Research on the Field Setting and Teaching Mode and the Influences on the Effect of Volleyball Teaching in Colleges and Universities

Jian Wang

Abstract

This paper conducts the analysis on the field setting and teaching mode and the influences on the effect of volleyball teaching in colleges and universities. The volleyball class organization form must be vivid, be lively, be diverse and the core teaching method and the method also want novel changeable, cannot always the same old story. If the warming-up exercise each time all is jogs with the empty-handed exercises, the student can produce was sick of that cannot raise any interest, the effect cannot be good. In the sports teaching, and that provides the feedback information promptly in the establishment appropriate effective goal in the foundation, in addition the qualitative appraisal, namely the full use goal establishment and the feedback information. We promote the traditional teaching method by integrating the latest methodologies that will be meaningful.

Keywords: Field Setting, Teaching Mode, Volleyball Teaching, Colleges, Effect.

Introduction

In the teaching of volleyball, there are many problems such as the large number of classes and the large differences in students' physical quality, and the traditional teaching methods and methods are difficult to adapt to the different situations of all students. Too easy to be improved as poor physical quality of students and difficult to accept and easy to have a psychological fear of volleyball classes, thereby reducing interest in learning, leading to the level of technical action. The rise of general constructivism is known as a revolution of the primary contemporary education psychology. It from the perspective of epistemology, psychology, especially the research achievements of the cognitive psychology provides in-depth analysis on the results of the analysis of the nature of the learning activities not only for in-depth study of study psychology has an important influence, but also directly affect the actual teaching activities. The duty actuation and the cooperation studies the pattern is refers to the student in the study, through teacher's instruction, revolves under the duty which the teacher arranges, carries on the cooperation, the interaction with schoolmate, on own initiative carries on the positive exploration to the knowledge and the skill, completes task which the teacher arranges, solves in practice the question method to internalize for own quality process as the follows.

- Teachers are not simply to repeat the action, but through the task set by the students to explore, to experience, learn, improve the action, and through the competition between the groups, teamwork between the initiatives to master the technology, students process to achieve their own value, to show their learning outcomes.

1College of Physical and Military Education of Jingdezhen Ceramic Institute, Jiangxi, 333403 China
The task driven and cooperative learning model makes different physical quality, different organization ability and innovation ability of the students together through cooperation and interaction on the issue, to complete the tasks assigned by the teacher, so that each student can carry out their duties, the strengths and weaknesses of students can be fully reflected in the activities, self-improvement in students help, students are able to make gains in the activity.

Completes the task with the collective strength which the teacher arranges, as each person's affects directly in collective performance group's result, urges the student collective cohesive force the formation that forms mutually promotes, the competition good study atmosphere.

The volleyball class organization form must be vivid, be lively, be diverse, the teaching method and the method also want novel changeable, cannot always the same old story. If the warming-up exercise each time all is jogs with the empty-handed exercises, the student can produce was sick of that cannot raise any interest, the effect cannot be good. Therefore the teacher should unify the course content, utilizes some patterns to run, practice methods and so on activity game carries on the warming-up exercise. If biography, pad ball relay: Divides into two groups the student, each group of platoon guides take a ball respectively, after hears the password, makes the pad ball on the move, after assigns the position to return immediately, does on the move passes a ball, then second schoolmate carries on in turn by the similar way, which group of speed finally looks at quick also control ball ability. As shown in the figure one, basic principles of the volleyball teaching are demonstrated.

![Figure 1. The Basic Principles of the Volleyball Teaching.](image)

The Proposed Methodology

**Field Setting.** Goal setting in physical activity refers to determining the goals of physical education and physical exercise to be achieved within a certain period of time, and the steps, strategies and timing for achieving the goal, based on the student's athletic ability and skill level.
Along with our country university sports reform the deep person, the author discovered unceasingly that, in the field research, the volleyball option class was still unable to get rid of the traditional sports education idea completely the influence, followed to a great extent “physiology functional activity change rule" and the "movement skill forms rule" the theory basis, and enhanced the instruction technology movement athletics level to take the teaching the center link. In the volleyball movement popularization and the enhancement, entertaining and athletics two kind of unification of opposites, in the coexisting basic shape, neglected school volleyball "to popularize" and then the "entertaining " characteristic has neglected the teaching main body psychology and the physiological synchronization development basic demand, with volleyball movement education for all-around development and lifelong physical culture function. Therefore, in the process of learning, students' learning self-efficacy of skill learning effect is a very important role, but learning self-efficacy is not static, but a dynamic process of change, the self-efficacy changes in the relationship with the goal difficulty? The change of self-efficacy in different skills to produce different grades? Between goal difficulty and skill study result how?

In the sports teaching, and that provides the feedback information promptly in the establishment appropriate effective goal in the foundation, in addition the qualitative appraisal, namely the full use goal establishment and the feedback information, carry on the rewards and punishment properly, the teaching effect can be more obvious. In the sports teaching, establishes the appropriate effective goal according to student's actual situation and promptly provides the feedback information to be able to stimulate the student sports study the potential, guides and promotes student's sports learning activity that causes the student to grasp the movement skill well and enhances the exercise effect.

We should pay special attention to the following aspects. (1) In practice class, according to the basic characteristics of the volleyball, choose the game in the use of high frequency, practical, action technology structure and method is relatively simple, students are more easy to grasp and use the basic technical and tactical as the main content. (2) At present, the goal of college PE teaching is not only to teach sports knowledge, techniques and skills, improve students' physical fitness, more to serve the overall goal of "education". With the development
of science and technology and the change of the traditional concept, "body and mind harmonious development" that has become the world's health standard, physical education teaching in colleges and universities will need to adapt to The Times, from the aspects of education, social, physical, psychological and other aspects to consider, should not only attach importance to students' movement skill mastery and improvement of the quality, also should attach great importance to the basic needs of students' psychological development, especially must pay attention to cultivate the students' self-exercise ability and participation.

The Volleyball Teaching Model Analysis. Constructivism holds that learning is the process of learners actively constructing internal mental representations. Learners are not passive acceptance of external information, but the active choice of processing, the learner is not starting from the same background, but from different backgrounds, the teacher is not the same guide to complete the same processing activities, but teachers and others and with the help of a unique information processing activities to build their own sense of the process. The present volleyball rule has manifested athletics much, ornamental, the attention technology and the tactical display, the relative entertainment is weak. In the rule right competition has hit a ball the number of times, to the net the limit, suspended the opportunity, the rotation conversion and so on has made the strict stipulation. As soon as the relatively basic technical bad university student, very difficult to make good passes on and aids, this with difficulty guaranteed hits a ball in the number of times permission scope to complete the attack and the rotation conversion also can cause the ball difference the student when is catching a ball, as passes a ball appears more faults. Moreover the rule highly also has the strict limit to the male and female net, not certain foundation and the training is very difficult to complete smashes, movements and so on drop ball. Layer upon layer the regular limit can have certain influence to the university student volleyball movement participation, thus limits the university student volleyball class elective course the development, the teaching of constructivism against the traditional teaching approach to the situation advocating situational teaching. The creation of the situation in the teaching design as far as possible so that students learn in a situation similar to the reality of the situation occurred in order to solve the problem of the meaning of the process of technology to build the target.

- College PE teachers should have some strong teaching ability and abundant professional knowledge, but also have good occupation morals, in teaching and constantly update their knowledge, to constantly improve. In the daily life way to raise the interest of the volleyball students outside the classroom in the further addition to the publicity and education work, and more important is the content of the classroom the novelty and appropriateness.
- In the elective course teaching process, the suitably carries on the suitable revision to the volleyball contest rule, if to hits a ball continuously in the teaching competition the number of times suitable relaxation is advantageous for the student the appropriate readjustment to hit a ball the spot in the competition that splits out high grade returns to the ball and furthermore movement rule suitable relaxation which hits a ball to the net on, like to touches the net hits a ball, the net has hit a ball and so on the movement suitable relaxations, with the increase competition continuity, hit a ball the intercourse number of times to increase, the volleyball entertainment characteristic could start to appear, and only then was helpful in enhances the student to competition yearning for.
Suggestions on the Volleyball Teaching in Colleges and Universities. The sports course content reform is the school sports education reform core link. Therefore, the course content choice both needs to take it the human body biology transformation value, and must consider plays the role to the sports accomplishment and the education, prevented the nonessential repetition, the course content enrichment is the key link which some of the sports healthy curriculum implements. If the volleyball curriculum must change the course content vigorously purely take the basic technology as main, the increase volleyball tactic and the teaching competition content, the rich volleyball curriculum content, enhances the student to participate in the volleyball movement practice ability, serves for the better raise application talented person. The formation of "big volleyball" concept has benefited from the development of modern economy and people's increasing demand for some material and cultural consumption. In the fitness and entertainment has gradually become an effective way to eliminate fatigue, people are not satisfied with the enjoyment of the game from the watch enjoy the time, but also eager to experience the fun of personally involved in the sport so people gradually began from the volleyball performance, rules of the game were adapted to their needs, forming a rich content, diverse forms, simple, suitable for different Site conditions, different levels of technology, different sports groups, popular, entertaining, including a variety of different forms of volleyball.

Teaching methods to be mixed with a single and staggered, a teaching method can be applied to different sports teaching, a sport can also use a variety of teaching methods for teaching. Application of teaching methods, according to the characteristics of teaching projects, teaching object, teaching environment, teaching objectives and other factors change the use of different teaching methods. The newly built place undergraduate course colleges and universities volleyball club teaching is a new sports educational model research, is in the option class foundation, carries out the teaching activity richly in under gym instructor's instruction, the active exercise content, the various formats method nimble, enable the university student physiology, the psychology to obtain satisfies. Regarding the consummation personality, displays own potential, the satisfied individuality and the interest, the setting up lifelong physical culture thought improves the physical quality all to have the extremely vital significance comprehensively.
Conclusion

This paper conducts the analysis on the field setting and teaching mode and the influences on the effect of volleyball teaching in colleges and universities. The formation of "big volleyball" concept has benefited from the development of modern economy and people's increasing demand for some material and cultural consumption. In the fitness and entertainment has gradually become an effective way to eliminate fatigue, people are not satisfied with the enjoyment of the game from the watch enjoy the time, but also eager to experience the fun of personally involved in the sport so people gradually began from the volleyball performance, rules of the game were adapted to their needs, forming a rich content. Under this basis, this paper proposes the new idea on the field setting and teaching mode and the influences on the effect of volleyball teaching in colleges and universities. In the future, more related research will be conducted for testing.

References


