

Research on the Training of College Students' Team Cooperation Ability in Rope Skipping Teaching from the Perspective of Cooperative Learning

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Abstract: Team cooperation ability is one of the abilities that college students are required to possess in today's society. However, college students obviously show their lack of team cooperation ability when participating in class and campus cultural activities. Therefore, it is imperative to cultivate college students' team cooperation ability. The application of pattern skipping is a sport based on the development and innovation of traditional skipping. The reasonable design of rope skipping teaching in college physical education curriculum can effectively promote the continuous improvement of students' team cooperation ability. Colleges and universities must pay attention to the cultivation of College Students' team cooperation ability, so as to cultivate excellent talents who can quickly adapt to the social development trend and meet the social needs. This paper analyzes the meaning of team cooperation ability, discusses the role of pattern skipping in the process of Cultivating College Students' team cooperation ability from the perspective of cooperative learning, and gives suggestions on how to improve the teaching effect of pattern skipping in Colleges and universities.

1. Introduction

With the rapid development of the socialist market economy, the division of labor in modern social work is getting finer and finer, and the competition is getting fiercer and fiercer. Economic society has promoted the development of classification and division of labor in all walks of life. In the environment of market competition, effective communication and cooperation have become the basic requirements of modern people's work and life [1]. Only cooperation can be more powerful, so the individual team cooperation ability has been paid more and more attention by the society. Colleges and universities must pay attention to the cultivation of students' teamwork ability, so as to cultivate outstanding talents who can quickly adapt to the social development trend and meet the social needs [2]. Teenagers are in a critical period of forming their world outlook and values. To enable them to live and work better in a social environment in the future, they must rely on teaching projects, have methods and purposeful training, and train students. The application of rope skipping with pattern is a sport based on the development and innovation of traditional rope skipping. The teaching of rope skipping with pattern can better cultivate the team cooperation ability of college students [3]. Synchronized rope skipping is a group sport. Only participants with good communication and teamwork skills can start synchronized rope skipping activities.

Synchronized rope skipping is a group sport that requires the cooperation of two or more people. It can enable college students to continuously improve their communication and cooperation abilities in the process of participating in sports, and finally achieve the purpose of cultivating college students' teamwork ability. . In order for a college student to have a foothold in society, he must be a person with the ability to collaborate in a team. As a cradle of talent training, colleges and universities should strengthen the team collaboration ability of college students. If university students want to gain a foothold in society, they need to cultivate their teamwork and awareness in university education. The reasonable design of figure skipping teaching in college physical education can effectively promote the continuous improvement of teamwork ability of students [5]. Compared to other physical education courses and other theoretical courses, the figure skipping rope has a better training effect on teamwork ability, so it is necessary to carry out the figure skipping rope to cultivate the teamwork ability of college students [6]. This article analyzes the

meaning of team collaboration ability, discusses the role of figure skipping in the process of cultivating college students' teamwork ability with the perspective of cooperative learning, and gives suggestions on how to improve the teaching effect of figure skipping in colleges and universities.

2. The Meaning and Significance of Team Collaboration Ability

2.1 The Meaning of Team Collaboration Ability

The so-called team cooperation ability refers to the ability to develop team spirit and complement each other on the basis of the team to achieve the maximum working efficiency of the team. The development of synchronized skipping is a high combination of speed and strength. Students need to strengthen physical exercise to ensure their health and strength so as to fully maintain the required speed and strength standards for synchronized skipping [7]. Team cooperation ability refers to the ability of individuals in a team to give full play to team spirit and complement each other with other individuals in the team so as to achieve the best work efficiency of the team. In the long run, team cooperation ability is one of the most important abilities related to the survival and development of individuals on the stage of life [8]. Only when college students have this ability can they cooperate with others efficiently in the process of learning and working in the future, thus achieving the best team cooperation effect. In order to achieve a good team cooperation effect, each member of the team must not only do his best, but also have the ability to coordinate and cooperate with others, which is the team cooperation ability.

2.2 The Significance of Team Collaboration Ability

The ability of teamwork requires not only that every member of the team should have team consciousness, but also that every member should have the ability to cooperate with other members. Team collaboration requires team members to have a broad vision, a sense of unity and cooperation, and the ability to communicate and coordinate, so that when there is disagreement in the process of team cooperation, each member can take the overall situation into consideration. Because of its unique sports characteristics, synchronized jumping rope plays an outstanding role in cultivating team cooperation ability compared with other sports teaching. For team members, they need not only personal ability, but also the ability to do their best in different positions and coordinate with other members. Compared with other physical education teaching items, rope skipping teaching has obvious advantages, which can not only help students establish an objective concept of team cooperation, but also improve students' comprehensive physical quality. Team cooperation ability refers to the way of mutual assistance and cooperation between team members to maximize the efficiency and quality of work. Team cooperation ability is of great significance to everyone's survival and development, especially for the contemporary college students, whether they can quickly integrate into the society and base themselves on the society after graduation and entering the society in the future plays a vital role.

This paper takes a college that has developed the teaching of rope skipping as the research object, and conducts interviews and surveys with college students who have received the teaching of rope skipping. In this study, a total of 120 questionnaires were sent out and 117 valid ones were recovered. The recovery rate and the effective rate of the questionnaires were 97.5%. Then the data of 117 questionnaires recovered were statistically processed by computer and the statistical results were tested. The survey results are shown in the table.

Table 1 Investigation on The Influence of Figure Skipping on Team Spirit

Problem	Options	Number (n)	Constituent ratio (%)
Whether to improve team consciousness after participating in rope skipping	Yes	99	84.6
	no	18	15.4
Willingness to participate in synchronized jumping rope	Like	96	82.1
	Dislike	21	17.9
Factors Affecting Performance of Synchronized Rope Skipping	Team ability	103	88.0
	Personal ability	14	12.0

By analyzing the contents of the questionnaire, 84.6% of the students think that participating in rope skipping has improved their team consciousness, 82.1% of the students say that they are willing to participate in rope skipping training, and 88% of the students think that the success of rope skipping depends on the cooperation between rope jumpers.

3. The Effect of Synchronized Rope Skipping Teaching on College Students' Team Spirit

Team spirit means that members of a team take common goals as the core, make use of their own strengths to make up for the team's defects, and work hard for the development of the team's interests. At this time, the team consciousness of team members is constantly enlarged, which is called team spirit. The formation of team spirit requires team members to sacrifice themselves and give full play to their own strengths to make up for the team's defects so as to maximize the team's ability. Team cooperation consciousness is a prerequisite for college students to develop their team cooperation ability. It requires college students to have a broad vision and a spirit of self-sacrifice, and to contribute their own strength to the realization of the goal of the whole team [9]. The team spirit of rope skipping is concentrated and prominent. Each student participating in the activity must place himself in the group and cooperate with the students to complete the set actions. If during the whole exercise, the rope skipping or swinging personnel disregard other people in the team and jump rope or swing rope according to their own ideas, then the whole team will surely fail.

The teaching of rope skipping can effectively improve the cohesion of students' sports training. Clear cooperation willingness and cooperation method are the basis for rope skipping pattern completion, so that students can work hard to achieve the same goal. In order to complete the whole synchronized skipping exercise, the university students will work towards one goal and work together to complete all the movements of synchronized skipping, that is, to accomplish the team goal [10]. With the continuous growth of college students, their social life circle will become wider and wider, with more contacts and more opportunities for communication. Students and partners are the basis for their accumulation of social relations. Teachers actively carry out such activities, which helps students actively seek ways to cooperate in the synchronized jumping rope program, and avoid damage to the whole team's jumping rope program due to their own mistakes. Good students of jump rope not only have good physical quality, but also have strong expression ability and communication ability. They can explain their sports demands to the students who cooperate with them in sports and reach good cooperation with them. Team members need to work together to achieve their goals, connect the actions designed in the team, and strengthen the tacit understanding of cooperation among students through multiple exercises and cooperation, so as to cultivate the team spirit of students.

4. Conclusion

The team cooperation ability of college students is poor at this stage, but the society requires higher team cooperation ability of college students, so it is urgent to cultivate the team cooperation ability of college students. Synchronized rope skipping is a sport with team spirit. The teaching of

synchronized rope skipping is of great significance to the cultivation of college students' team cooperation ability. Because the requirements of jumping rope are lower for field equipment and participants, jumping rope is very suitable for college physical education. Team jumping rope can create a good team atmosphere and has a strong cohesion function. In the process of rope skipping teaching for college students, the communication and inspiration among students can be promoted, and the awareness of cooperation and participation initiative can be enhanced. As a sport full of fun and capable of cultivating college students' teamwork ability, rope skipping should be widely valued by college PE teachers. College students should also actively communicate with the team members when taking part in the synchronized jumping rope, exercise their interpersonal skills, consciously cultivate their team cooperation ability, so that they can grow into outstanding talents meeting the needs of the society.

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