Experimental Study on Adoption of Cooperative Learning Mode in Aerobics Teaching with Data Analysis

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Abstract. Based on literature review, practical survey and contrastive analysis, this paper discusses the maneuverability of adapting Cooperative Learning Mode (CLP) into aerobics teaching (AT). It has been proved in this study that CLP will promote the reform of AT and accelerate realization of the teaching objective.

Keywords: aerobics teaching, cooperative learning, teaching mode, educational objective.

1 Introduction

Cooperation is the key component of human social behavior. It is needed for people to possess not only the competitive spirit but also the cooperative spirit among people in future community. Training undergraduates with the spirit of collaboration and collective responsibility is an important purpose in future education for all-around development. It is pointed by the practices of modern education that physical education not only can strengthen the physique but also can play an import role in the promoting of man’s socialization and adjustment of interpersonal relationship. So the physical sports take them as the objectives of education for all-around development. Cooperative learning is carried out through the learning groups. It promotes the learning by the interaction among the factors of teaching systematically, takes the group results as evaluation criteria and makes all students to achieve the teaching objectives.

In recent years, teaching reform in colleges and universities becomes more deepening. In the process of aerobics teaching, teacher should be familiar with the teaching materials and design the teaching scheme carefully, it is more important to select the best teaching mode to realize the expectant teaching objectives and obtain better teaching effects under the limited teaching time. The actions of cooperating teaching can inspirit students to work for the success of individual and collective, and be propitious to realize the teaching objectives by training students the spirit of cooperation, respect to the views and actions of others, critical thinking ability, innovative spirit and innovative ability etc. It is entirely consistent with the views and requirements of education for all-around development and satisfies the demands of current reform of physical education, and plays an important role in the aerobics
teaching. So this paper makes some teaching researches by the teaching test to provide some reference information for the reform of aerobics teaching.

2 Research Objects and Methods

Research Objects. 2009-grade undergraduates with average movement skill in Huazhong University of Science and Technology (HUST) are selected as the research objects. There are four classes with 140 persons in total.

Research Methods.

Documentary Data Method. It is a method by searching the correlative documentation to understand the research activities in the field of physical education at home and abroad.

Questionnaire Survey Method. First, divide each class into several groups and dispatch the questionnaires to every group in classroom. Second, let teacher read the guidance before answering the questionnaires. Finally, receive the questionnaires after answered immediately. 140 questionnaires were sent out and 140 valid questionnaires were taken back. Recovery rate and efficiency rate are 100%.

Informal Survey Method. Select the classes and groups and take an informal discussion with some students from the selected classes and groups to see the evaluation of the classroom teaching by the students.

Teaching Practice and Compare Method. Select 2 classes from 4 classes as experimental group using the teaching mode of cooperative learning, and another 2 classes as reference group using the general teaching mode. Then compare the teaching effect.

Statistic and Analysis Method. Make the regular statistical analysis to the data gotten from the experiments and surveys.

3 Experiment Program of Cooperative Learning in Aerobics Teaching

Cooperative learning needs students love and think of each other. Like other education methods, its objective is to promote students studying and build a basic teaching mode for cooperative learning in aerobics teaching experiment from the objectives of teaching cognition, sensibility and skill according to the basic idea of cooperative learning.

The grouping scheme is that 2 classes are selected from the 4 classes as experimental classes and the other 2 classes as reference classes. Divide each experimental class into 7 groups and there are 5 students in every group. The teaching mode used in the reference classes is still the general ones as before, namely with the mode that teacher demonstrates the aerobics action to everyone and does guidance to individual. The teaching mode to the experimental classes is shown as follows.