellectual contest, requiring participants to make quick judgments in a rapidly changing competition scene, which undoubtedly exercises their thinking speed and problem-solving skills (Brown, 2017). Basketball is highly dependent on teamwork. During the game, each player needs to clearly define their role and work closely with their teammates to achieve team goals. The collaborative experience in this process can build students' team spirit and responsibility, teaching them to trust their peers, accept dissent, and take responsibility (Johnson, 2021). At the same time, the experience of winning and losing a game provides students with an important opportunity to face setbacks and develop their ability to deal with adversity with a positive attitude (Chen et al., 2022).

3.2. Social value

The sport of basketball provides students with an ideal social platform that promotes interpersonal interaction and community building. Getting involved in basketball is an effective way to expand your social network. Whether it's joining your school's basketball team or participating in extracurricular interest groups, basketball fans come together for a shared passion, creating an active and supportive social environment. In this process, students can not only broaden their personal connections, but also learn the skills to communicate with others and deal with conflicts (Miller, 2016). With the accelerating pace of globalization, basketball, as a universal language, has played a key role in promoting cultural dialogue across national borders. Whether in the interaction between students from different regions of China or in international basketball competitions, basketball serves as a link between individuals from diverse cultural backgrounds. This not only promotes mutual understanding and respect, but also enhances students' international perspective and social responsibility (Davis, 2015).

3.3. Mental health value

Basketball plays a great role in promoting students' mental health, which is mainly reflected in decompression and enhancing self-confidence. Studies have found that regular participation in physical exercise, especially competitive and recreational sports such as basketball, can effectively help adolescents release accumulated daily stress and further optimize their emotional state (Green, 2020). Successful shooting, wonderful coordination, and the sense of accomplishment brought about by a team victory can greatly enhance students' self-confidence and make them feel their own worth and ability (Deci & Ryan, 2000). Basketball failures shape students' perseverance. Coaches' and teammates' support teaches them to adjust, learn, and grow stronger and more confident (Maslow, 1943; Vygotsky, 1978).

4. The Social Extension of Basketball and Its Lifelong Sports Influence

4.1. The transition from campus to society

Basketball is not limited to the school playground and gymnasium, it has a strong social extension ability, can be acquired in school sports skills and spiritual qualities into the wider social environment. To facilitate the natural transition of basketball from campus to society, schools can actively seek partnerships with local communities. For instance, inter-

school leagues and community friendly games/open days enhance playing opportunities and strengthen school-community ties (Garcia, 2020). Community sports facilities like park courts also facilitate graduates' continued basketball participation. The survey shows that many students who once loved basketball in school still maintain their passion for the sport after graduation. They may join an amateur club, participate in an in-house basketball tournament, or play basketball with friends on the weekend. This ongoing engagement not only helps maintain physical health, but also allows individuals to find a sense of belonging and a support network in new life stages (Harris, 2018).

4.2. The role of basketball in lifelong sports practice

As a kind of sports that is suitable for people of all ages to participate in, basketball plays an indispensable role in lifelong sports practice. As people get older, they may have fewer opportunities for formal competition due to work pressure or other reasons, but basketball can still be integrated into daily life through leisure forms, such as going to the gym to play basketball at a fixed time every week, fun games at family gatherings, etc. (Jones, 2021). These informal basketball activities not only help adults stay in good physical shape, but also become a part of their social lives. Basketball aids health and social interaction at any age, helping youth make friends and practice teamwork, while serving as low-intensity exercise for the elderly to prevent diseases and enjoy reunions (Lee, 2022).

4.3. Community support and feedback for basketball

Basketball's growth relies on support from various sectors, generating positive societal impacts. Governments have introduced policies to boost sports, like building public facilities and promoting fitness (Cox, 2019). Additionally, social and non-profit organizations actively promote basketball through public welfare and funding youth camps. In addition, commercial entities such as sports goods manufacturers and media enterprises also pay great attention to the basketball market, and help the spread and prosperity of basketball culture through tournament sponsorship and the development of related commodities (Kim, 2021). Basketball culture has been deeply rooted in the contemporary society and has become a unique cultural landscape that transcends national boundaries. NBA, CBA and other professional leagues as well as street basketball culture have a huge fan base around the world, and these cultural elements have imperceptibly influenced people's sports concepts and behavior choices (Putnam, 2000). As time goes by, basketball culture is also evolving to adapt to new social development needs, such as green basketball court design that pays more attention to environmental protection concepts, intelligent basketball equipment that integrates technology elements, etc. (Davis, 2015).

4.4. Improvement suggestions and future prospects

Although basketball has made remarkable achievements in school sports and social life, there are still problems such as weak infrastructure, shortage of teachers, and lack of attention and imbalance in local development. In response to the above problems, we put forward the following suggestions: strengthen infrastructure construction, increase investment in

the construction of basketball facilities in remote areas, and improve hardware conditions; At the same time, modern information technology means, such as online teaching videos and virtual reality experience, are utilized to make up for the shortage of teachers (Green, 2020). Enhance public awareness, popularize the benefits of basketball to parents and the public through media publicity, community activities and other forms, eliminate misunderstandings, and strive for more understanding and support (Miller, 2016). To ensure policy coherence, it is recommended that government departments at all levels formulate more clear and specific sports development policies, and establish a sound monitoring and evaluation mechanism to ensure that all measures can be effectively implemented (Deci & Ryan, 2000).

In order to better play the role of basketball in individuals and society, we also need to pay attention to the following aspects of the development direction: with the progress of science and technology and social changes, the promotion of basketball also need to continue to innovate. For example, using Internet technology and social media platforms to implement programs such as online basketball teaching and virtual competitions can attract more young people to participate in the sport (Cox, 2019). Moreover, collaboration should be explored with businesses and non-profits to advance basketball. The government must optimize policies and ensure implementation. A supervision/evaluation mechanism should be established to adapt policies to social needs (Deci & Ryan, 2000). Local governments should also craft targeted policies for balanced regional basketball development. We should integrate basketball into a more systematic education system, strengthen the combination of theoretical teaching and practical operation, and improve the quality of basketball teaching. For example, set up special basketball elective course or compulsory course in primary and secondary school; Establish relevant professional directions in colleges and universities to train high-level basketball coaches and administrators (Garcia, 2020). Attach importance to the inheritance and development of basketball culture, protect and promote the local characteristics of basketball culture, while absorbing international advanced experience, to build a basketball brand with Chinese characteristics. By holding a variety of cultural activities, such as basketball culture festival, theme exhibitions, etc., basketball culture should be deeply rooted in people's hearts and become a part of people's lives (Davis, 2015).

5. Conclusion

Through the comprehensive discussion of the core value of basketball in school sports and its social extension and lifelong sports influence, the following conclusions are drawn: the core value of basketball in school sports is confirmed; It has positive contribution to individual growth, and basketball plays an important role in the process of students' personal growth. The influence of social extension and lifelong sports is significant; The support of all sectors of society is indispensable. Based on the above research conclusions, we propose the following practical implications in order to provide valuable reference opinions for relevant policy makers, educators and all sectors of society: attach importance to the status of basketball in school sports, suggest that basketball should be included in a more systematic education system, strengthen the combination of theoretical teaching and practical operation, and improve the quality of

basketball teaching. To promote the social extension of basketball, encourage the docking of school and community resources, organize a variety of basketball activities, such as inter-school leagues, community friendly games, etc., to enhance the connection between schools and communities. At the same time, modern information technology means, such as online teaching videos and virtual reality experience, are utilized to make up for the shortage of teachers and ensure the possibility of graduates continuing to participate in basketball activities (Jones, 2021). To optimize the policy environment and support mechanisms, government departments at all levels should further improve relevant policies and regulations to ensure that all measures can be effectively implemented. We will establish a sound supervision and evaluation mechanism and promptly adjust and improve policies and measures to meet changing social needs. Promote basketball culture and values, attach importance to the inheritance and development of basketball culture, protect and promote local basketball culture, and absorb international advanced experience to build a basketball brand with Chinese characteristics. In conclusion, this study confirms the core value of basketball in school sports and its far-reaching impact on individuals and society. In the future, we need to continue to work hard, constantly innovate and develop

basketball, so that it can play a role in a wider scope, and make greater contributions to the growth of youth and social progress. It is hoped that this study can arouse more people's attention to basketball and its educational function, and then promote the development of school sports in China and even the world.

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