

# *The application of self-directed learning approach in teaching volleyball in colleges and universities*

Yiwei Jiao

*Central University of Finance and Economics, Beijing, 100081, China  
673553378@qq.com, jiaoyiwei@cufe.edu.cn*

**Keywords:** Self-directed learning; college volleyball; volleyball instruction

**Abstract:** In college volleyball education, the traditional teaching method emphasises too much on the transmission of knowledge and insufficient cultivation of students' independent learning ability, which leads to the lack of students' interest in learning and makes college volleyball teaching ineffective. In order to improve the quality of college volleyball education, the use of independent learning methods in teaching can make students independently analyse, think and summarize volleyball knowledge, thus improving students' independent learning ability.

## 1. Introduction

With the development of society and the continuous reform of China's education, teaching methods are constantly updated, and in college volleyball teaching, teachers have also introduced the independent learning method into volleyball education. The independent learning method is a method for students to achieve the learning objectives through self-study, self-practice and self-evaluation under the guidance of teachers. This method meets the actual needs and developmental needs of students, and is conducive to stimulating students' interest in learning, cultivating students' self-learning ability, and improving students' learning efficiency. Introducing the independent learning mode into college volleyball teaching can give full play to the main role of students in instruction, so that teachers can study the differences between various students as a whole, especially with the rapid development of China's society and economy, the deepening of scientific and technological innovation, and the increasing level of informationisation in society. To adapt to the needs of the development of the times, sports in colleges and universities must gradually develop in the direction of cultivating composite talents from the traditional teaching mode, which is mainly based on imparting knowledge. College volleyball teachers need to combine it with the physical and psychological characteristics of different students, to improve their own development and exercise and other measures to college volleyball instruction.

## 2. The important significance of introducing autonomous learning method into college volleyball class

In traditional education methods, students are in a passive state, and teachers simply pass on what they know mechanically, which often leads to their inability to have an accurate understanding of their own learning purpose, resulting in their inability to maximise their potential. In the process

of education, the introduction of independent learning into the education process can enable teachers to avoid the drawbacks of traditional education methods, and take the cultivation of independent learning as the core of the education process, and guide students to determine their learning goals, as well as their learning plans and other important content. For the students, it is possible to correct and develop a positive attitude towards studying and to interact well with the teacher or other classmates. The same is true for college volleyball classes. The teaching of volleyball in colleges and universities not only meets the public's eager demand for this sport, but also meets the current needs of colleges and universities for teaching volleyball. However, for the present, volleyball teaching in some universities is still limited by the traditional teaching mode, which lacks both diversity in form and connotation in content, which is a great obstacle to the development of universities. In order to change this status quo, "self-learning" should be actively introduced to improve the efficiency of university volleyball lessons and promote the development of university volleyball lessons.[1]

### **3. Improving the teaching level of volleyball teachers**

To achieve excellent teaching results in college volleyball instruction, teachers should play a good role in guiding and constantly improve their own educational level. First of all, in college volleyball education, teachers should pay attention to the student's main position, change the traditional teaching too much emphasis on the transmission of knowledge, students passive acceptance of knowledge, stimulate students' interest in learning volleyball. Secondly, college volleyball teachers should improve their own comprehensive quality, such as strengthening the theoretical knowledge of volleyball, volleyball technology and tactical theory, sports and humanities literacy and other aspects of learning and research. Once again, teachers should strengthen the communication and exchange with students, and give more encouragement and guidance to students in the classroom, so as to help students establish confidence, cultivate students' independent thinking ability, and improve students' independent learning ability. Finally, college volleyball teachers should reinforce the learning and training of professional knowledge and skill level, constantly update their professional knowledge and skills, and improve their teaching ability.[2]

### **4. Digging deeper into the Civics elements in the teaching materials**

With the development of science and technology, sports teaching equipment in colleges and universities has also undergone great changes, such as the use of multimedia, network, computers and other modern teaching equipment, which has brought new vitality to college volleyball teaching. In university volleyball education, we should make full use of modern teaching equipment to make the content of volleyball teaching richer and more conducive to stimulate students' interest in volleyball. For example, in the teaching of serving skill, teachers can record the traditional volleyball serving action into a video, and then combined with multimedia technology to explain and analyse the video, so that students can intuitively observe the different methods of volleyball serving and the impact on the body movement, thus making it easier for students to master the serving technique. At the same time, teachers can also use multimedia technology to analyse the movements of each player in the game, and explain and demonstrate the movements to provide students with a better learning atmosphere.[3]

### **5. Cultivate students' interest in learning**

Interest is the best teacher, for college volleyball teaching, if there is no student interested, then

the lesson will become a boring activity, the teaching effect will not be ideal. Therefore, teachers in the teaching process, should actively cultivate students' interest in learning, mobilise students' enthusiasm for learning, and let students find problems and solve it in independent learning. For example: in volleyball teaching, teachers can use multimedia technology to show a variety of volleyball competitions, such as the spirit of China women's volleyball, the World Cup and other game videos, so that students can watch the game at the same time, to understand the knowledge of volleyball; the use of small games to stimulate the interest of students, such as "volleyball pass to you," "volleyball pass to me! Games such as "Volleyball to you", "Volleyball to me" and so on. Teachers can also let students find problems and solve problems in practice. For example: let the students use the ball and volleyball for passing and catching practice, you can first let the students do a demonstration, and then let the students try to pass and catch the ball. After discovering problems and solving problems in practice, students will have a strong interest in learning and a strong interest in the knowledge taught by the teacher.[4]

## **6. Enhancing students' independent learning ability**

The cultivation of independent learning ability is a comprehensive ability to cultivate students' learning autonomy, mobility and enthusiasm. The cultivation of students' independent learning ability should include two aspects: one is that individual students can achieve the goal through positive and correct responses to external stimuli in the process of independent learning; the other is that individual students can achieve the goal through negative responses to external stimuli in the process of independent learning. The cultivation of students' independent learning ability needs to be guided by teachers and take students as the main body. Teachers should guide students to know themselves correctly and make a comprehensive assessment of themselves under the guidance of teachers; guide students to make clear the problems they have in learning and put forward corresponding measures to solve them; guide students to self-monitoring of themselves to understand their strengths and weaknesses in the learning process; guide students to exert their subjective initiative and creativity in the process of learning and so on. Through these measures, students can establish a correct view of learning and form good independent learning habits; under the guidance of teachers, students gradually develop their independent learning ability; through a variety of ways and means to achieve the goal of cultivating students' independent learning ability.[5]

## **7. Create a positive learning atmosphere**

In college volleyball teaching, teachers should create a positive learning environment for students, so that students in a harmonious and equal atmosphere for volleyball teaching. Firstly, teachers can attract students to participate in volleyball learning by carrying out volleyball competitions, organising volleyball clubs and other activities, so that students can get to know volleyball in a pleasant atmosphere. Secondly, teachers should actively guide students to look at volleyball correctly, and help them set up correct sports values and cultivate students' lifelong sports awareness. In addition, teachers can provide more communication opportunities for students. For example, teachers can organise class volleyball competitions and volleyball activities, etc., so that students can communicate and cooperate with their classmates, thus improving their teamwork ability. Finally, teachers should strengthen the cultivation of students' awareness of independent learning. For instance, teachers can cultivate students' independent learning ability by playing videos and reading related materials.

## 8. Organise various forms of extracurricular activities

In volleyball teaching, it is important to make use of the time for extracurricular activities to cultivate students' independent learning ability. Volleyball competitions, volleyball games and volleyball contests can be incorporated into extracurricular activities. In extracurricular activities, teachers should strengthen the cultivation of students' independent learning ability by organising extracurricular sports competitions, so that students can exert their subjective initiative in the competitions to improve their interest in volleyball and enhance their independent studying ability. For example, friendly volleyball matches can be held, so that students are free to form teams to play matches to stimulate the students' sense of competition, but also to divide the class into two groups to play matches, enhancing class cohesion, as well as inviting coaches or teammates to give students an explanation of volleyball tactics to improve the technical level of the students..

In short, college volleyball teaching should change the concept from the ideology and cultivate students' ability to learn independently. Teachers should constantly improve their own quality and business ability, use diversified teaching methods and means to stimulate students' interest in volleyball; encourage students to learn independently, explore and innovate; at the same time, they should also fully mobilise students' enthusiasm and initiative in learning; and strive to improve the quality of volleyball teaching in colleges and universities.

## 9. Conclusion

Independent learning, as a brand new way of learning, reflects the students' subjective position in the learning process. Teachers should actively try and apply the independent learning mode in volleyball teaching, give play to students' subjective initiative, improve students' independent learning ability, so as to make the quality of volleyball teaching effectively improved. Teachers should change the teaching concept, adopt reasonable and effective ways and means to guide students to establish correct values of volleyball, and cultivate students' spirit of active learning, dare to challenge and dare to innovate. Teachers should also fully mobilise the enthusiasm of students to participate in volleyball activities, help students understand the scientific principles and sports skills contained in the development process of volleyball, enhance students' interest in volleyball, and enable them to form a correct cognitive concept of sports. In the process of volleyball teaching, teachers should adjust their teaching methods in a timely manner, adopt the teaching mode that suits the current teaching development trend and demand, and provide students with a good, independent learning environment and atmosphere. The active implementation of independent learning methods in college volleyball teaching lays a solid foundation for improving the quality of college volleyball teaching.

## References

- [1] Du Huihui (2016) *Empirical Research on University General Volleyball Courses Using "Learning Guide" Teaching Mode—Take Aba Teachers University as An Examples*. *Bulletin of Sport Science & Technology*, 2016-06, 37-38, 74.
- [2] Shi Yawen (2021) *Research on the Application of Blended Teaching Mode of College Volleyball Courses Based on the Background of MOOC Resources*. *Digital Space*, 2021-04, 158-159.
- [3] Fan Zile (2021) *The significance and application of mental training in college volleyball teaching*. *Journal of Taiyuan City Vocational College*, 2021-09, 106-108.
- [4] Wang Rui, Wang Tong, Yan Aiping, Duan Zelong, Chen Yu, Cui Hongxia, Wang Yuqi. (2022) *A Study of the Application of Five-in-One Educational Approach of "Creation, Teaching, Thinking, Training and Assessment" in College Volleyball Course based on the Blended Learning Model*. *Bulletin of Sport Science & Technology*, 2022-09, 147-150, 153.
- [5] Zhou Wangcai (2021) *The positive effect of volleyball games in the reform of college volleyball teaching*. *Chinese Science and Technology Journal Database (full text version) Education Science*, 2021-02, 384, 390.