

## Research on the Application of Cooperative Learning Teaching Mode in College

### Aerobics Teaching

Ma Yan

Heilongjiang Bayi Agricultural University, Heilongjiang Daqing, 163319 China

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*Abstract: Through the teacher's teaching experience and teaching ideas and the ideological theory of people from all walks of life, the application of cooperative learning teaching mode in college aerobics teaching can be theoretically supported. The cooperative learning teaching mode is suitable for college aerobics teaching, and it will have certain influence on curriculum reform and the basic quality of students and the quality of aerobics teaching. The cooperative learning teaching method is mainly based on class teaching, and the right to active learning is handed over to the students, making full use of the learning opportunities. Therefore, we must be able to retract in aerobics teaching.*

*Keywords: Cooperative learning; teaching mode; aerobics; sports.*

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#### 1. INTRODUCTION

Students can not only learn aerobics in aerobics classes, but also learn other aspects, such as aerobics fitness methods and improve their ability to innovate. In the classroom, the teacher should improve the quality of teaching and teaching results, and the teacher should be well prepared. While improving the quality of teaching, we must choose a suitable teaching mode. In order to improve the quality of aerobics teaching, it is necessary to use the appropriate teaching mode in teaching. I think the cooperative learning teaching mode is more suitable.

#### 2. THE CONNOTATION OF COOPERATIVE LEARNING TEACHING MODE

##### 2.1 Cooperative learning concept

In all teaching methods, there are good parts and shortcomings. The teacher should apply the teaching method flexibly in the process of teaching. In the aerobics teaching, I think it is better to use the cooperative learning teaching method. Of course, the essence of other teaching methods. Can't be lost. Therefore, while using the cooperative learning teaching model, we cannot abandon the advantages of the traditional teaching mode. Of course, by choosing a suitable teaching method and teaching environment, teachers can better teach and students can learn better. In the aerobics class, the teaching method is also chosen to cooperate with the teaching method. So the group should be the focus. In class, the teacher must be fair and just, unable to speak with results, be fair to the students, be treated equally, and be impartial. In the teaching process, the teacher should let the students slowly master the ability of independent and independent learning, and also let the students learn to help each other, cultivate the spirit of unity and cooperation, and let the students help each other as teachers. In the

teaching process, the teacher and the student must set up the teaching goal, which is completed by the student group and the teacher helps. In the usual exercise and practice, improve students' sense of cooperation.

## **2.2 Characteristics of cooperative learning**

Communication between people and people is indispensable. Communication is indispensable in cooperation. Without communication, there is no way to resolve contradictions. There can be too many people in cooperation, and many people will have more contradictions. Therefore, there must be reasonable grouping in cooperative learning. In the group activities, there is a very important factor "reasonable allocation of team members". In the group, each member must dedicate his own strength. This requires the strength of the group to be strong, and the teaching objectives can be completed with high standards. The communication skills of students are improved in the usual practice. At the same time, it can also increase students' sense of responsibility. In the group teaching process, students can assume their own tasks and responsibilities, not delay the group's retreat, and enhance the teamwork ability of students to help each other and learn from each other. Each team member completes the teaching objectives together, so that students feel a collective sense of honor.

## **3. THE APPLICATION SIGNIFICANCE OF COOPERATIVE LEARNING TEACHING MODE IN AEROBICS TEACHING**

Chinese colleges and universities now basically open aerobics classes. Aerobics is a form of exercise that is different from other sports. It is unique. Aerobics includes not only elements of dance, gymnastics, martial arts, but also music. So now most students in colleges and universities are welcome to aerobics.

### **3.1 Creating a teaching environment**

In the teaching process, the teacher writes his own lesson plans before each class, and is familiar with the content of his class. The content of the class must be quite familiar to the teacher. It is also necessary to pay attention to the learning and mastery of the students. It is not only possible to complete their own teaching tasks. When students promote their unique personality, teachers should encourage them in time and encourage students to learn each other's strengths. Therefore, the teacher should take care of each classmate in class and strive to let each student learn aerobics. In the classroom, teachers and students must have a certain understanding and adaptation of teaching methods. In the process of learning, teachers should make full use of the teaching environment to create a learning atmosphere suitable for aerobics classes.

In the classroom, teachers have a more difficult problem, that is, how to let students enter the state of learning faster. In order for students to learn in the learning state, the teacher must understand what kind of learning environment the students like. In the process of aerobics class, in order to teach the best to students, the learning atmosphere is more important, and it is also indispensable in interest and enthusiasm. Aerobics is very characteristic when it is sporting. It is a combination of music and music, so in this unique class, students' interest in learning naturally increases. This will also greatly help students' performance in learning. In the process of aerobics teaching and learning, they can cultivate students' positive and optimistic spirit.

### **3.2 Increase enthusiasm**

In many colleges and universities, most of the students are aerobics who are only in contact with colleges and universities. At the beginning of contact with aerobics, many students are very novel, the enthusiasm for learning is also high, and the interest in learning is quite strong. As long as you are at school, there are students who have poor learning and good studies. But teachers can't measure students by their scores. As the saying goes, there is no identical leaf in the world, and no one can have exactly the same. Therefore, the teacher must be absolutely fair in the teaching process and cannot favor a student. Try to let every student master the aerobics movement. If the teacher can't take care of every student in the classroom, as the teaching progresses, some students will fall off, thus losing interest, enthusiasm will gradually decline, and their self-confidence will be different. The blow, slowly and unwilling to learn and communicate with the good students. This will make these students feel inferior and thus do not want to learn. Since the cooperative learning method has entered the aerobics classroom, the students' strengths can be better played, and students are also given the opportunity to learn the strengths of their students. In the process of students' learning, students should not only master the skills of aerobics exercise, but also help their team members to complete their learning goals. In the event of an air crash, they should find a teacher or classmate in time to solve the problem. Students should learn to face air crashes and solve problems in the classroom.

### **3.3 Improve the quality of teaching**

Aerobics can not only exercise physical fitness, but also help the various organs of the body, especially the body's immune system. At the same time, aerobics learning exercise can have a certain stimulating effect on the internal organs of the human body, which can improve the internal organs of human beings and improve people's living standards to a certain extent.

I believe that no teacher in the world does not want his students to learn what they are teaching, so that every aerobics skill can be mastered by every student. The application of teaching methods should be flexible.

## **4. THE PREMISE BASIS OF THE APPLICATION OF COOPERATIVE LEARNING TEACHING MODE IN AEROBICS TEACHING**

The application of the cooperative learning teaching mode in the aerobics classroom of colleges and universities also requires certain preconditions. As the saying goes: the master leads the door and the practice depends on the individual. In the teaching process, how to quickly enter the state of learning, this is a problem that many teachers are troubled. Students need to quickly enter the learning state, can not do without the teacher, students can enter the learning state as soon as possible, they can find themselves early in the learning problems, and discuss with your own group, solve problems, so that you can master and understand the correct aerobics skills in the first time.

### **4.1 Reasonable grouping**

In the process of class, students must have the help of teachers and classmates to make rapid and solid progress. They must have communication when they ask for advice, so they can improve their communication skills in the consultation. Not only that, but its compactness will also make the teacher's teaching plan and purpose, so as to maximize the teaching effect. How to group teachers to

calculate, in the teaching process, teachers and students analyze the difficulties encountered in teaching, and develop learning plans and goals.

#### **4.2 Course evaluation**

After a group study and cooperation for a period of time, the teacher should let the students of each group conduct a competition, and timely comment on the problems in time, and put forward their own suggestions and opinions. Each team member will have a sense of competition during the competition, so they will do their best to complete the competition and cultivate the collective sense of honor of the students. At the same time, team members compare their strengths and weaknesses with other teams and improve their abilities during the game. In the after school, students will practice harder and understand the difficulties and communication within the group. In normal times, the spirit of unity and cooperation of students has been cultivated.

#### **4.3 Communication skills**

In order to successfully complete the learning objectives, each student must carry forward his own strengths, actively assume his responsibility, and be able to solve problems in the first time when problems are encountered, so that they can be faster. Master the technical skills of aerobics and improve your communication skills. In cooperative learning, the teacher is also part of the group, so that the problem can be found at any time, the teacher can correct the student in the first time, and at the same time can enhance the relationship.

In the subject of aerobics, students should actively discuss their understanding and mastery of aerobics, especially when students are unable to solve problems. Discussion under such circumstances reflects the significance of cooperative learning.

### **5. COOPERATIVE TEACHING MODE IN COLLEGE AEROBICS TEACHING**

Aerobics has many advantages in many sports. It can not only exercise, but also benefit physical and mental health. With its distinctive features and numerous advantages, most students are satisfied, so that more students love the aerobics sport. College aerobics class not only allows students to learn the aerobics sports skills, but also allows students to understand the fitness methods of aerobics. However, it is not enough to let the students understand the techniques of aerobics exercise in the classroom and to do the best for each movement. It is not enough for the teacher to explain it. Therefore, it is tried in many aerobics classes in colleges and universities. Cooperative learning teaching mode.

The reason why the cooperative learning teaching mode is recognized by everyone is that it breaks through the traditional teaching mode and allows students to understand aerobics skills in all aspects. In the classroom teaching, the teacher should pay attention to grasping the time, the time should not be too long, the students and students communicate with each other, help each other, and learn from each other should be fully cultivated.

In the classroom, the teacher teaches smoothly, and the students learn quickly and master the skills, first of all to stimulate the students' interest. In cooperative teaching, the whole class teaching is changed into group activity teaching. Each group is conducted according to its own rules and regulations, and the group cadres must conduct democratic selection. Students' good performance

scores will be respected by their peers and will be recognized by the teachers. With good grades, students will feel satisfied. As a result, the teaching effect has been greatly improved.

In the process of learning aerobics, students are shaping the body, correcting their body shape, and coordinating their own. Flexibility is of the utmost importance. When doing the action, you must master your strength and your own performance. A very important ingredient. Thereby enhancing the comprehensive ability of self-generation.

After the teaching task is completed for a period of time, the students' competition awareness is introduced, the competition between the group and the group is arranged, and the judges are selected to construct the judges' standards combining teachers and students. In the cooperative learning teaching mode, students' hard learning spirit can be cultivated in the classroom practice, and the good relationship between teachers and students can also be cultivated in the cooperative learning mode. In sports, aerobics is a difficult sport, so in many cases some students can't complete their movements. In the face of this problem, students must face up, strengthen practice, and customer service difficulties. I am a good student who is not afraid of suffering and tired, and successfully completes my own learning tasks.

## **6. CONCLUSION**

Through the teacher's teaching experience and teaching ideas and the ideological theory of people from all walks of life, the application of cooperative learning teaching mode in college aerobics teaching can be theoretically supported. In the aerobics class, the participation of cooperative learning methods has improved students' habits and noble spirits. For example, since the cooperative learning teaching mode has entered the aerobics classroom in colleges, the students have exchanges more, and the students have learned to help each other for the common goal of the group, and improve the spirit of unity and cooperation, and also create a sense of competition in the invisible. Make the quality of teaching a new level. The cooperative learning teaching mode is suitable for college aerobics teaching, and it will have certain influence on curriculum reform and the basic quality of students and the quality of aerobics teaching.

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