

Factors Influencing the Performance of College Men's Basketball Teams: Taking the Southwest University Men's Basketball Team as an Example

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Abstract: The Chinese University Basketball League, abbreviated as CUBA, is a basketball league organized by the Chinese Basketball Association between universities. The purpose of the league is to "develop university basketball and cultivate basketball talents", and it is the best and most influential university level sports competition in China's development. CUBA has become one of the two major basketball competitions in China, with its influence second only to CBA. Now, the CUBA league has accompanied us through 24 seasons, carrying the youth of countless players and fans. As the training objects of internal competitive sports in universities, high-level basketball teams in universities have trained numerous excellent sports talents and continuously supplied fresh blood to the CBA league. This article explores and analyzes the factors that affect the performance of university basketball teams through literature review and questionnaire survey methods, and uses the men's basketball team of Southwest University as a reference to propose development strategies for building university basketball teams, providing reference for the construction of various university basketball teams.

Keywords: College basketball team, Athletic performance, Influencing factors.

1. Research Background

Basketball, as a part of China's university campus culture, is deeply loved by teachers and students. With the continuous promotion of campus basketball, more and more college students are participating in and liking basketball as a sport. CUBA, as our own league and stage for college students, has gained increasing influence and attention in recent years. Nowadays, more and more universities are paying attention to and promoting the development of campus basketball, building high-quality sports teams, and investing a lot of manpower, material resources, and resources in order to achieve excellent sports results for sports teams. As a 211 university, Southwest University has maintained strong competitiveness as a basketball captain in Chongqing. In order to further improve the sports performance of the team, this article will explore the influencing factors of the team's own competitive ability, identify the influencing factors of the basketball team's sports performance, and propose constructive opinions and suggestions.

2. Research Purpose and Significance

By referring to literature and analyzing examples from the basketball team of Southwest University, identify the factors that affect the performance of the basketball team, and propose constructive opinions and suggestions in multiple aspects. Help the team improve their performance in sports competitions, effectively enhance their competitiveness, and provide assistance for the long-term development and construction of the sports team.

2.1. Research subjects

This article takes the basketball team of Southwest University as the research object, and the survey scope includes 12 basketball team players.

2.2. Research Methods

2.2.1. Literature method

According to the research needs of the paper, we searched and consulted the full text database of Chinese academic journals and the Wanfang thesis database, collected and summarized various subjective and objective factors that affect team sports performance, and proposed corresponding solutions.

2.2.2. Questionnaire survey method

According to research needs, a self-designed survey questionnaire titled "Investigation and Analysis of Sports of Southwest University Men's Basketball Team" was developed. A questionnaire survey was conducted on 12 members of the Southwest University basketball team, and the questionnaire was distributed and collected within a week. The reliability and validity of the questionnaire were high.

2.3. Literature Review

2.3.1. Analysis of influencing factors on male basketball performance among college students

In his "Analysis of the Impact on the Performance of Male Basketball among Xinjiang University Students", Li Kuan analyzed the performance of male basketball among university students in Xinjiang. He believed that there was still a certain gap in male basketball among university students with higher levels of male basketball in Xinjiang. He identified the factors that affected the performance of male basketball among university students in Xinjiang and proposed feasible suggestions in terms of management system, training methods, team recruitment, and coach selection. To improve the current situation of male basketball among college students in Xinjiang.

2.3.2. Research on Development Strategies for High Level Men's Basketball Teams

Sun Yongqiang analyzed the problems in the development

of Hunan CUBA high-level men's basketball team in his "Research on the Current Situation and Countermeasures of Hunan CUBA High level Men's Basketball Team". The article analyzes that after the reform of the competition system in the 2018 CUBA league, there is a significant gap in the performance of high-level men's basketball teams in Hunan Province. Through investigation and research on the current situation of high-level men's basketball teams in CUBA in Hunan Province, this study explores the existing problems and proposes corresponding countermeasures to solve them, providing support for the improvement of the competitive level of high-level basketball teams in universities in Hunan Province. The conclusion is as follows: athletes mainly come from high school, with a reasonable age structure, a slightly higher proportion of second level athletes, and the majority of high-level athletes are recruited. The enrollment preferential policies are not attractive, and athletes can basically complete their studies; The age structure of coaches is reasonable, and most of them are part-time coaches on campus. The teaching years are relatively reasonable, with a master's degree as the main education and associate professor and lecturer as the main professional titles; Most schools only develop long-term training plans. The number and duration of weekly training are relatively reasonable; The main competition goal is to participate in the CUBA Hunan region and the Hunan Provincial University Games. Most schools lack high-level competition venues; The competition rewards mainly include honor rewards and material rewards. There are differences in the goals of running teams between schools, and most teams have not yet formed an inherent or effective management system; Most universities are equipped with corresponding training venues and equipment, but there is a lack of updates and high-tech auxiliary training equipment. Most teams rely solely on school funding, which is generally insufficient. There are the following problems in the construction of the high-level men's basketball team of CUBA in Hunan Province: quality issues in the source of athletes, limited number of

high-level competitions, insufficient funding for the team, imperfect management systems, and contradictions in athletes' learning and training. Propose the following development strategies: optimize enrollment policies and enhance the attractiveness of enrollment preferential policies. Scientifically and effectively handle the contradiction between learning and training. Increase capital investment and broaden channels for fundraising. Improve the basketball competition system and hold high-level basketball competitions. Optimize the coaching team and introduce coaches with professional team experience.

3. Research Results and Analysis

3.1. Survey Results - Participation of the Men's Basketball Team of Southwest University in the Last Five Years

Table 1. Results of the Southwest University Basketball Team in the Last Five Years

2017	2018	2019	2020	2021
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3.2. Analysis of Factors Influencing Basketball Team Performance

3.2.1. Quality of Athlete Source

After investigation, the recruitment of the Southwest University basketball team mainly relies on sports singles. The players mainly come from ordinary high schools in various provinces and cities, and 33% of the team's total number have won the national first level athlete title. The other players are all national second level athletes, who have participated in provincial and municipal competitions and achieved excellent results. A few have had experience in national competitions, and the team's main lineup is mainly composed of senior players, The construction of the echelon has not yet taken shape.

Table 2. Southwest University Basketball Team Member Information Table

Players Information	Where did you engage in basketball training before	Sports level	The best performance in the competition participated in	On field position	Age
Player 1	Ordinary high school	First level	First place in the provincial competition	guard	twenty-three
Player 2	Ordinary high school	First level	Second place in the national competition (junior high school)	guard	twenty-two
Player 3	Ordinary high school	First level	Second place in the national competition (junior high school)	Forward	twenty-three
Player 4	Ordinary high school	second level	Third place in the provincial competition	forward	twenty-three
Player 5	Ordinary high school	Secondary	Third place in the provincial competition	guard	twenty-four
Player 6	Ordinary high school	Secondary	Sixth place in the provincial competition	center	twenty-three
Player 7	Ordinary high school	second level	First place in the provincial competition	forward	twenty-one
Player 8	Ordinary high school	second level	Second place in the provincial competition	center	twenty-one
Player 9	Ordinary high school	First level	First place in National Naigao West District	forward	nineteen
Player 10	Ordinary high school	second level	First place in the provincial competition	guard	twenty
Player 11	Ordinary high school	second level	Second place in the provincial competition (junior high school)	guard	twenty
Player 12	Ordinary high school	second level	First place in Southwest Division U17	forward	twenty-one

3.2.2. Physical fitness of athletes

By conducting a survey questionnaire on 12 basketball

team members from Southwest University, data on the physical form and various physical fitness of each player were obtained for research and analysis.

Table 3. Statistical Table of Physical Fitness Data of Southwest University Basketball Team Players

player Information	height (cm)	weight (kg)	Maximum horizontal push Weight (kg)	Maximum squat weight (kg)	Best result of running up and reaching high (cm)	Best result in the 3000 meter run
Player 1	one hundred and seventy-six	eighty-three	one hundred	one hundred and forty	three hundred and eight	12 minutes and 00 seconds
Player 2	one hundred and eighty-one	eighty	sixty	one hundred and ten	three hundred and twenty	12 minutes and 20 seconds
Player 3	one hundred and ninety-two	ninety-four	seventy	one hundred and twenty	three hundred and thirty	11 minutes and 40 seconds
Player 4	one hundred and ninety-seven	ninety	sixty	one hundred	three hundred and forty-five	11 minutes and 45 seconds
Player 5	one hundred and eighty-five	seventy-eight	eighty	one hundred and twenty	three point two five	11 minutes and 30 seconds
Player 6	one hundred and ninety-five	ninety-five	ninety	one hundred and ten	three hundred and thirty-three	11 minutes and 35 seconds
Player 7	one hundred and ninety-two	ninety-eight	eighty	one hundred and thirty	three hundred and forty-six	12 minutes and 15 seconds
Player 8	two hundred	one hundred and two	seventy	one hundred and ten	three hundred and forty-five	12 minutes and 35 seconds
Player 9	one hundred and ninety-four	ninety-seven	seventy	one hundred	three hundred and thirty	12 minutes and 30 seconds
Player 10	one hundred and eighty	seventy-five	seventy	one hundred and ten	three hundred and twelve	11 minutes and 50 seconds
Player 11	one hundred and seventy-one	seventy	sixty	one hundred	three hundred and five	11 minutes and 55 seconds
Player 12	one hundred and ninety-seven	eighty-eight	seventy	one hundred and ten	three hundred and forty	12 minutes and 40 seconds

3.2.3. Training situation of athletes

According to a survey, the basketball team of Southwest University trains an average of 3-4 times per week during the off season. As the game cycle approaches, the training frequency increases to 6-7 times per week. During the winter and summer seasons, the team adopts a centralized training system, with two exercises per day and six days of training per week, with an average of 10-12 times per week. Each training session lasts for 2-2.5 hours. From the perspective of training content, team coaches attach great importance to players' basic skills practice and physical reserve. Every training session is interspersed with exercises on "dribbling, passing, and pitching", and 2-3 strength exercises are arranged every week. Overall, the division and implementation of coach training content are relatively scientific and reasonable. From the perspective of training quality, many players cannot unify their training time due to different grades and curriculum arrangements, resulting in uneven training personnel and inability to organize continuous training. This is not conducive to the effective maintenance of athletes' good competitive state, and the effectiveness of training cannot be guaranteed. For basketball,

a team sports event, it is undoubtedly a fatal weakness.

3.2.4. Health status of athletes

After investigation, it was found that most of the basketball team members of Southwest University are suffering from or experiencing injuries, and most of the injuries occur in the waist, knee, ankle, and other areas. The degree of injuries varies among players, and the occurrence of injury problems greatly affects the quality of team training and the maintenance of players' own competitive state, which has a significant impact on the team's combat effectiveness.

3.2.5. Serious talent loss among athletes

Athletes have undergone years of systematic and diligent training, bearing enormous psychological and physiological loads. Moreover, over the years of training, athletes are constantly influenced by various internal and external factors, including the emergence of injuries, temporary stagnation in competitive development, complacency in achievement, restraint of negative interpersonal relationships, and the emergence of various social, psychological, and biological problems, which can make athletes feel confused, reduce confidence, and lose interest. After entering university, one feels confused and confused about various opportunities,

challenges, and temptations, as well as the future. In addition, the increase in learning pressure can easily lead to a sense of aversion to training and the desire to give up engaging in competitive sports. After investigation, many athletes give up engaging in basketball training and competitions after entering university, which greatly weakens the overall strength of the team and faces difficulties in talent reserves, which is not conducive to the improvement of the team's strength.

3.2.6. Conflicts and contradictions in athletes' learning and training

After athletes enter the school, the learning pressure gradually increases, the subject tasks are heavy, and the training time is gradually compressed, making the team unable to organize unified and effective training. After completing high-intensity and long-term training, athletes find it difficult to concentrate and continue to complete their learning tasks, resulting in a weak foundation in their cultural and educational courses. This has had a certain impact on their education and employment, and their energy is dispersed, indirectly affecting their performance in competitions.

3.2.7. Lack of experience in formal competitions and competitions, with fewer high-level competitions

The basketball team of Southwest University has limited opportunities to participate in outdoor competitions. In recent years, they have participated in formal high-level competitions once a year. During the off season, the team will occasionally go out to participate in invitational matches to train and adapt to the team. However, overall, the team still lacks the same level of competition as high-level teams, lacks competition experience, and the team's competitiveness cannot be effectively improved.

4. Conclusion and Suggestions

4.1. Conclusion

4.1.1. The quality of athlete sources is an important prerequisite for sports teams to achieve good sports results

Athlete selection is the beginning of competitive sports, selecting athletes with good athletic talent and skills, and effectively developing their competitive abilities through scientific training. The quality of student enrollment in universities plays a crucial role in the long-term development and construction of sports teams in the future.

4.1.2. Physical fitness of athletes

Physical fitness is the foundation of sports, and the completion of any basketball technique requires a certain level of physical fitness as support. The physical fitness of athletes also determines the quality of their technical movements completed. In basketball games, athletes' physical qualities such as strength, speed, endurance, agility, and coordination are particularly important. The fierce competition in basketball in the 21st century is becoming more intense. The quality of strength determines whether an athlete can achieve the stability of completing technical movements under strong confrontational collisions. In basketball, the speed and rhythm of athletes on the field are not fixed, fluctuating from fast to slow, and from sudden stops to sudden starts. This type of movement technique requires extremely high speed and explosive power from athletes. Due to the fast pace of attack and defense, frequent transitions, and intense confrontations, basketball has high requirements for

athletes' physical reserve. Good physical reserve is the foundation for athletes to withstand heavy training and high-intensity games, and is the foundation for athletes to maintain stability and good condition in competitions. At the same time, basketball has varying degrees of requirements for athletes' agility, coordination, and other qualities due to different positions and roles on the court. After investigation, the average height of the body shape of the basketball team players from Southwest University is generally higher; But team members generally weigh less; There is a lack of high height and large tonnage inside players in the team, and the physical advantages of forward players are more prominent; The physical fitness of players still lacks strength and endurance, which hinders the further improvement of their competitive level, and there is great room for improvement in team development.

4.1.3. Sports training is the main body of competitive sports and a key factor affecting sports performance

Only through long-term, systematic, and scientific training can athletes achieve a high level of competitive ability and perform excellently in complex and ever-changing competitions. Due to the heavy workload of the basketball team members' courses, it is difficult to organize continuous training activities, and there are few high-level teams with high training frequency, resulting in poor training effectiveness. Without scientific and effective training as a guarantee, the basketball team of Southwest University cannot stably and efficiently exert its due competitive skills during matches.

4.1.4. Health status of athletes

A healthy body is the foundation for ensuring athlete training and competition, and the occurrence of injuries is inevitable during training and competition. The occurrence of injuries to a certain extent reduces the team's immediate combat effectiveness and indirectly affects the team's performance in the game. Whether athletes can always maintain a healthy physical condition to participate in training and competitions is also a major factor affecting the team's competitive ability and athletic performance. The injuries and illnesses that occur among the basketball team members of Southwest University have varying degrees of impact on the team's training quality and maintenance of their own competitive state, as well as the injuries and illnesses that occur during matches, which have a significant impact on the team's combat effectiveness.

4.1.5. Talent reserve situation

Basketball, as a team sport, cannot be separated from the efforts of every individual in the team. Adequate talent reserves are the prerequisite and guarantee for the long-term development and improvement of the team. A small number of athletes, after long-term and arduous training, suffer from injuries and temporary stagnation in their competitive development, resulting in a decrease in their confidence, complacency towards their achievements in high school, unwillingness to continue engaging in competitive sports, and other subjective and objective factors. This can lead to a lack of motivation to participate in training, causing athletes to develop a sense of aversion to training, leaving the team's management and leading to the loss of talent.

4.1.6. Resolution of Contradictions and Conflicts in Athlete Learning and Training

Due to the weak cultural foundation of the vast majority of

athletes during their high school years, the academic burden increases after entering university. Therefore, athletes need to actively and seriously participate in sports training to maintain their competitive state, while also taking into account the improvement of academic performance to avoid the occurrence of failing exams. Athletes cannot reasonably allocate their learning and training time, resulting in prominent contradictions between learning and training, which makes athletes unable to effectively concentrate. Both training and learning are affected to some extent.

4.1.7. Accumulation of Athlete Competition Experience

Successfully participating in competitions is the ultimate goal of athlete training. The performance of athletes in competitions is the best test of their training effectiveness. The basketball team of Southwest University has limited participation in official matches, lacks experience in the game, and lacks opportunities to exchange ideas with high-level teams. The team lacks coordination, making it difficult to effectively identify the team's problems, which is not conducive to further enhancing the team's strength.

4.2. Suggestions

4.2.1. Improvement of Athlete Source of Students

Optimize enrollment policies, increase school publicity and visibility, attract more high-level athletes to apply, and effectively improve the quality of student sources. Actively recruit students, explore excellent athletes from all over the country through various channels, encourage them to apply, and provide appropriate and reasonable policy rewards to stimulate their motivation to apply. Establish a special admission score line and set the number of players recruited at each position on the field, further standardize the enrollment form, and optimize the structure of the enrollment lineup.

4.2.2. Improvement of athletes' physical fitness

The body shape has innate inheritance, and we cannot improve it through training. However, the strength and weakness of physical fitness are closely related to acquired training. Therefore, in training, coaches should reasonably arrange training plans, strengthen the training of athletes' various physical qualities, and teach each athlete according to their physical differences, scientifically arrange the training content of each athlete's physical fitness, and ensure the reserve of athletes' good physical fitness. Strengthen the strength training of players, so that they can fully adapt to high-level matches of high-intensity confrontation.

4.2.3. Optimizing Training Quality

Increase the importance and management of sports teams, conduct long-term planning for sports representative team training, ensure athlete training time, reduce conflicts between cultural courses and training, increase training frequency, optimize training quality, and develop more scientific and reasonable training plans.

4.2.4. Safety guarantee of athletes' physical health status

In training, coaches should reasonably arrange the training load, combine work and rest, and avoid injuries and illnesses caused by excessive fatigue among athletes. Hire dedicated team doctors to safeguard the health of players. At the same time, pay attention to warm-up and stretching exercises before and after training to effectively prevent sports injuries. After an athlete experiences an injury or illness, effective treatment should be taken in a timely manner and the best treatment opportunity should not be delayed. Coaches should

arrange the intensity and duration of the athlete's recovery training according to the injury or illness situation, to help the athlete maintain their competitive state. In addition, training should be combined with exercises to strengthen joint muscle strength, effectively avoiding the occurrence of injuries.

4.2.5. Meet the reasonable needs of athletes, strengthen their motivation to participate in training, and reduce talent loss

Schools and colleges should strengthen the purpose oriented education and correct values education of training, meet the needs of athletes in terms of reasonable life, learning, and employment, reduce their psychological pressure and burden, invest more time and energy in competitions and training, play the main role of athletes, and guide them to achieve higher levels of value.

4.2.6. Scientifically resolving conflicts between learning and training

Scientifically and reasonably solve the conflicts between learning and training, allocate athletes' learning and training time reasonably, and ensure the balance between the two as much as possible. The college teachers actively supervise and help athletes improve their academic performance, reducing the occurrence of failing courses. Teach students according to their aptitude and adopt a separate teaching method for individual athletes and students with weak cultural foundations. At the same time, scientifically dividing the time for athletes to learn and train, ensuring the training time of athletes, effectively ensuring the training quality of the sports team and the maintenance and improvement of athletes' competitive state.

4.2.7. Actively organize or participate in various high-level basketball competitions, practice through competitions, and accumulate game experience

Actively organize high-level basketball matches, invite various high-level basketball teams to participate, or actively participate in various high-level basketball matches, strive for more competition opportunities as much as possible, enhance communication and exchange with strong teams, practice through matches, learn from each other's strengths and weaknesses, and accumulate experience from the matches. Simultaneously stimulating the potential of athletes, achieving a high-quality match between their competitive abilities and the competition, in order to achieve a more ideal competitive state.

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