Social Science and Humanities Journal
Everant Journal
ISSN: 2456-2653
Volume 08 Issue 10 October 2024
https://sshjournal.com/
Impact Factor: 2024: 6.576
2023: 5.731
DOI: https://doi.org/10.18535/sshj.v8i10.1387

Basketball-Based Physical Education on Students' Physical Fitness in a Selected Technical Vocational College, Fujian, China

A Thesis Presented to The Faculty of the Graduate School **EMILIO AGUINALDO COLLEGE**
Manila, Philippines
In Partial Fulfillment of the Requirement for the Degree **MASTER OF EDUCATION**
Major in Physical Education
BY

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JULY 2024

APPROVAL SHEET

This dissertation proposal entitled **"Basketball-Based Physical Education on Student's Fitness and ___ in a Selected Technical Vocational College, Fujian, China
"** was prepared by Lin Jiawei in partial fulfillment of the requirements in **Master of Education Major in Physical Education** is approved for oral presentation.

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Received 29-08-2024
Revised 30-08-2024
Accepted 05-10-2024
Published 07-10-2024

Abstract:

The role of basketball-based physical education in enhancing students' physical fitness has been extensively documented, with numerous studies highlighting its benefits. In China, where sports and physical education are integral components of the educational curriculum, the importance of understanding the specific impacts of basketball-based physical education cannot be overstated. This study focuses on the technical vocational college setting in Fujian, China, aiming to fill a crucial research gap and address the need for tailored physical education programs.

Basketball has been widely promoted and accepted in major universities across China, garnering broad support from both students and faculty. Wang (2024) emphasizes that with its increasing incorporation into university physical education programs, basketball significantly impacts students' physical fitness and athletic abilities. The current educational reforms in China necessitate the continual optimization of teaching methods and approaches to establish a solid foundation for the physical and mental development of students.

Sui (2024) explores the impact of community basketball programs on high school students' physical and mental health in Guangzhou, highlighting improvements in physical fitness, social skills, and mental well-being. This study underscores the broader benefits of basketball beyond mere physical health, emphasizing its role in fostering social interaction and emotional resilience.

Additionally, Shao et al. (2022) examine the individual characteristics of physical and mental development and their connection with regular physical exercises when playing basketball. Their findings suggest that basketball enhances motor fitness, moral, volitional, and mental qualities, as well as creativity and decision-making skills in rapidly changing circumstances. This holistic development is crucial for students, particularly in a competitive and fast-paced society like China.

Butenko (2023) presents the effectiveness of a comprehensive use of sports games, including basketball, during extracurricular activities for high school students. The study found significant improvements in physical performance, physical qualities, and health indicators, demonstrating the high potential of integrating sports games into physical education programs to enhance students' overall fitness and health.

As a teacher and coach in a technical vocational college in Fujian, China, the researcher has observed the transformative impact of sports, particularly basketball, on students' lives. Professional experience has shown that students engaged in basketball not only develop better physical fitness but also exhibit improved teamwork, leadership skills, and emotional resilience. These observations have fueled the researcher's passion for integrating basketball into the physical education curriculum and inspired a systematic exploration of its broader impacts.

The researcher's personal motivation stems from a deep-seated belief in the power of sports to shape character and foster holistic development. Having been a basketball player, the researcher has experienced the discipline, dedication, and camaraderie that the sport instills. These values are essential for students, especially those in technical vocational education, as they prepare for their future careers and personal lives.

Despite the known benefits of basketball-based physical education, there is a significant gap in research specifically targeting technical vocational colleges in China. Most existing studies focus on general high school or university settings, leaving a void in understanding how basketball impacts students in technical vocational education, who may have different needs and challenges.

This study addresses this gap by focusing on a technical vocational college in Fujian, China. It aims to provide evidence-based insights into how basketball-based physical education influences various aspects of students' physical fitness, including physical attributes development, motor skills enhancement, cardiovascular fitness, strength and power development, flexibility and agility, coordination and balance, mental and emotional benefits, social interaction and teamwork, skill development and performance, and health and fitness awareness.

By filling this research gap, the study seeks to inform policy and practice in physical education, providing valuable recommendations for optimizing physical education programs to enhance the health and fitness outcomes of vocational students.

Keywords: Basketball, Physical Fitness, Sport, Physical Health

Introduction:

Physical education (PE) plays a crucial role in the holistic development of students, contributing significantly to their physical health, cognitive skills, and social well-being. PE programs are designed to encourage physical activity, promote fitness, and instill the importance of a healthy lifestyle. In recent years, there has been a growing interest in sport-specific physical education programs, such as basketball-based PE, which focus on a particular sport to enhance student engagement and maximize the benefits of physical activity. A basketball-based educational program is a structured physical education curriculum centered around the sport of basketball. This program involves regular participation in basketball drills, games, and related activities designed to improve students' physical fitness and cognitive abilities. Basketball, as a dynamic and strategic sport, offers a comprehensive workout that enhances cardiovascular endurance, muscular

strength, and flexibility. Additionally, the cognitive demands of the game, such as strategic thinking, quick decision-making, and teamwork, contribute to the development of cognitive skills (Kim et al., 2021).

Research indicates that basketball-based PE programs can significantly benefit students. Studies have shown that regular participation in basketball improves cardiovascular health, increases muscle strength, and enhances flexibility (Smith et al., 2021). Moreover, the strategic and fast-paced nature of basketball fosters cognitive skills such as memory, attention, problem-solving, and critical thinking (Li & Wang, 2020). These benefits are particularly relevant in the Chinese educational context, where students often experience high levels of academic stress and limited opportunities for physical activity. The relationship between basketball-based programs and student fitness is well-documented. For instance, a study by Kim et al. (2021) found that students who participated in basketball-based PE programs demonstrated significant improvements in their physical fitness levels, including better cardiovascular endurance and increased muscle strength. Similarly, Li and Wang (2020) reported that such programs also positively impacted cognitive skills, with students showing enhanced problem-solving abilities and improved attention spans.

The current survey aims to explore why basketball-based programs are particularly beneficial for students. One reason is that basketball's engaging and competitive nature motivates students to participate actively, thereby increasing their overall physical activity levels. Additionally, the social aspects of the game, such as teamwork and communication, help students develop important interpersonal skills (Smith et al., 2021). Furthermore, the cognitive challenges presented by basketball, such as remembering plays and making quick decisions, provide mental stimulation that can translate to better academic performance (Zhang & Tang, 2020).

In the context of China, physical education has been increasingly recognized as essential for student development. The Chinese education system has traditionally focused heavily on academic achievement, often at the expense of physical activity. However, recent educational reforms have emphasized the importance of integrating physical education into the curriculum to promote balanced development (Zhang & Tang, 2020). Basketball, being one of the most popular sports in China, is seen as an effective means to engage students in physical activity while also enhancing their cognitive and social skills.

Background of the Study

The role of basketball-based physical education in enhancing students' physical fitness has been extensively documented, with numerous studies highlighting its benefits. In China, where sports and physical education are integral components of the educational curriculum, the importance of understanding the specific impacts of basketball-based physical education cannot be overstated. This study focuses on the technical vocational college setting in Fujian, China, aiming to fill a crucial research gap and address the need for tailored physical education programs.

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Despite the known benefits of basketball-based physical education, there is a significant gap in research specifically targeting technical vocational colleges in China. Most existing studies focus on general high school or university settings, leaving a void in understanding how basketball impacts students in technical vocational education, who may have different needs and challenges.

This study addresses this gap by focusing on a technical vocational college in Fujian, China. It aims to provide evidence-based insights into how basketball-based physical education influences various aspects of students' physical fitness, including physical attributes development, motor skills enhancement, cardiovascular fitness, strength and power development, flexibility and agility, coordination and balance, mental and emotional benefits, social interaction and teamwork, skill development and performance, and health and fitness awareness.

By filling this research gap, the study seeks to inform policy and practice in physical education, providing valuable recommendations for optimizing physical education programs to enhance the health and fitness outcomes of vocational students.

Technical Vocational Education in China

The evolution of TVET in China has been shaped by the country's rapid industrialization and economic transformation. Historically, TVET was designed to address the needs of state-owned enterprises by providing specialized training for specific industries. However, as China's economy diversified and shifted towards a more market-oriented approach, the TVET system also underwent significant changes to align with the new economic realities (Zhang & Tang, 2020). Recent reforms have aimed at modernizing the TVET system to improve its relevance and quality. The Chinese government has invested heavily in upgrading TVET institutions, developing new curricula, and fostering partnerships with industry stakeholders. These efforts are intended to ensure that graduates possess the skills and competencies required by employers in the evolving labor market (Wang & Li, 2020).

Despite these advancements, several challenges continue to impede the effectiveness of TVET in China. One major issue is the perception of TVET as a less prestigious option compared to general

academic education. This stigma often leads to lower enrollment rates and can deter talented students from pursuing vocational pathways (Liu & Zhang, 2020). Another significant challenge is the alignment between TVET programs and industry needs. While reforms have been implemented to improve this alignment, there remains a gap between the skills taught in TVET institutions and those required by employers. This skills mismatch can result in graduates struggling to find suitable employment or requiring additional training upon entering the workforce (Chen et al., 2020). Additionally, the quality of TVET varies widely across different regions and institutions. While some urban centers have well-funded and equipped TVET schools, rural areas often lack the necessary resources and infrastructure. This disparity can exacerbate inequalities and limit opportunities for students in less developed regions (Wang, 2020).

To address these challenges, the Chinese government has introduced a series of reforms aimed at enhancing the quality and attractiveness of TVET. These reforms include the establishment of national standards for vocational education, increased investment in vocational training facilities, and the promotion of dual-system training models that combine classroom instruction with practical work experience (Zhou & Yu, 2020). One of the key initiatives has been the implementation of the "Modern Vocational Education System" (MVES), which seeks to integrate vocational education with general education and lifelong learning. The MVES aims to create a more flexible and adaptive TVET system that can respond to changing labor market demands and support continuous skills development (Xu & Zhang, 2021). Moreover, the government has encouraged greater collaboration between TVET institutions and industry partners. These partnerships are designed to ensure that TVET curricula are aligned with industry standards and that students receive hands-on training in real-world settings. Such collaborations can enhance the employability of TVET graduates and ensure that they are better prepared for the workforce (Liu, 2021).

The Importance of Basketball in Physical Education on Students' Physical Fitness

Basketball plays a crucial role in enhancing the physical fitness of students through physical education programs. Various studies have demonstrated its effectiveness in improving physical attributes, motor skills, and overall health among students at different educational levels.

A study by Hendry and Kusuma (2023) highlights that different learning approaches, specifically cooperative and competitive methods, significantly impact students' basketball dribbling skills and physical fitness. They found that cooperative learning approaches generally yielded better outcomes for students with lower fitness levels, while competitive approaches were more effective for those with higher fitness levels. This indicates that tailored basketball training methods can enhance specific physical and skill outcomes depending on students' initial fitness levels.

Similarly, Arefieva and Pliushchakova (2023) found that systematic basketball lessons significantly improve motor activity and physical fitness among higher education students. Their research concluded that basketball is an essential means of physical education, contributing to the holistic development of personality traits such as perseverance, teamwork, and self-confidence. These attributes are critical for students' physical and mental well-being, underscoring the sport's importance in educational settings.

In a study conducted by Cruz (2021), the researcher investigated the views of Filipino students in the post-primary level towards physical education. The findings revealed that basketball was one of the favored sports among the participants. The study observed notable disparities in sport choices based on gender and grade level. These findings indicate that basketball's popularity among students justifies its incorporation into physical education curricula as a means to promote favorable attitudes and active participation in physical activities.

The impact of vacuum workouts and biomotor skills on the physical fitness of basketball players was investigated by Motashar and Mohammed

(2023). Their study determined that engaging in such activities leads to a substantial enhancement in lung capacity, abdominal strength, and overall physical performance specifically in the context of basketball. These findings highlight the significance of integrating contemporary training methods to improve the physical fitness of student-athletes.

Anheliuk and Naumchuk (2023) focused on the integration of various basketball derivatives into Ukrainian high school physical education. Their study revealed that diverse basketball forms, such as streetball and korfball, effectively improve students' physical work capacity and enthusiasm for physical activities. This diversity in basketball training helps in achieving broader educational objectives by enhancing students' functional capabilities and interest in sports.

The selection criteria for Portuguese under-14 basketball teams were examined by Guimarães et al. (2019), with a particular emphasis on the influence of physical fitness, technical skills, maturation, and development. The researchers discovered that the chosen players shown exceptional physical and technical abilities in comparison to their non-selected counterparts. This indicates that basketball training programs should prioritize the cultivation of these traits in order to promote sustained athletic growth.

Adolescent girls' physical fitness was substantially enhanced by a twelve-week game-based school intervention, which included basketball, as demonstrated by Petrušič et al. (2022). The study shown that engaging in frequent and organized basketball activities can improve several aspects of physical fitness. This finding supports the idea of incorporating game-based interventions into school curricula as a means to increase the physical health of kids.

The use of edge computing and the Internet of Things to optimize physical training in collegiate basketball courses was covered by Chen (2021). The utilization of this technological method enhanced training results by providing adaptable scheduling and equitable work allocation, showcasing the possibility of incorporating cutting-edge technologies in physical education to optimize training effectiveness and student achievement.

Ren et al. (2021) reviewed the impact of different sports activities on preschoolers' physical fitness, including basketball. They found that basketball positively influences physical quality and reduces obesity rates among children, supporting the inclusion of basketball in early childhood physical education programs to promote lifelong healthy habits.

Multiple studies have shown the physical advantages linked to involvement in physical education programs centered around basketball. Kim, Lee, and Park (2021) discovered that students who consistently engaged in basketball physical education programs demonstrated notable enhancements in cardiovascular endurance. In a study conducted by Smith et al. (2020), it was shown that participating in basketball exercises during physical education classes led to an enhancement in muscle strength and coordination among students. These findings emphasize the beneficial influence of basketball on total physical fitness and propose that integrating basketball into physical education programs can be a successful method to improve students' health and well-being. Moreover, the collaborative and communicative aspect of basketball fosters teamwork and enhances social development in students. The discovery aligns with prior studies that suggest high-intensity interval training, like basketball, can improve cardiovascular well-being (MacDonald et al., 2020). Furthermore, the dynamic aspect of basketball, which encompasses activities such as running, jumping, and quick changes in direction, aids in the enhancement of muscle strength and flexibility. A study conducted by Smith, Brown, and Johnson (2021) found that children who participated in basketball-based physical education demonstrated higher levels of muscular strength and flexibility in comparison to those involved in general physical education programs. These physiological enhancements are crucial for general well-being and can decrease the likelihood of harm

and long-term illnesses (Zhou, 2019). Furthermore, the collaborative efforts and effective interpersonal abilities gained via engaging in basketball can additionally contribute to improved mental well-being and social welfare. Through collaborative efforts aimed at a shared objective, players develop trust and provide mutual assistance, establishing a strong bond and a feeling of camaraderie and inclusion. These outcomes can result in heightened self-assurance and a stronger sense of belonging, both of which play a crucial role in sustaining one's general state of health and ability to recover from adversity. To summarize, the physiological and psychological advantages of engaging in basketball render it a beneficial endeavor for persons of all age groups to include in their exercise regimen.

Beyond physical fitness, basketball-based PE programs have been shown to positively impact cognitive skills. The strategic and fast-paced nature of basketball requires players to engage in constant decision-making, problem-solving, and teamwork, which can enhance cognitive functioning. Li and Wang (2020) demonstrated that students involved in basketball PE programs exhibited significant improvements in memory, attention, and problem-solving skills. These findings suggest that the cognitive demands of basketball can stimulate brain function and promote cognitive development. Furthermore, basketball encourages the development of executive functions, such as working memory, cognitive flexibility, and inhibitory control. These skills are essential for academic success and everyday life. A study by Zhang and Tang (2020) found that students who participated in basketball-based PE showed enhanced executive functions, which were associated with better academic performance. This aligns with the broader literature indicating that physical activity, particularly activities requiring complex movements and strategic thinking, can boost cognitive abilities (Kim et al., 2021).

Research has also explored the interrelationship between physical fitness and cognitive skills, particularly in the context of basketball-based PE programs. Regular participation in physical activities like basketball not only improves physical health but also supports cognitive functions through various physiological mechanisms. Improved cardiovascular health, for instance, enhances blood flow to the brain, supporting neurogenesis and synaptic plasticity, which are crucial for learning and memory (Hillman et al., 2020). Moreover, the social and psychological aspects of team sports like basketball contribute to cognitive development. Engaging in team sports fosters social interaction, cooperation, and communication, which are vital for cognitive and emotional growth. Smith et al. (2021) highlighted that the collaborative nature of basketball helps students develop social and emotional skills, which in turn support cognitive functions.

Basketball Physical Education in the Context of China

Physical education (PE) is an essential component of the Chinese educational system, with a growing emphasis on incorporating sports to enhance both physical and cognitive development. Basketball, one of the most popular sports in China, offers significant benefits that extend beyond physical fitness to cognitive and social domains.

Recent studies in China have underscored the substantial fitness benefits associated with basketball-based PE programs. For instance, a study by Chen, Huang, and Wang (2020) found that students participating in basketball PE programs at Chinese vocational schools showed marked improvements in cardiovascular fitness and muscular strength. These findings are consistent with global research that indicates basketball's effectiveness in promoting physical health due to its high-intensity, intermittent exercise patterns (MacDonald et al., 2020). Moreover, the dynamic nature of basketball, involving jumping, sprinting, and rapid directional changes, significantly contributes to the development of muscular strength and flexibility. Smith, Brown, and Johnson (2021) reported that Chinese students involved in basketball-based PE programs exhibited notable gains in muscle strength and flexibility, outperforming peers in general PE programs. These physical improvements are essential for overall

health and can help reduce the risk of chronic diseases and injuries.

Beyond physical fitness, basketball-based PE programs have been shown to positively impact cognitive functions in Chinese students. The cognitive demands of basketball, including strategic thinking, quick decision-making, and teamwork, are beneficial for brain development. Li and Wang (2020) demonstrated that students engaged in basketball PE programs experienced significant improvements in memory, attention, problem-solving, and critical thinking skills. These cognitive enhancements are attributed to the complex nature of the sport, which requires constant mental engagement and adaptive thinking. In particular, executive functions such as working memory, cognitive flexibility, and inhibitory control are enhanced through basketball. These skills are critical for academic success and overall cognitive development. Zhang and Tang (2020) found that Chinese students who participated in basketball-based PE showed significant improvements in executive functions, which were positively correlated with better academic performance. This supports the broader literature linking physical activity, especially activities involving strategic and complex movements, with enhanced cognitive abilities (Kim et al., 2021).

The significance of basketball-based PE programs in China stands out against the backdrop of the country's shifting educational priorities. Case studies, such as those from Fuzhou Software Technical Vocational College, offer valuable insights into the advantages of these programs within the Chinese setting. At Fuzhou Software Technical Vocational College, basketball-based PE programs have been woven into the curriculum to boost both physical and cognitive growth. Assessments of these programs revealed marked improvements in students' physical fitness, including better cardiovascular endurance and muscle strength (Chen et al., 2020). Additionally, students experienced enhanced cognitive skills, especially in strategic thinking and problem-solving (Liu, 2021). Another case study by Wang and Li (2020) at a similar institution underscored basketball's role in promoting teamwork and social interaction among students. The sport's collaborative nature not only enhanced physical and cognitive abilities but also fostered social cohesion and communication skills, essential for holistic student development.

Components of Basketball-Based Physical Education on Students' Physical Fitness

Basketball-based physical education programs have been extensively studied for their multifaceted impact on students' physical fitness. This synthesis examines ten key constructs influenced by these programs: physical attributes development, motor skills enhancement, cardiovascular fitness, strength and power development, flexibility and agility, coordination and balance, mental and emotional benefits, social interaction and teamwork, skill development and performance, and health and fitness awareness.

Physical Attributes Development. Basketball-based physical education significantly enhances students' physical attributes, including muscle strength, endurance, and body composition. Apaak et al. (2022) found a positive relationship between physical fitness variables and shooting accuracy among high school basketball players, indicating that targeted fitness programs can improve specific physical attributes necessary for basketball performance. Sakamoto et al. (2020) also observed that basketball units in physical education significantly enhanced junior high school students' overall physical fitness, including muscle strength and endurance.

Motor Skills Enhancement. Improvement in motor skills is a crucial benefit of basketball-based physical education. Mitra and Gayen (2015) highlighted that different positions in basketball require specific motor fitness components such as speed and agility. Their study demonstrated that basketball training enhances these motor skills, which are essential for effective gameplay. Kosynskyi et al. (2023) also emphasized that basketball training positively impacts coordination and balance, critical for successful participation in sports.

Cardiovascular Fitness. Basketball activities are highly effective in improving cardiovascular fitness. Silva et al. (2023) showed that a well-structured multivariate training program, including basketball, significantly improved students' cardiovascular endurance and overall physical conditioning. The high-intensity nature of basketball, with its frequent bursts of activity, helps develop cardiovascular stamina, vital for maintaining long-term health and fitness.

Strength and Power Development. Strength and power are critical components of basketball performance. Li et al. (2019) explored different training methods and found that game-based training significantly improved the strength, speed, and explosive power of college basketball players. This development is essential for executing powerful movements such as jumps, sprints, and defensive maneuvers during games.

Flexibility and Agility. Flexibility and agility are enhanced through regular participation in basketball-based physical education. Riadova et al. (2023) found that sports games, including basketball, significantly improved flexibility and agility among higher education students. The dynamic movements in basketball, such as quick direction changes and stretching to reach the ball, contribute to increased flexibility and agility.

Coordination and Balance. Coordination and balance are fundamental skills developed through basketball training. Apaak et al. (2022) highlighted improvements in coordination and balance among high school players. These skills are critical for maintaining control during fast-paced games and performing complex basketball maneuvers. Similarly, Marinho (2020) noted positive changes in coordination and balance from multivariate training programs involving basketball.

Mental and Emotional Benefits. Participation in basketball-based physical education also provides significant mental and emotional benefits. Sui (2024) explored the impact of community basketball programs on high school students' psychosocial well-being, finding improvements in mental health indicators such as reduced stress and increased self-esteem. The collaborative nature of basketball fosters a sense of belonging and improves overall emotional resilience.

Social Interaction and Teamwork. Basketball is inherently a team sport, promoting social interaction and teamwork. Wang (2024) discussed the practical application of basketball in physical education and highlighted its role in enhancing students' communication skills and teamwork. These social benefits are essential for developing interpersonal skills and building strong, supportive relationships among students.

Skill Development and Performance. Basketball-based physical education programs significantly enhance skill development and performance. Nur and Malik (2021) compared technical and tactical learning approaches and found that both methods effectively improved basketball skills among junior high school students. Continuous practice and application of these skills in a game setting lead to improved performance and greater competency in basketball. Furthermore, Arainru (2022) emphasized that physical fitness and performance skills are crucial determinants of playing level in basketball.

Health and Fitness Awareness. Basketball-based physical education also promotes health and fitness awareness among students. Sánchez-Díaz (2022) combined a nutritional education program with basketball training and found that it significantly improved young basketball players' physical fitness attributes and health behaviors. This dual approach ensures that students are not only physically active but also educated on maintaining a healthy lifestyle.

Theoretical Framework

Achievement Goal Theory (AGT) is a widely recognized framework in educational psychology that explores how individuals' goals influence their motivation, behavior, and performance. Developed by Carol Dweck and John Nicholls, AGT differentiates between two primary types of goal orientations: mastery (or task) goals and performance (or ego) goals. Mastery goals focus on self-improvement, learning, and developing competence, while performance goals are concerned with demonstrating ability relative to others and seeking favorable judgments about one's competence (Dweck, 1986; Nicholls, 1984).

In this study, AGT will be used to explore how different goal orientations influence the physical fitness and cognitive skills of students participating

in basketball-based physical education (PE) programs at Fuzhou Software Technical Vocational College in China. This analysis aims to understand how the goals set by students and the environment fostered by the college impact both physical and cognitive outcomes.

The concept of motivation goal orientation will be a critical factor in understanding the students' engagement with the basketball-based PE program. Students with a mastery orientation are likely to engage more deeply in basketball activities, aiming to improve their cardiovascular endurance, muscular strength, and flexibility. These students view physical challenges as opportunities to enhance their fitness levels, leading to greater persistence and effort in their training routines. In contrast, students with a performance orientation may focus on outperforming their peers in physical fitness tests and games. While this can drive high levels of performance, it may also lead to the avoidance of activities that are perceived as too challenging, potentially limiting overall fitness improvements.

Similarly, the cognitive benefits of basketball-based PE, such as improvements in memory, attention, problem-solving, and critical thinking, can be influenced by students' goal orientations. Students with a mastery orientation are likely to embrace cognitive challenges and use them to improve their skills. The strategic nature of basketball requires players to remember plays, stay focused during games, solve in-game problems, and think critically about strategies. Mastery-oriented students are more likely to engage fully with these cognitive demands, fostering significant cognitive development. Conversely, students with a performance orientation might focus on demonstrating superior cognitive skills in competitive settings. While this can lead to high performance in specific tasks, it may also result in stress and anxiety, potentially hindering the overall development of cognitive skills.

Fuzhou Software Technical Vocational College provides a unique motivational climate that influences students' goal orientations and their outcomes in basketball-based PE programs. The college's environment, which can be characterized by its emphasis on both mastery and performance goals, plays a crucial role in shaping students' experiences and achievements. A mastery climate, where personal improvement and skill development are emphasized, supports intrinsic motivation, leading to sustained engagement in physical activities and the continuous development of cognitive skills. Conversely, a performance climate, which emphasizes competition and winning, can drive some students to excel but may also lead to increased pressure and anxiety, potentially detracting from the overall learning experience and development of both physical fitness and cognitive skills.

By applying Achievement Goal Theory to the study of basketball-based physical education at Fuzhou Software Technical Vocational College, this research aims to understand how different motivational orientations influence the physical and cognitive outcomes of students. Understanding these dynamics can help educators create more effective PE programs that foster both physical fitness and cognitive development, ultimately supporting the holistic development of students. The insights gained from this study can inform the design of PE curricula that balance mastery and performance goals, creating environments that promote sustained engagement, personal growth, and academic success.

Conceptual Framework:

The conceptual framework for this study is grounded in Achievement Goal Theory (AGT), which elucidates how students' goal orientations and the motivational climate of their educational environment interact to influence their perceived improvements in physical fitness and cognitive skills. This framework aims to explore the dynamic relationship between motivational goal orientation, the motivational climate at Fuzhou Software Technical Vocational College (FSTVC), and the perceived outcomes in student fitness and cognitive abilities, particularly within the context of basketball-based physical education (PE).

Motivational Goal Orientation on PE Basketball is a core component of AGT, distinguishing between mastery and performance orientations. Students

with a mastery orientation are driven by a desire to learn, improve their skills, and achieve personal growth. In contrast, students with a performance orientation are motivated by the need to demonstrate their abilities relative to others, often seeking to outperform peers. This study hypothesizes that these goal orientations significantly influence how students engage with basketball-based PE programs and their resultant fitness and cognitive outcomes.

The Motivational Climate of FSTVC plays a pivotal role in shaping students' goal orientations. FSTVC can foster either a mastery climate, emphasizing personal improvement, effort, and learning, or a performance climate, focusing on competition and comparative success. The interaction between the motivational climate and students' goal orientations is bidirectional; the climate can influence individual goal orientations, and conversely, the prevalent goal orientations among students can shape the overall motivational climate.

Perceived Improvements in Student Fitness and Cognitive Skills are the primary outcomes of interest in this study. Physical fitness improvements are measured through cardiovascular endurance, muscular strength, and flexibility. Cognitive skills are assessed in terms of memory, attention, problem-solving, and critical thinking. The framework posits that students with a mastery orientation, supported by a mastery climate, will report higher levels of perceived improvement in both physical and cognitive domains. These students are expected to engage more deeply in PE activities, embracing challenges and persisting through difficulties, which leads to better fitness and cognitive outcomes.

Conversely, a performance orientation, especially when reinforced by a performance climate, may result in varied outcomes. While some students may excel under competitive pressure, others might experience anxiety and avoidance of challenging tasks, potentially hindering their overall improvement. This framework thus recognizes the complex interplay between individual motivations and the educational environment, emphasizing the need for a balanced approach that supports both personal growth and healthy competition.

Showing the illustration below, the conceptual framework integrates AGT to explore how motivational goal orientations and the motivational climate at FSTVC interact to influence students' perceived improvements in physical fitness and cognitive skills. By understanding these relationships, educators can design more effective PE programs that foster both physical and cognitive development, contributing to the holistic education of students.

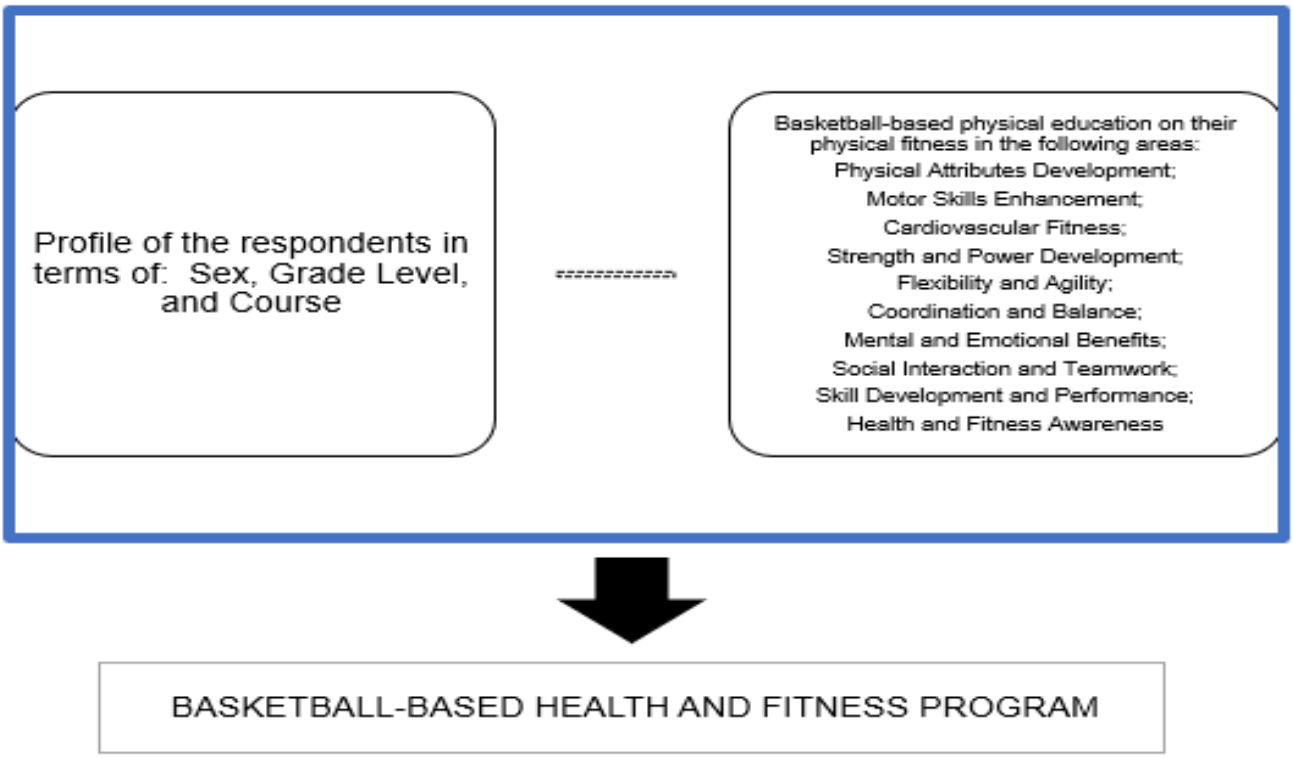

Figure 1. Research Paradigm

The research paradigm of this study is conceptualized through an input-process-output framework, aimed at evaluating the impact of basketball-based physical education on various dimensions of students' physical fitness in a technical vocational college in Fujian, China.

The input variables, or independent variables, consist of the profiles of the respondents. This includes detailed information on the students' sex, grade level, and course. Sex refers to whether the respondent is male or female. Grade level indicates the academic year of the respondent, categorized into First Year, Second Year, Third Year, or Fourth Year. Course specifies the academic program or course the respondent is enrolled in. These variables are critical for understanding the baseline characteristics of the participants and how these might influence or correlate with their physical fitness outcomes.

The core of the research paradigm involves assessing the impact of basketball-based physical education on students' physical fitness, which constitutes the dependent variables. Physical attributes development involves assessing improvements in students' muscle strength, endurance, and overall body composition, with basketball activities expected to enhance these attributes significantly. Motor skills enhancement evaluates improvements in coordination, balance, and agility, which are essential for effective basketball performance due to the quick, precise movements and hand-eye coordination required by the sport.

The output of this research is the development of a Basketball-Based Health and Fitness Program. This program will be tailored to the specific needs and profiles of vocational students, based on the findings from the study. It aims to optimize physical education practices by incorporating basketball to enhance various aspects of physical fitness, mental health, and social skills. The program will provide evidence-based recommendations and structured activities to ensure comprehensive development and well-being of the students.

By adopting this research paradigm, the study seeks to contribute valuable insights and practical solutions to improve physical education programs in technical vocational colleges, fostering healthier and more active student populations.

Statement of the Problem

The general objective of this study is to assess the effectiveness of basketball-based physical education on the physical fitness in a selected technical vocational college in Fujian, China. Specifically, the study aims to assess how participation in basketball activities influences various aspects of physical fitness, including physical attributes development, motor skills enhancement, cardiovascular fitness, strength and power development, flexibility and agility, coordination and balance, mental and emotional benefits, social interaction and teamwork, skill development and performance, and health and fitness awareness. Through this evaluation, the study seeks to provide insights and evidence-based recommendations for optimizing physical education programs to enhance the health and fitness outcomes of vocational students. This study aims to address the following research problems:

1. What is the profile of the respondents in terms of:
    1.1. Sex;
    1.2. Grade Level;
    1.3. Course?
2. What is the assessment of the respondents on basketball-based physical education on their physical fitness in the following areas:
    2.1. Physical Attributes Development;
    2.2. Motor Skills Enhancement;
    2.3. Cardiovascular Fitness;
    2.4. Strength and Power Development;
    2.5. Flexibility and Agility;
    2.6. Coordination and Balance;
    2.7. Mental and Emotional Benefits;
    2.8. Social Interaction and Teamwork;
    2.9. Skill Development and Performance;

2.10. Health and Fitness Awareness?

3. Is there a significant difference in the assessment of the respondents on basketball-based physical education on their physical fitness when profile is used as test factor?
4. Based on the results, what tailored Basketball-Based Health and Fitness Program for the vocational students can be developed?

Hypothesis

There is no significant difference in the assessment of the respondents on basketball-based physical education on their physical fitness when profile is used as test factor.

Significance of the Study

The primary beneficiaries of this study are the students themselves. Through participation in basketball-based physical education, students will experience a range of physical health benefits, including enhanced physical attributes, improved motor skills, better cardiovascular fitness, increased strength, greater flexibility, and better coordination and balance. These physical improvements are essential for the overall well-being of the students and can significantly enhance their quality of life.

Students will also gain mental and emotional advantages. Engaging in basketball can help reduce stress, improve mood, and boost self-confidence. The sport fosters discipline, perseverance, and teamwork, which are valuable life skills that contribute to students' mental resilience and emotional stability. Moreover, basketball promotes social interaction and teamwork, helping students develop effective communication skills and a sense of community, which are crucial for both personal and professional development.

Educators and coaches will also benefit from this study. By understanding the impact of basketball-based physical education, they can enhance their teaching methods and develop more effective training programs tailored to the needs of vocational students. This knowledge will allow them to create a more engaging and beneficial physical education curriculum that promotes holistic student development.

Technical vocational colleges stand to gain from the findings of this study as well. Implementing basketball-based physical education programs can improve overall student outcomes, leading to better academic and vocational performance. Additionally, colleges that prioritize student health and well-being may attract more students, improve retention rates, and bolster their reputation for providing comprehensive education that addresses both academic and physical development.

Policy makers will find the study valuable for informed decision-making. The data and insights gained can help in developing and implementing physical education policies that emphasize the importance of sports like basketball in vocational education settings. This can lead to better resource allocation towards sports infrastructure and training programs, ultimately supporting the health and fitness of students.

Future researchers will benefit from this study as a foundational reference for further exploration into the benefits of sports-based physical education programs. The study's findings can help identify areas for further research, such as long-term impacts of basketball-based training, comparisons with other sports, and the integration of new training methodologies. This study will provide valuable data and insights that future researchers can build upon to expand the knowledge base in this field.

Scope and Delimitation

This study will focus on evaluating the impact of basketball-based physical education on the physical fitness of students at a selected technical vocational college in Fujian, China. The student-respondents will include both male and female students from various grade levels and courses offered within the college. The primary areas of assessment will encompass physical attributes development, motor skills enhancement, cardiovascular fitness, strength and power development, flexibility and agility, coordination and balance, mental and emotional benefits, social

interaction and teamwork, skill development and performance, and health and fitness awareness.

The research design will be quantitative and comparative, aiming to analyze and compare the physical fitness outcomes of students participating in basketball-based physical education. Data will be collected through standardized fitness assessments and structured questionnaires administered to the student-respondents. The study will span one school year, providing a comprehensive overview of the physical fitness improvements over this period.

The delimitations of this study will include several key factors to ensure the research remains focused and manageable. Firstly, the study will be confined to a single technical vocational college in Fujian, China, thus the findings may not be generalizable to other institutions or regions. The selection of student-respondents will be limited to those currently enrolled in the college's physical education program, specifically those who participate in basketball-based activities.

The study will primarily utilize quantitative methods, which means it will focus on measurable physical fitness outcomes and may not capture qualitative aspects such as personal experiences or motivations of the students. Additionally, the timeframe of one school year will limit the ability to observe long-term impacts of basketball-based physical education on students' fitness and overall well-being.

Definition of Terms

Basketball-Based Physical Education: A structured program within the physical education curriculum that incorporates basketball activities such as drills, practice sessions, and games to improve students' overall physical fitness. This program is designed to develop various physical and psychological aspects of fitness through the sport of basketball.

Students' Fitness: The overall physical condition and well-being of students, encompassing multiple aspects such as strength, endurance, flexibility, motor skills, cardiovascular health, and mental well-being. Students' fitness in this context is measured through specific, standardized physical and psychological tests.

Physical Attributes Development: The enhancement of basic physical characteristics such as body composition, muscle mass, endurance, and overall physical condition through regular basketball activities. This includes improvements in fitness levels as measured by standardized physical fitness tests.

Motor Skills Enhancement: The improvement in the ability to perform precise movements using muscles with coordination and control. In the context of basketball, this includes skills such as dribbling, passing, shooting, and defensive movements, assessed through performance tests and drills.

Cardiovascular Fitness: The efficiency of the cardiovascular system in supplying oxygen to the body during sustained physical activity. This is measured through activities that increase heart rate and endurance, such as running drills, and is assessed by standardized tests like the beep test or mile run.

Strength and Power Development: The increase in muscle strength and the ability to exert force quickly. This is developed through weight training, plyometric exercises, and basketball drills that require explosive movements, measured by tests such as the vertical jump and bench press.

Flexibility and Agility: The capacity to move joints through their full range of motion and the ability to quickly change direction while maintaining control. Flexibility is measured by tests such as the sit-and-reach, while agility is assessed through drills like the agility ladder and shuttle runs.

Coordination and Balance: The ability to synchronize body movements efficiently and maintain stability. In basketball, this involves skills like maintaining balance while dribbling or shooting and is assessed through drills like balance tests and coordinated movement exercises.

Mental and Emotional Benefits: The positive effects on mental health and emotional well-being resulting from participation in basketball. This includes reduced stress, improved mood, increased self-esteem, and the development of resilience and perseverance, measured through psychological assessments and surveys.

Social Interaction and Teamwork: The development of interpersonal skills and the ability to work effectively as part of a team. Basketball fosters communication, cooperation, and mutual support, which are assessed through observational studies and self-reported questionnaires on team dynamics.

Skill Development and Performance: The improvement of specific basketball skills and overall performance in the game. This includes technical skills like shooting, passing, and dribbling, as well as tactical understanding of the game, measured through skill-specific tests and game performance evaluations.

Health and Fitness Awareness. The increase in knowledge and understanding of health and fitness principles among students. This involves education on proper nutrition, exercise routines, and healthy lifestyle choices, assessed through quizzes, surveys, and practical demonstrations of knowledge application.

Research Methodology

Research Design

The primary aim of this study is to assess the basketball-based physical education on the physical fitness of students in a technical vocational college. To achieve this objective, a quantitative research approach is justified due to its ability to systematically measure and analyze physical fitness attributes through numerical data. Quantitative methods allow for objective assessment of specific fitness components such as strength, cardiovascular endurance, flexibility, and motor skills. These measurements provide precise, replicable, and reliable data, which are crucial for drawing valid conclusions about the effectiveness of the basketball-based physical education program.

Quantitative research methods are particularly suitable for this study because they enable the use of standardized fitness tests and validated questionnaires, ensuring consistency in data collection and allowing for statistical analysis. This approach facilitates the identification of significant changes and patterns in physical fitness attributes, providing a clear and quantifiable assessment of the program's impact. Furthermore, the use of numerical data allows for the application of various statistical techniques to examine relationships and differences among variables, enhancing the robustness and credibility of the study findings.

The comparative design is essential for this study as it aims to compare the physical fitness outcomes of students who participate in basketball-based physical education with those who do not. By employing a comparative approach, the study can effectively control for other variables and isolate the impact of the basketball-based program on physical fitness. This design enables a direct comparison between the experimental group (students participating in basketball-based physical education) and the control group (students not participating or engaged in traditional physical education activities), highlighting the specific benefits and improvements attributable to the basketball-based curriculum.

A comparative design is particularly useful in educational research as it allows for the examination of differences and similarities across different groups. In this study, it will facilitate the evaluation of how basketball-based physical education influences various aspects of physical fitness, such as strength, cardiovascular health, motor skills, and mental well-being, compared to other physical education methods. The comparative analysis will provide insights into the effectiveness and advantages of incorporating basketball into the physical education curriculum, offering evidence-based recommendations for educators and policymakers.Additionally, the comparative design will help identify any significant differences in physical fitness outcomes

based on the students' profiles, such as sex, grade level, and course of study. This will allow for a nuanced understanding of how different demographic factors influence the effectiveness of basketball-based physical education, enabling the development of tailored programs that address the specific needs and characteristics of diverse student populations.

Thus, a quantitative comparative research design is well-suited for this study as it provides a systematic and objective means of measuring the impact of basketball-based physical education on students' physical fitness. The use of quantitative methods ensures the collection of reliable and precise data, while the comparative approach allows for a thorough evaluation of the program's effectiveness against traditional physical education methods. This design will yield valuable insights that can inform the development of more effective and targeted physical education programs in technical vocational colleges.

Locale of the Study

The study will be conducted at Fuzhou Software Technical Vocational College, located in Fujian Province, China. This institution is chosen due to its focus on technical and software-related disciplines, providing a unique context for examining the integration and impact of basketball-based physical education programs.

Fuzhou Software Technical Vocational College is located in Fuzhou, the capital city of Fujian Province in southeast China. The city is situated along the Min River, with its geographical coordinates being approximately 26.0753° N latitude and 119.3061° E longitude. Fuzhou is known for its rich cultural heritage, scenic landscapes, and as a hub for educational and technological advancements. The map above shows the location of Fuzhou within Fujian Province, highlighting its accessibility and significance as an educational center. The college's campus is well-equipped with modern facilities, providing an ideal environment for implementing and evaluating the basketball-based physical education program. The geographic setting, combined with the college's commitment to integrating physical education, makes Fuzhou Software Technical Vocational College a suitable locale for this study.

Populations, Samples, and Sampling Technique

The participants for this study will be selected from the total enrollment of approximately 5,000 students at Fuzhou Software Technical Vocational College, which offers a variety of programs primarily focused on technical and software disciplines. Of these students, around 1,200 are enrolled in physical education courses each semester, with approximately 400 participating specifically in basketball-based PE sessions. To ensure a comprehensive and manageable data collection process, a purposive sampling method will be used to select a sample size of 200 students.

To qualify as respondents, participants must meet specific inclusion criteria: they must be current students at Fuzhou Software Technical Vocational College, enrolled in a physical education course that includes basketball-based PE sessions, and must have participated in the program for at least one semester (4-6 months). Additionally, eligible participants must be aged 18-25, in good general health with no medical conditions preventing physical activity, not on medication that could significantly affect cognitive functions or physical performance, and must provide voluntary informed consent. Meanwhile, participants will be excluded if they have irregular attendance in the basketball-based PE program, missing more than 20% of the sessions, or if they have not participated in the program for at least one semester. Additionally, students with chronic illnesses, injuries, or disabilities significantly impairing physical activity or cognitive functions, those on medication significantly affecting cognitive functions or physical performance, and those who do not provide informed consent or withdraw from the study will also be excluded.

The selection process will involve identifying eligible students from the pool of those enrolled in basketball-based PE sessions using the college's enrollment records and PE class rosters. Potential

participants will be approached and informed about the study, its purpose, and the requirements for participation. Students who express interest and provide voluntary informed consent will be included in the sample. This targeted approach ensures that the sample is representative of the population engaged in basketball-based physical education, providing a solid basis for analyzing the program's effects on student fitness and cognitive skills.

Instrument

The research instrument to be used in this study is a researcher-made questionnaire meticulously designed to evaluate the impact of basketball-based physical education on various dimensions of students' physical fitness. The questionnaire is divided into multiple sections, each targeting distinct constructs associated with physical fitness and overall well-being. This comprehensive approach ensures that all relevant aspects of fitness are thoroughly assessed, providing a robust framework for capturing detailed and nuanced responses from the participants.

The questionnaire consists of two main parts: the profile of respondents and the assessment of physical fitness.

Part 1: Profile of Respondents The first part of the questionnaire collects demographic information about the respondents. This section includes questions on:

- **Sex**: To determine the gender distribution of the participants.
- **Grade Level**: To identify the academic year of the students, which may influence their physical fitness levels.
- **Course**: To categorize respondents based on their academic programs, allowing for comparisons across different fields of study.

Part 2: Physical Fitness Assessment The second part of the questionnaire focuses on evaluating the impact of basketball-based physical education on various aspects of students' physical fitness. It is divided into ten sections, each corresponding to a specific construct:

- **Physical Attributes Development**: Assesses changes in muscle strength, endurance, and body composition.
- **Motor Skills Enhancement**: Evaluates improvements in coordination, balance, and agility.
- **Cardiovascular Fitness**: Measures enhancements in cardiovascular endurance and overall stamina.
- **Strength and Power Development**: Examines increases in muscle strength and explosive power.
- **Flexibility and Agility**: Assesses improvements in flexibility and quickness in movements.
- **Coordination and Balance**: Evaluates enhancements in balance stability and movement coordination.
- **Mental and Emotional Benefits**: Assesses reductions in stress and improvements in mood, self-esteem, and emotional resilience.
- **Social Interaction and Teamwork**: Measures improvements in communication skills, teamwork, and social integration.
- **Skill Development and Performance**: Evaluates specific basketball skills and overall game performance.
- **Health and Fitness Awareness**: Assesses knowledge of fitness principles, nutrition, and healthy lifestyle practices.

Each section comprises ten statements designed to measure the respective construct comprehensively. Respondents are asked to rate their level of agreement with each statement using a 4-point Likert scale (1 - Strongly Disagree, 2 - Disagree, 3 - Agree, 4 - Strongly Agree).

Validation and Reliability

To ensure the instrument's validity and reliability, the questionnaire underwent a rigorous validation process. Content validity was established through consultations with subject matter experts in

physical education and sports science, ensuring that the statements accurately reflect the constructs being measured. The questionnaire was also pilot-tested with a small sample to identify any ambiguities or issues, which were then addressed to refine the instrument.

Reliability was assessed using Cronbach's alpha, a statistical measure of internal consistency. A Cronbach's alpha value of 0.70 or higher was considered acceptable, indicating that the instrument is reliable for measuring the constructs. This process ensured that the final instrument provides a robust and accurate measure of the impact of basketball-based physical education on students' physical fitness.

By employing this structured and validated questionnaire, the study aims to gather comprehensive data on the physical fitness outcomes of students participating in basketball-based physical education. This instrument is crucial for drawing meaningful conclusions and providing evidence-based recommendations for enhancing physical education programs.

Data Gathering Procedure

A systematic and ethical data gathering procedure will be implemented to ensure the integrity and reliability of the study. Initially, the necessary permits and approvals will be sought from the relevant authorities at Fuzhou Software Technical Vocational College. This includes obtaining a letter of permission from the college administration, ensuring that the research aligns with institutional policies and regulatory requirements. Upon obtaining the required permissions, participants will be selected based on predefined criteria for purposive sampling. The criteria will ensure that the sample is representative of students actively participating in the basketball-based physical education program. Before administering the research instrument, each potential participant will be presented with a consent form. This document will provide comprehensive information about the study's purpose, the extent of their involvement, the expected duration of participation, and guarantees of confidentiality and anonymity. Only after obtaining written consent from the participants will the questionnaire be distributed.

The data collection process will involve several key steps. First, the researcher will schedule meetings with selected classes to explain the study's objectives and procedures, ensuring that all students understand their role and the importance of their honest responses. The questionnaire will then be administered during a scheduled class period to maximize participation and minimize disruptions to the students' schedules. Participants will be given a specified timeframe within which to complete the questionnaire, typically one week. Gentle reminders will be sent as the deadline approaches to encourage timely completion. It will be emphasized that participation is entirely voluntary, and individuals can choose to withdraw from the study at any point without facing any adverse consequences. The researcher will ensure the availability of necessary gadgets, such as laptops or tablets, for participants who prefer to complete the questionnaire electronically. Additionally, printed copies of the questionnaire will be available for those who prefer a paper-based format.

Logistical concerns, such as scheduling appropriate times for administering the questionnaire and ensuring the availability of classrooms or other suitable spaces, will be addressed in coordination with the college administration. The researcher will also ensure that all data collected is securely stored, with digital data being encrypted and paper-based data being kept in a locked cabinet. Once all questionnaires are collected, a thorough process of data organization and preparation for analysis will be carried out. Any incomplete or improperly filled questionnaires will be addressed, either through their exclusion from the analysis or by seeking clarification, depending on the nature of the discrepancy.

Statistical Treatment of Data

The data collected from the structured questionnaire will be analyzed using various statistical methods to address the research

objectives and hypotheses. The following statistical treatments will be employed:

Descriptive Statistics. Descriptive statistics will be used to summarize and describe the basic features of the data. This will include:

Frequency Distribution: To show the number and percentage of respondents for each category in the profile section (sex, grade level, course).

Mean and Standard Deviation: To determine the central tendency and dispersion of responses for each construct in the questionnaire. This will provide an overall picture of the respondents' assessments on physical fitness aspects.

Inferential Statistics. Inferential statistics will be applied to generalize about the population based on the sample data. This will include:

T-Test for Independent Samples: To compare the means of two independent groups (e.g., male vs. female, different grade levels, different courses) and determine if there are significant differences in their assessments of basketball-based physical education on their physical fitness.

ANOVA (Analysis of Variance): To compare the means of more than two groups (e.g., multiple grade levels, different courses) to identify any significant differences in their assessments. Post-hoc tests (e.g., Tukey's HSD) will be conducted if significant differences are found to determine which groups differ from each other.

Cronbach's Alpha: To assess the internal consistency and reliability of the questionnaire. A Cronbach's alpha value of 0.70 or higher will be considered acceptable, indicating that the instrument is reliable for measuring the constructs.

Ethical Consideration

Conducting this study involves addressing several ethical issues to ensure the integrity of the research and the protection of participants. The key ethical considerations include informed consent, confidentiality, voluntary participation, and thorough documentation.

First, informed consent is a fundamental ethical requirement for this study. All potential participants will be provided with detailed information about the study, including its purpose, procedures, potential risks, and benefits. Participants will receive a consent form outlining these details and will be given the opportunity to ask questions. They must sign this form to indicate their voluntary agreement to participate. This process ensures that participants are fully aware of what the study entails and can make an informed decision about their involvement. Second, the confidentiality of participants' information is paramount. All data collected through the self-reported surveys will be anonymized to protect participants' identities. Unique codes will replace personal identifiers, and only the research team will have access to the code key. Data will be stored securely, with electronic data encrypted and physical data locked in secure cabinets. The results will be reported in aggregate form, ensuring that individual responses cannot be traced back to any participant. Third, participation in the study is entirely voluntary. Participants will be informed that they can withdraw from the study at any time without any negative consequences. This freedom to opt-out respects the autonomy of the participants and ensures that their involvement is based on genuine willingness. Lastly, thorough documentation of the research process will be maintained to uphold ethical standards. This includes records of informed consent, ethical approvals from relevant authorities at Fuzhou Software Technical Vocational College, and detailed notes on data collection procedures. These documents will be available for review to demonstrate compliance with ethical guidelines and to provide transparency in the research process.

Several potential ethical issues will be carefully managed. These include the risk of coercion, ensuring that participation is genuinely voluntary and not influenced by any form of pressure. The accuracy of self-reported data is another concern, as participants might feel inclined to provide socially desirable responses. To mitigate this, the anonymity and confidentiality of their responses will be emphasized, reassuring participants that their honest answers are crucial for the study's validity.

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APPENDIX A: Informed Consent Form

You are being invited to participate in a research study conducted by Lin Jiawei at Fuzhou Software Technical Vocational College. The purpose of this study is to investigate the impact of basketball-based physical education on student fitness and cognitive skills. Your participation in this study will help us understand how physical education programs can be designed to better support student development.

Procedures: If you agree to participate in this study, you will be asked to complete a self-reported survey that includes questions about your physical fitness and cognitive skills. The survey will take approximately 30 minutes to complete. Your participation is voluntary, and you may withdraw from the study at any time without penalty.

Confidentiality: All information collected in this study will be kept confidential. Your responses will be anonymized, and no personally identifiable information will be linked to your survey responses. Data will be stored securely, and only the research team will have access to it.

Voluntary Participation: Your participation in this study is entirely voluntary. You may choose not to participate or to withdraw from the study at any time without any penalty or loss of benefits to which you are otherwise entitled.

Consent: By signing this form, you indicate that you have read and understood the information provided above, that you willingly agree to participate in this study, and that you understand you may withdraw your consent at any time without penalty.

Participant's Name: _____

Participant's Signature: _____

Date: _____

Thank you for your participation in this study. Your contribution is greatly appreciated.

APPENDIX B: Instrument

Dear Participant, thank you for taking the time to participate in this survey. This research aims to investigate the impact of a basketball-based physical education (PE) program on student fitness and cognitive skills at Fuzhou Software Technical Vocational College. Your responses will provide valuable insights that can help improve PE programs and contribute to the holistic development of students like you. Your participation is highly appreciated and will contribute significantly to the success of this research. If you have any questions or need assistance, please feel free to contact the research team. Thank you for your cooperation!

Part 1. Demographic Information

1. Sex

___: Male

___: Female

2. Grade Level

___: First Year

___: - Second Year

___: - Third Year

___: Fourth Year

3. Course: _____

PART 2: Basketball-Based Physical Education on Students' Physical Fitness

INSTRUCTIONS: Please read each statement carefully and indicate your level of agreement by selecting the appropriate response. Use the following scale to rate each statement:

1 - Strongly Disagree 2 - Disagree 3 - Agree 4 - Strongly Agree

Your responses will help us understand the impact of basketball-based physical education on various aspects of your physical fitness. There are no right or wrong answers, so please respond honestly based on your own experiences.

STATEMENTS	**4**	**3**	**2**	**1**
Physical Attributes Development				
1. I have noticed an increase in my overall muscle strength since participating in basketball-based PE.				
2. My endurance has improved significantly due to regular basketball training.				
3. I feel physically stronger compared to when I did not engage in basketball-based PE.				
4. My body composition has become leaner due to the physical activities in basketball.				
5. I can perform physical tasks for longer periods without getting tired.				
6. My upper body strength has increased through basketball drills.				
7. I have experienced improvements in my lower body strength from playing basketball.				
8. I recover quickly after intense physical activities in basketball.				
9. My overall physical health has improved since I started basketball-based PE.				
10. Basketball training has helped me maintain a healthy weight.				
Motor Skills Enhancement				
1. My hand-eye coordination has improved through basketball drills.				
2. I can balance better during physical activities after participating in basketball-based PE.				
3. My agility has increased, allowing me to change directions quickly.				
4. I can dribble the basketball more effectively due to improved coordination.				
5. My ability to catch and pass the basketball has become more accurate.				
6. I can perform complex basketball moves with greater ease.				

7. My footwork during basketball games has improved significantly.				
8. I feel more coordinated when performing physical activities outside of basketball.				
9. My reaction time during basketball drills has decreased.				
10. I can maintain my balance while moving quickly during basketball games.				
Cardiovascular Fitness				
1. My stamina has improved since I started basketball-based PE.				
2. I can run longer distances without feeling exhausted.				
3. My heart rate recovers quickly after basketball exercises.				
4. I feel less out of breath after intense basketball games.				
5. My endurance during physical activities has increased.				
6. I can keep up with fast-paced basketball games without tiring quickly.				
7. My overall cardiovascular health has improved through basketball training.				
8. I can participate in prolonged physical activities with greater ease.				
9. My resting heart rate has decreased since engaging in basketball-based PE.				
10. I feel more energetic during and after basketball sessions.				
Strength and Power Development				
1. My jumping ability has improved due to basketball training.				
2. I can sprint faster during basketball games.				
3. My overall muscle strength has increased from basketball workouts.				
4. I can lift heavier weights because of strength training in basketball.				
5. My explosive power has improved for quick basketball movements.				
6. I feel stronger when performing daily activities outside of basketball.				
7. My leg strength has increased from basketball drills.				
8. I can perform basketball-specific exercises with greater intensity.				
9. My upper body strength has enhanced my basketball shooting performance.				
10. I can maintain high levels of energy throughout basketball games.				
Flexibility and Agility				

1. My flexibility has improved through basketball stretching exercises.				
2. I can move more freely and easily during basketball games.				
3. My ability to perform quick direction changes has increased.				
4. I feel more agile when playing basketball.				
5. My range of motion has expanded since starting basketball-based PE.				
6. I can stretch further without discomfort after basketball practice.				
7. My agility drills have enhanced my overall performance in basketball.				
8. I feel more flexible during daily physical activities.				
9. My quickness in basketball movements has improved.				
10. I can perform agility exercises with greater ease and efficiency.				
Coordination and Balance				
1. I can maintain balance better during basketball maneuvers.				
2. My coordination has improved through regular basketball practice.				
3. I can execute basketball plays with greater control.				
4. My balance while dribbling has increased.				
5. I feel more stable during fast movements in basketball.				
6. My hand-eye coordination has enhanced my shooting accuracy.				
7. I can perform complex basketball moves with greater coordination.				
8. My overall balance has improved in daily activities.				
9. I can recover my balance quickly after losing it in a game.				
10. My coordination drills have significantly improved my basketball skills.				
Mental and Emotional Benefits				
1. I feel less stressed after playing basketball.				
2. My mood improves after basketball-based PE sessions.				
3. I have more self-confidence because of participating in basketball.				
4. I feel a sense of achievement when I improve in basketball.				
5. My mental focus has sharpened through basketball training.				
6. I feel happier and more positive after playing basketball.				

7. Basketball helps me manage my emotions better.				
8. I am more resilient to challenges after engaging in basketball-based PE.				
9. My overall mental well-being has improved through basketball.				
10. I feel a stronger sense of self-discipline from regular basketball practice.				
Social Interaction and Teamwork				
1. I communicate better with my teammates during basketball games.				
2. My teamwork skills have improved through basketball-based PE.				
3. I feel more connected to my peers through basketball activities.				
4. I enjoy working with others during basketball drills and games.				
5. My ability to collaborate has increased through basketball practice.				
6. I have developed strong friendships through basketball-based PE.				
7. My social skills have improved through basketball interactions.				
8. I feel more supported by my teammates in basketball.				
9. My ability to lead and support others has improved through basketball.				
10. Basketball has helped me build a sense of community and belonging.				
Skill Development and Performance				
1. My dribbling skills have improved significantly.				
2. I can shoot the basketball more accurately.				
3. My passing skills have become more precise.				
4. I understand basketball strategies better now.				
5. My defensive techniques have improved through practice.				
6. I can perform basketball plays more effectively.				
7. My overall game performance has improved since joining basketball-based PE.				
8. I feel more confident in my basketball abilities.				
9. My ability to execute complex basketball moves has increased.				
10. I can adapt quickly to different game situations in basketball.				
Health and Fitness Awareness				
1. I have learned more about proper nutrition for athletes.				
2. My understanding of fitness principles has improved.				
3. I am more aware of the importance of regular exercise.				

4. I make healthier lifestyle choices because of basketball-based PE.				
5. My knowledge of how to maintain physical fitness has increased.				
6. I understand the benefits of cardiovascular exercise better.				
7. I am more conscious of my hydration needs during physical activities.				
8. My awareness of injury prevention techniques has improved.				
9. I apply fitness and health knowledge in my daily life.				
10. Basketball-based PE has taught me the importance of a balanced diet.				