

# Study on Moral Education Effectiveness of TPSR Model in College Physical Education Curriculum——Take the Basketball Teaching of a University Public Physical Education Class as an Example

Bo Yuan

Central University of Finance and Economics Beijing 100081

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**Abstract:** At present, the study of students' moral education has become the key to deepen the curriculum reform and carry out the goal of fostering moral education. Colleges and universities are the key stages for students to begin to become talented, to gradually form the correct "three views" and to establish a good moral character. Taking Basketball course in a university as an example, this paper investigates the current teaching situation, and finds out the students' interest in the current university public physical education class and the infiltration of moral education in teaching. Based on the TPSR model, the teaching experiment method actively penetrates the PE moral education, and analyzes the changes of students in physical health and PE moral education, so as to provide an operable theoretical and practical reference for promoting the development of PE moral education in colleges and universities. Therefore, in order to solve the problems in college physical education curriculum, TPSR model is introduced, which proves that it has outstanding moral education effect and is worth to be vigorously promoted and implemented in college physical education curriculum construction.

**Keywords:** Universities; Physical education; Courses; TPSR mode; Moral education; Effect

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## Preface

In the new period of our country moving towards the 21st century, facing the complicated world, we need to give full play to the goal of "moral education" in the development of economy, culture and information in order to remain invincible in the fierce international competition. Under the background of each class, the constructed TPSR model of college public physical education is applied to basketball teaching to carry out teaching. Through this kind of teaching practice, the teaching content of college public physical education is enriched and innovated, and the effect of TPSR model in college moral education is fully brought into play. The study on the moral education effectiveness of TPSR model in college physical education curriculum is as follows:

### 1. Current situation of basketball teaching in college physical education courses

Basketball course is one of the organic components of public physical education class in colleges and universities, which is welcomed by students. Through the teaching of this course, it can help students to keep fit, master the knowledge of sports science, cultivate the spirit of competition and enterprise, and establish a lifelong view of sports. In recent years, with the continuous deepening of the reform of public physical education in Chinese colleges and universities, it has played a positive effect in "moral cultivation". However, due to the small number of teachers and lack of professional knowledge in public basketball teaching, teachers are only superficial in teaching due to the lack of training and further study opportunities, and the lack of in-depth thinking and theoretical guidance. At the same time, the imperfect teaching facilities can not ensure that students have enough time to study and exercise, which seriously affects the improvement of teaching efficiency. In the content of basketball teaching, most of them focus on technical details, ignoring the learning of students' basketball knowledge and culture, failing to highlight the real "charm" of basketball, which also significantly reduces students' enthusiasm for learning, resulting in students falling into a "dilemma" in teaching. Finally, under

the influence of the outdated teaching methods of demonstration, explanation, students' simulation exercises and teachers' error correction, it deviates from the reality of students and goes against the development of society. In teaching evaluation, the "standard only" theory, which takes standard test as evaluation system, makes students' comprehensive quality of basketball can not be improved from it, and can not make basketball learning truly "learn to use".

## **2. The application practice of TPSR model in college basketball public courses**

The TPSR model (Teaching Personal and Social Responsibility, TPSR) was originally proposed by Hellison in 1995. After the implementation of this model, students can do it spontaneously, make personal and social responsibility become a part of their own thoughts and personal behavior, and it is also a teaching model that penetrates moral education into physical education teaching.

### **2.1 General Materials**

A total of 162 students majoring in physical education in a university from April to June 2023 were randomly divided into PBL group (observation group) and traditional teaching group (control group) with 81 students in each group. The time was 3 months, the test was conducted once every 1 month, and the basketball match test was conducted 3 times, and the difference between the 2 groups was compared.

### **2.2 Methods**

Both groups completed the teaching task of basketball course in our hospital. Among them, the control class implemented the conventional basketball teaching mode, and the experimental class mainly implemented the TPSR mode based on the vision of Lide and talents. Both groups had 6 class hours, each class time was 40 minutes. The content of the course revolves around (1) the special theory of basketball, including sports introduction, sports development overview, competition rules and referee law, sports competition organization and arrangement; (2) Basic technical parts, such as offensive movement, pass and catch, shooting, dribbling, breakthrough in offensive technology; Defensive techniques in defending movement and defending players with the ball; (3) Offensive tactics, basic coordination of tactics, fast attack, introduction of offensive man-marking defense in basic tactics; Defensive tactics, defensive fast break, man to man defense, zone defense. (4) Training methods for developing special qualities: such as flexibility (upper limbs, lower limbs, waist and abdomen); Strength quality (upper limbs, lower limbs, waist and abdomen); Speed quality; Sensitive quality, etc.

#### **2.2.1 Comparison class**

Traditional teaching. The PE teacher will select the teaching cases, play the recorded teaching videos, explain and demonstrate the key points of movement on the playground, and then try to practice and analyze the students after watching. Reinforce key steps; Teachers evaluate teaching results.

#### **2.2.2 Observation class**

TPSR teaching mode: (1) Strengthen the construction of teachers before teaching, arrange teachers to participate in training regularly, improve professional ability, enhance practical experience level, constantly update teaching concepts, and explore new teaching modes; (2) Strengthen the configuration of teaching facilities, add basketball courts, purchase basketball, and expand sports venues. Improve the construction process of sports facilities, optimize the teaching environment of public sports teaching, make reasonable use of the existing venues and facilities, and improve the utilization rate; (3) In terms of teaching content, let students realize that basketball is the process of competition in the final analysis, and only in the process of confrontation, attack and defense can they experience the real happiness brought by basketball. Integrate dribbling, ball control, shooting and other technical essentials, strengthen the teaching focus, avoid students' single repetitive exercises, improve students' ability to master complex basketball fighting techniques, pay attention to training students to form good habits, and stimulate students' interest in learning. In actual combat, students can master basic skills step by step, compete with other students at the same level, and master the basic basketball referee ability. Reasonable proportion of male and female allocation in competition and personalized teaching; (4) In terms of teaching methods, the element of game competition should be added to transform the traditional classroom into a "competition-type classroom" to improve the enthusiasm of students in training. The short videos of NBA and CBA games will be sent to students in advance before class, and students will learn by themselves after class and compete in class. Teachers will guide, comment and point out shortcomings and deficiencies from the side, so as to facilitate subsequent improvement. (5) In terms of assessment mechanism, establish a set of mechanisms and strategies that truly conform to students' basketball ability and growth process, and attach importance to the evaluation of students' theoretical knowledge of sports, evaluation of referee methods, performance in daily small games, and performance in class, so as to make the evaluation more efficient.

The "Physical Education Student Responsibility Scale" compiled by Hsu and Pan was used to test the survey objects before and after, and explore the implementation effect of TPSR model.

### **2.3 Observation index**

The scores of the two classes in each dimension of students' responsibility in PE class, such as effort dimension, self-orientation dimension, respect dimension, cooperation dimension and help dimension. Evaluation criteria: Excellent, score > 90; Good, 80-90 points; Pass. Score in the 60-79 range. Excellent rate = excellent rate + pass rate.

## 2.4 Statistical method

SPSS26.0 statistical software package was used for statistical analysis of all the study data. Counting data and measurement data were expressed as (%) and ( $\bar{x}\pm s$ ), and  $X^2$  and t tests were used.  $P < 0.05$  was statistically significant.

## 3. Results

### 3.1 Score results of the two classes in each dimension of student responsibility in PE class

The results of the observation class in the dimensions of effort, self-orientation, respect for others, cooperation and help were (92.7±3.3) scores, (93.8±2.4) scores, (94.7±3.6) scores, (92.8±1.9) scores, (96.2±2.7) scores. Significantly higher than the control class (83.3±2.6), (85.6±3.7), (81.3±2.0), (83.5±2.4) and (85.9±3.1) scores, the difference was statistically significant ( $t=20.137$ , 16.733, 29.284, 27.343, 22.549,  $P < 0.05$ ). See Table 1:

Table 1: Comparison of scores of the two classes in each dimension of student responsibility in PE class ( $\bar{x}\pm s$ )

group	例数	Effort dimension (score)	Self-directed dimension (score)	Respect for others dimension (score)	Cooperation dimension (score)	Helping others dimension (score)
Comparison class	81	83.3±2.6	85.6±3.7	81.3±2.0	83.5±2.4	85.9±3.1
Observation class	81	92.7±3.3	93.8±2.4	94.7±3.6	92.8±1.9	96.2±2.7
t	/	20.137	16.733	29.284	27.343	22.549
P	/	0.000	0.000	0.000	0.000	0.000

## Discuss

As the second largest sport in the world, basketball has become an important course in the public physical education system of colleges and universities. At present, the pace of teaching reform in our country is being accelerated, however, there are still many problems in public basketball courses in the present stage, whether in teaching hardware and software, need to be further improved and perfected. In view of the problems in basketball teaching, a comprehensive reform of teachers, teaching methods, assessment mechanism and teaching facilities is helpful to improve the quality of public basketball teaching, stimulate students' interest in learning, enhance students' comprehensive sports quality and ability, strengthen students' awareness of lifelong sports learning, and promote the healthy and sustainable development of public basketball teaching. The application of TPSR model has a significant effect on the implementation of moral education in physical education teaching in colleges and universities, and through the study of physical education and fitness courses, students can acquire physical education and fitness knowledge and skills, promote fitness participation, form health awareness, have physical education and fitness literacy and independent fitness ability, and meet the basic needs of physical education, work and life in the future. The experimental subjects were higher than the students in the control class in the aspects of effort dimension, self-orientation dimension, respect dimension, cooperation dimension and help dimension.

Responsible teaching under TPSR mode is a method to cultivate primary school students' personal and social responsibility through basketball teaching. It can combine the characteristics of students' learning situation, take the class as a unit, and build objective factors such as excellent class style, better learning atmosphere and discipline in the class group. Considering students' personal learning interests and hobbies, abilities and habits, thinking and moral character, responsibility and emotion and other subjective factors, so that the moral education effect of basketball can be maximally played. It can accurately grasp the learning situation, combine the current students' existing cognitive ability, current basketball level and existing thinking ability to implement responsible teaching, and uphold the "respect strategy", "effort strategy", "management strategy" and "care strategy" in teaching, providing theoretical and practical basis for the follow-up basketball teaching in colleges and universities.

To sum up, TPSR model has high moral education effect in college physical education courses and outstanding application and promotion value, which can provide effective teaching basis for course teaching including basketball course.

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