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The Effect of Cooperative learning mode applied in the University Students' Shaping Class

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ABSTRACT

This study try to explore an effective cooperative learning mode in line with the needs of shaping classes, promoting the healthy development of the students. Methods: randomly selected two classes of first-year undergraduate students in Beijing Normal University who studying shaping lessons, one is the experimental class with 30 persons taking 10 weeks teaching experiment, the other the control class with 31 person using conventional teaching mode. Conclusion: (1) The Cooperative learning can promote students' mastery of technical skills. (2) The cooperative learning on the mental health level of the experimental group were improved to some extent. (3) The cooperative learning will help to improve the students' panic mood. (4) The cooperative learning can help to relieve the level of stress. (5) The cooperative learning help to improve the interpersonal skills of the students, and the effect is remarkable. Suggestions: (1) Try to use cooperative learning mode in shaping classes. (2) To do a similar study in Physical Education, the experimental period can be extended and the sample size should be increased.

KEYWORDS

effect; Cooperative learning; teaching mode; shaping class

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