



Guideline to Promote Basketball for Secondary Schools in Zhengzhou City, Henan Province

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Abstract

Background and Aims: The background and significance of basketball in secondary schools in Zhengzhou, Henan Province, can be examined through several lenses, including its educational, social, and health impacts. The research aimed to 1) study the current situation of basketball in secondary schools in Zhengzhou city, Henan Province, and 2) construct guidelines to promote basketball in secondary schools in Zhengzhou city, Henan Province.

Methodology: This research was qualitative research with the following steps: research population from 140 Secondary schools in Zhengzhou city, Henan province. The researcher will use random sampling of 103 schools, 382 students, 103 school administrators, 226 school basketball teachers, and 162 school basketball coaches using the Krejci & Morgan table. The criteria for selecting a basketball school are: it will use questionnaires for secondary school administrators, basketball teachers, basketball coaches, and students. Quality instrument research, the questionnaire will be tested for I O C by experts with an alpha of 0.92, and confirm the approach guideline with an expert focus group. Statistics uses the mean, standard deviation, and Interquartile range. The research process is as follows: Step 1: 1) To survey the current situation of basketball in secondary schools in Zhengzhou city, Henan province. 2) Review the literature on the current situation of basketball in secondary schools in Zhengzhou city, Henan province. Step 2: 1) To draft the guideline for management to promote basketball in secondary schools in Zhengzhou city, Henan province. 2) Summarize the guidelines to promote secondary school basketball by the researcher. Step 3: To confirm the guidelines for promoting secondary school basketball were selected by 9 experts from the focus group method. Step 4: Summarize and report the guidelines to promote secondary schools in Zhengzhou city, Henan province.

Results: 1. The current situation of basketball in secondary school, Zhengzhou city, Henan Province includes 1) Physical Health and Fitness, 2) Social Skills and Teamwork, 3) Educational Impact, 4) Accessibility and Inclusiveness, 5) Talent Development and Opportunities, and 6) Cultural and Societal Influence. 2. Guidelines to promote basketball in secondary schools for Zhengzhou city, Henan Province. 2. Guidelines for promoting basketball in secondary schools





in Zhengzhou City, Henan Province, China consist of 1) Planning, 2) Organization, 3) Leading, and 4) Controlling

Conclusion: Overall, basketball plays a significant role in the educational and social landscape of secondary schools in Zhengzhou, contributing not only to physical health and fitness but also to the development of teamwork and leadership skills among students. As the sport continues to evolve, its integration into the school system reflects the broader cultural appreciation for athletics in China. Significance of the problem of basketball in secondary schools in Zhengzhou city, Henan Province.

Keywords: Guidelines to Promote; Basketball; Secondary School Students

Introduction

School Facilities: Many secondary schools in Zhengzhou have invested in modern sports facilities, including basketball courts. This infrastructure supports the growing interest in the sport and encourages student participation. **Competitive Opportunities:** Schools often participate in local and regional basketball leagues, fostering a competitive spirit and providing students with opportunities to showcase their skills. Tournaments and league matches are integral to the school sports calendar. **Educational Integration; Physical Education Curriculum:** Basketball is typically included in the school's physical education curriculum, promoting not only physical fitness but also teamwork, strategy, and discipline among students. **Extracurricular Activities:** In addition to formal physical education classes, many schools have basketball clubs and teams, allowing students to engage with the sport beyond the classroom. **Community Engagement; Local Support:** Clubs and community organizations often support school teams by providing coaching, training camps, and resources. This community involvement is vital for enhancing the skills of young players. **Role Models:** Successful local players and teams can serve as role models for students, inspiring them to participate and pursue basketball more seriously. (Quan, Y. & Mo, S. 2021)

Overall, basketball plays a significant role in the educational and social landscape of secondary schools in Zhengzhou, contributing not only to physical health and fitness but also to the development of teamwork and leadership skills among students. As the sport continues to evolve, its integration into the school system reflects the broader cultural appreciation for athletics in China. Significance of the problem of basketball in secondary schools in Zhengzhou city, Henan Province. The significance of the problem regarding basketball in secondary schools in Zhengzhou, Henan Province, can be considered through various angles, highlighting both challenges and opportunities associated with the sport. Here are some key points: **Physical Health and Fitness; Chronic Health Issues:** With rising rates of childhood obesity and related health issues, the importance of physical activities like basketball cannot be overstated. Lack of engagement in sports can lead to long-term health problems. **Promotion**





of Active Lifestyles: Emphasizing basketball encourages students to adopt healthier lifestyles, promoting regular exercise and physical well-being. Social Skills and Teamwork; Development of Social Behaviors: Basketball teaches students vital social skills such as teamwork, communication, and conflict resolution. However, issues such as competition-induced stress or exclusion can diminish these benefits, highlighting the need for a supportive environment. Community Engagement: Building positive relationships among students can enhance school culture, but challenges such as bullying or cliques can obstruct this process. Educational Impact; Academic Performance: Participation in sports like basketball is often linked to improved academic outcomes. However, balancing sports and academics can be challenging, leading to potential conflicts and stress. Focus on All-Round Development: The significance of providing well-rounded education is crucial, yet if basketball and sports are undervalued in favor of academics, students may miss opportunities for holistic development. Accessibility and Inclusiveness; Equity in Participation: Not all students may have equal opportunities to participate due to factors such as socioeconomic status, gender, or physical abilities. Ensuring inclusive programs is critical to fostering broader engagement in the sport. Infrastructure and Resources: The availability of facilities, coaching, and support can vary widely among schools, impacting the overall quality of basketball programs and student engagement. Talent Development and Opportunities: Pathways to Professional Sport: For talented students, basketball can open doors to scholarships and professional opportunities. However, the pressure to perform can lead to stress and burnout, making it essential to balance aspirations with well-being. Community Representation: Local success stories in basketball can inspire youth; however, the lack of role models or support systems can limit aspirations for some students. Cultural and Societal Influence; Cultural Identity: Basketball can play a significant role in shaping community identity and pride. However, if the sport is not embraced widely or is overshadowed by other activities, its potential impact may be diminished. Globalization of Sports: The influence of global basketball culture, such as the NBA, can both inspire and pressure students. It's important to cultivate a local culture that values sports and inclusivity. (Jia, Z., Dong, G. & Jia, B. 2020) Conclusion: Addressing the challenges and maximizing the opportunities associated with basketball in Zhengzhou's secondary schools is significant for fostering not only physical health and teamwork but also promoting a positive school environment. By recognizing and tackling these issues, stakeholders can enhance the role of basketball as a vital component of student life, contributing to their overall development and well-being.

Therefore, this research objective was to construct a guideline to promote basketball in secondary schools in Zhengzhou city, Henan Province. The development of internal management by using the POLC theory includes the use of a variety of research methods to obtain quality and reliable guidelines. Finally, basketball in secondary school in Zhengzhou





city, Henan Province, can be used as a guideline for managing their organization. Develop and upgrade players to excellence in the future.

Objectives

1. To study the current situation of basketball in secondary schools in Zhengzhou city, Henan Province.
2. To construct guidelines to promote basketball in secondary schools in Zhengzhou city, Henan Province.

Literature Review

The Chinese Basketball Association (<https://en.wikipedia.org/wiki/CBA>, 2025), often abbreviated as the CBA, is the first-tier men's professional basketball league in China. The league is commonly known by fans as the CBA, and this acronym is even used in Chinese regularly. The CBA should not be confused with the National Basketball League (NBL), which is a professional minor league. There is also a Women's Chinese Basketball Association (WCBA).

In China, basketball is a popular sport in China. There is a Chinese Basketball League. CBS Chinese people are very interested and interested in the American League. In 1987, more than 450million Chinese people followed the American League, the NBA. In China, there is a Chinese basketball association. The Basketball Association and a league in China were established in 1995. Most Chinese people like table tennis and badminton. But later basketball Popular with basketball players who made famous in the Basketball technology includes mobile action (such as running, jumping, stopping, turning and other no-ball action method); domination of the ball action (such as passing and receiving, dribbling, shooting and other ball action method) and scrambling for the ball action, as well as in the offensive and defensive confrontation with the use of technical action skills, etc. (Smith. 2024)With the rapid development of modern basketball, more and more people love basketball and participate in basketball. Basketball techniques, especially shooting techniques, have also been fully innovated and developed. In short, the evolution of basketball is inseparable from the development of politics, economy, science and technology, culture, social progress, and the growth of civilized consciousness, and combined with its own characteristics, laws, and features in stages! There are levels of gradual formation from the low level to the high level, from individual countries to local regions, and then to global development. Basketball shooting is a complex skill that requires a combination of skill, strength, coordination, and mental fitness. Through constant practice and study, you can continue to improve your shooting skills and become a great basketball player.

The current situation of basketball in secondary schools





The development of basketball in secondary school has always been an important issue that experts are studying. Many scholars in our country have published different views and articles in this field from different angles. How to improve basketball in secondary school is the purpose of this paper. This paper investigates several secondary schools in Zhengzhou City by means of literature, field investigation, and expert interviews. Summarizes the basketball in secondary school in the development of a process of the existence of a series of problems. From the school, teachers, students, competition system, sponsors, and other five perspectives to improve the efficiency of basketball in secondary school development provides a theoretical basis and practical basis for the development of campus sports, to help the development of school sports.

General Secretary Xi Jinping made a clear instruction at the National Education Conference in 2018: “We should establish the education concept of health first, provide all physical education classes, and help students enjoy physical exercise, enhance their physical fitness, improve their personality, and exercise their willpower” (Central Committee and State Council, 2024). The important position of physical education in school education is emphasized from the strategic height of commanding the whole situation. It is emphasized that in school education, cultural classes should not occupy the time of physical education so that students can grow up with physical exercise. The physical quality of students in primary and secondary schools is in a period of rapid development. As a comprehensive project, basketball requires high physical qualities such as speed, strength, absolute explosive power, jumping, endurance, core strength, and flexibility. Students can develop their physical qualities in all aspects while participating in basketball, so it has a high value as an exercise. The development of campus basketball undoubtedly lays a good foundation for the development of competitive sports in China. Enrich the reserve pool of high-level basketball players in our country. The Construction of campus basketball in the United States is very good, from the development of AAU (American basketball players), AUU (American Amateur Sports League), and NSAA (National High School League) various events, and then to the support of the management system, the campus basketball atmosphere in the United States is very active. At the national level, the development of NSAA has provided excellent seed players for the American basketball career and greatly aroused people’s enthusiasm for sports careers. At the local level, various state-city-district level leagues are actively carried out. It can not only mobilize the local financial income, but also spread the atmosphere of basketball to various regions, make friends with the ball, and gather the world’s talents. At the school level, students are encouraged to actively participate in basketball, scholarships of different levels are set to improve students’ enthusiasm, and open days of colleges and universities are held regularly to let more athletes into colleges and universities social level. Through the star effect of basketball superstar, people from all walks of life are motivated to contact basketball, love



basketball, enjoy the fun in the process of sports, and improve the happiness of students. In contrast, the development of campus basketball in Zhanjiang City is not paid attention to by schools, parents, and society. Many parents put their children's academic performance in the first and ignore the good benefits of physical exercise for students' physical and intellectual development, which leads to the stagnation of campus basketball in Zhanjiang City. (Cheng, L. 2021)

1. The School Curriculum Design Is Unreasonable
2. The Qualifications of PE Teachers Cannot Keep Up with the Changes of the Times
3. Students do not have enough knowledge of basketball to arouse their interest in basketball
4. Parents blindly ask their children to improve their academic performance and ignore physical exercise
5. The competition system lacks overall planning
6. Investment in advertising sponsors.

Concept of the management model

Management model

Shao, H. (2021) defined management as coordinating the use of organizational resources to achieve objectives. As specified to be used as a reference to complete the research.

Tosi, H. L., and Carroll, S. J. (2020) state that planning is about setting the goals or objectives of an organization and determining the actions to achieve them. That can be used for reference in research.

Wang, Y. (2023) defines planning as deciding in advance what to do and who will lead, and taking action to achieve a goal or make it a goal. True that can be used in research for reference to divided management duties as follows:

Type of planning

The classification of planning is as follows. (Liang, X. 2021)

1. A standing plan refers to a plan that takes a long time to develop a broad concept without detailed implementation. The main components of the routine plan are an appropriate and practicable policy.
2. Ad Hoc Plan or Single-use plan created to perform one specific task and then abort when the implementation of that plan is completed or according to the specified plan
3. Programs refer to plans that are set up to implement the tasks of the agency. Each task consists of sub-activities, so defining guidelines for each sub-activity is called a program, which may last between 1-5. Year. According to the system

4. Programs refer to plans that are set up to carry out the tasks of the agency. Each task consists of sub-activities, so defining guidelines for each sub-activity is called a program, which may last between 1-5. Year. That can be practiced

5. Project refers to a plan that is set up to achieve one of the activities of the project plan, the details of which are clearly defined and span between 1-3 years. In practice

6. Budgets This type of plan is both a plan and a plan control tool. Usually, a budget plan is always a part of the project. This type of plan has the shortest life, may be a month or less than a year, if considered according to the budget system. That can be operated.

Type of organizing

Organizational management is another principle of management that must be included or be the main point of the study of the development of dancing exercises for the elderly in Guangdong Province, China. Principles that must be interviewed. Organizational expertise is the most important matter and must bring benefits. The theoretical content is as follows. (Li, Junxia. 2022)

Type of Leading

Yao, J. (2020) has studied the meaning of action, meaning the leader of various plans and projects by personnel in the organization. In order to achieve objectives and goals is an action concerning the management must guide the work of the person to achieve the organization's goals.

Type controlling

Harwood et. al. (2023) have explained that control refers to the duty of management to be carried out by all executives to monitor the performance of the orders that have been carried out. Command or not, if there is no control and inspection, then the executive cannot be sure that the various plans that the executive has prepared and instructed the subordinates to do will be successful.

Model Development

POLC Management Theory

POLC is a management theory that cares about processes from start to finish. Starting from the planning operation until the evaluation. One of POLC's strengths is its focus on leadership, which is a key factor in effective work management services. The advantage of POLC is to pay attention to standardization in every detail, emphasizing practice. According to the standards set strictly. It has a positive effect on clear evaluation. It can mean the efficiency of work is good. (Griffin. 2021).

P - Planning is defining activities and tasks. That must be practiced in each period to be a guideline as well as a direction in the operation planning, which should include establishing objectives and the steps to be taken to achieve the desired results. There are many types of planning, including strategic planning, tactical planning, and operational planning.

O-Organization management is the determination of the position structure, roles, duties, and work of all sectors to be consistent, smooth, and without overlapping. Organization management also includes organizing work to ensure that work is done without interruption. Allocate the right people to the job. Manage work in a systematic way to achieve the greatest work efficiency.

L - Leading Conditions to control work to be accomplished. It must be able to motivate everyone to want to work together. Must manage personnel well, must understand their work and that of their subordinates, including having good problem-solving skills and making careful, quick, and good decisions, and be able to lead everyone to achieve their goals successfully.

C -Control is taking care of personnel as well as performing various tasks by the planned work plan, as well as following up and evaluating whether the performance is as planned or not, achieving objectives or not, and how much success. Controlling also means dealing with problems effectively. Efficiency has the least impact on work as well.

Conceptual Framework

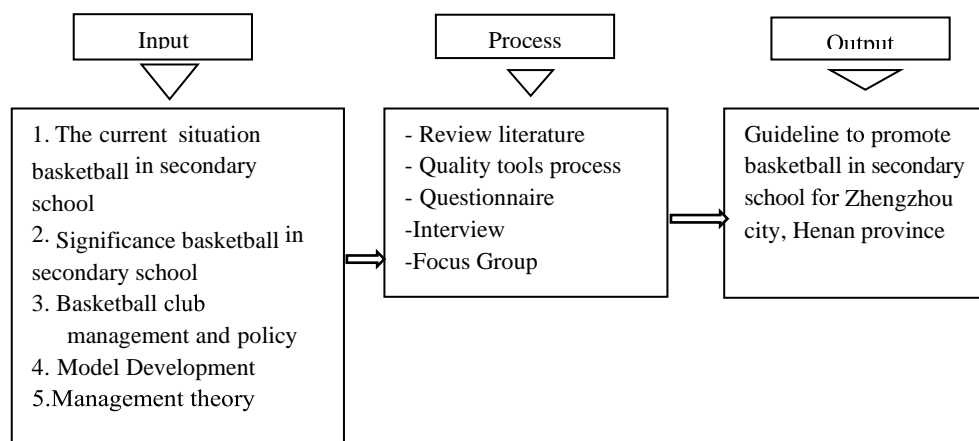


Figure 1 Conceptual Framework

Methodology

This research was qualitative research with the following steps: research population from 140 Secondary schools in Zhengzhou city, Henan province. The researcher will use random sampling of 103 schools, students with sampling 382, administrators with sampling 103, school basketball teachers with sampling 226 sample and school basketball coaches with sampling 162, using by Krejci & Morgan table. The criteria for selecting a basketball school are: it will use questionnaires for secondary school administrators, basketball teachers, basketball coaches, and students. Quality instrument research, the questionnaire will be tested for I O C by experts equal to 0.92, and confirm the approach guideline with an expert focus group. Statistics uses the mean, standard deviation, and Interquartile range. The research process is

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Results

Part 1: The current situation of basketball in secondary schools in Zhengzhou city, Henan Province.

The current situation of basketball in secondary school for Zhengzhou city, Henan Province overview separated into the following items: To ensure that the government is in the back pocket, and vigorously develop sports undertakings, enhance students' cognition of basketball and improve teaching methods, parents blindly ask their children to improve their academic performance and ignore physical exercise, students do not have enough knowledge of basketball to arouse their interest in basketball, the competition system lacks overall planning, improve the social attention to campus basketball, reform the system for connecting children, primary school, secondary schools and universities, encourage in-service teachers to improve their educational background, the school curriculum design is unreasonable, the competition system lacks overall planning, the qualifications of PE teachers cannot keep up with the changes of the times, increase the investment of school sports funds, improve the teaching enthusiasm of physical education teachers, improve the work of teachers.

Part 2: Focus group designation to propose ways to guidelines for promoting basketball in secondary schools in Zhengzhou City, Henan Province. The methods are as follows:

2.1 Planning

Planning is the process and steps to study the guidelines and create a model for promoting basketball sports in secondary schools according to the principles, which have the following methods in the planning stage: To ensure the sustainable development and effective management of basketball, it is essential to implement a multi-faceted approach encompassing strategic planning, policy planning, and a well-structured training model plan. Identifying reliable funding sources and establishing a comprehensive course plan can lay a strong foundation for talent development. Additionally, addressing integrity issues through a match-fixing corruption suppression plan and fostering a culture of collaboration through a knowledge-sharing plan are critical. Effective budgeting, the creation of an academy plan to

nurture young talent, and robust public relations planning will further enhance the sport's growth, visibility, and community engagement. Together, these components form a cohesive framework to drive progress in football management and development.

2.2 Organizing

A well-rounded approach to football development must include comprehensive training programs that integrate skill development and physical conditioning. Establishing a clear football format and a structured competition system can enhance player engagement and performance. Incorporating a robust fitness system and focused concentration training ensures athletes achieve peak performance levels. Additionally, attention to equipment, semitrue, and legal system study provides the necessary support for both on-field activities and governance. Creating an honor room to celebrate achievements. Fosters a sense of pride and motivation among players and stakeholders.

2.3 Leading

Leading means expressing what we want to develop progress, such as A comprehensive football development program requires comprehensive training that emphasizes selecting quality football players and guiding them towards professional sports. Regular physical fitness testing and the incorporation of sports science training are essential for maintaining optimal performance. Supportive measures such as nutrition training and massage therapy training ensure players' physical well-being, while position-specific study enriches their tactical understanding. Addressing integrity in the sport requires an understanding of match-fixing laws, and the establishment of a robust football association provides the necessary framework for governance. Additionally, continuous efforts to study shortcomings and fix them, along with testing and adjusting positions, are critical for maximizing team potential.

2.4 Controlling

Controlling is the process of being within the framework and system in terms of measurement and evaluation, which effective basketball management involves continuously adjusting strategies according to the system and conducting detailed measurements for specific positions to ensure optimal team performance. Regular evaluation of coaches and results of player position evaluations provides insights into individual and collective strengths and weaknesses. To remain competitive, it is crucial to measure market popularity, identify shortcomings, and assess the relevance of existing practices by testing outdated methods. The evaluation of strategic plans, ranking of the organization, and transparent sharing of honor evaluation results create an environment of accountability and recognition.

Discussion

1. Planning: The nature of planning is strategic planning with policy determination which is the development of individuals, personnel and development of activities which is consistent

with Kang Jinjing (2021) that stated that the development of schools and educational institutions to be consistent with sports that have health development and development of buildings and places which are all important components in the development to make the educational institution prosperous and show the potential of that secondary school including promoting athletes to gain knowledge and be able to develop themselves and know what level they are which has been developed to be consistent with Hou, Xue. Hua et al. (2023). Activities to promote the abilities of athletes which is consistent with the nature of organizing activities in secondary schools to organize activities to promote abilities and develop the bodies of athletes to be strong and clear and be able to benefit themselves and the educational institution in the implementation of knowledge development must have training and development of athletes including adjusting the curriculum to be in the same direction which the nature of this development.

2. Organizing: Organization is a form of organizing a system for managing training, personnel work systems, and creating an administrative model that is consistent with Ke Xiaohur (2023), who stated that the principles of management are the most important, whether it is personnel management, academic management, or building management, because they are elements that will facilitate work to be successful, such as planning an organization in which it is proposed as a guideline for promoting football sports in primary schools in terms of creating knowledge for athletes by increasing training, developing learning, and organizing communication systems, all of which are necessary.

3. Leading: Leading is the organization of the training management system, IT system development, athlete selection, coach selection, and athlete skill training, which is consistent with the concept of Wang, Qin, and Men, Zhiming (2021), who say that the Management of development planning is necessary at this time. The principle of practice as a leader must summarize the athlete's ability, and the athlete must know themselves, know additional training methods, such as training in concentration and imagination.

4. Controlling: Control is the organization of the process of measuring and evaluating the results of the skill test, testing strengths and weaknesses, which is consistent with Wu and Jiang. Xi and Li, Keke (2022) that said that the management principle that will be effective must have academic principles, testing learning development as a new type of testing that must use the IT system or innovation to be successful by knowing the strengths and weaknesses and being able to summarize providing knowledge to football athletes, such as having to summarize the athletes that they can entry have the content of What level of ability it which is consistent with Yang, Guo. Qiang (2024) said that the management principle is about controlling the evaluation results that come from the development and summarizing the results of the development to be a process and a conclusion from testing in various matters, whether it is about skills, weaknesses, strengths, or adjusting the content and abilities of



athletes. In particular, administrators must know how to make an MOU and know the information system of China in the modern era.

Research Suggestions

1. Suggestions for research

1.1 The selection of experts must increase the number of people and the efficiency of the experts' qualifications to obtain better and more comprehensive information.

1.2 The next research on basketball can develop this subject to add more content and substance, which will be more effective.

2. Suggestions for future research

2.1 Basketball was an interesting sport. The next research should add research methods, research models, and sample groups to make the research more efficient.

2.2 Selecting a research approach that is appropriate for the nature of the sport and the research model.

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