

# Research on the Relationship between College Students' Physical Education Learning Style and Badminton Learning Effect

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**Abstract:** The continuous development of modern society and economy has put forward higher requirements for China's education. Badminton teaching courses at the university stage are more and more popular with students. In badminton teaching, because there are significant differences between students, physical education teachers can pay attention to students' learning styles when carrying out badminton teaching, and explore the relationship between learning styles and learning effects. In view of the need to focus on students and pay attention to students' differences in badminton teaching at the university, so as to improve students' learning effects.

**Keywords:** College; Badminton; Teaching; Physical education learning style and badminton learning

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Badminton is one of the traditional courses in China, and also one of the sports under the new situation. However, the students' learning effect of this project in the current physical education teaching is not ideal. Under the background of national fitness, college education also needs to integrate with the times, build a new curriculum teaching method, pay attention to the relationship between students' curriculum learning style and learning effect, and then provide innovative teaching methods, promote the strengthening of students' physical quality, and improve the effect of curriculum teaching. It can be seen from this that teachers need to pay attention to the relationship between students' learning style and learning effect, and carry out in-depth inquiry process to achieve high-quality badminton teaching.

## 1. Physical education learning style of college students

### 1.1 Theoretical basis of physical education learning style

In teaching, teachers can use the perspective of information processing to understand the learning process of learners, and establish a three-level theory of information processing: one is to receive information from the senses in the learning situation, and then through the information received by the senses to form memory; The second quarter is a short-term memory; The second stage is long-term, which stores the information in the brain and then extracts it. The theory of information processing often regards learners as a system of information processing and a process of information processing, that is, the acquisition, processing, storage and utilization of external information. Constructivism focuses on students' personal characteristics and advocates the introduction of learning styles, learning preferences and other factors in learning. Through the observation of students' learning styles, teachers create an open and diverse teaching situation to stimulate their interest in learning and urge students to build their own learning strategies under the guidance of teachers. This method can stimulate students' interest and enthusiasm in learning and establish a multi-level relationship. In teaching, we should highlight the main position of students' learning and pay attention to the development of individual thoughts, feelings, attitudes and values. Construct new teaching according to students' views. Education is to cultivate students' personality, make them realize their uniqueness, help them make full use of their personal abilities, and improve their enthusiasm and efficiency in learning. The theory of "multiple intelligences" holds that human intelligence is unique, so people will show non use cognitive functions. In the theory of multiple

intelligences, educators can better understand the specific intelligence, unique learning methods and corresponding potential of students. In a word, the development of information processing, construction, and multiple intelligences emphasizes student-centered, individual differences, learning characteristics, and learning preferences, laying the foundation for the construction and development of learning styles.

## **1.2 The present situation of the meaning of physical education learning style**

Physical education learning style is proposed by foreign scholars. Since then, the academic community has continued to explore and improve the concept of "learning style". Learning style is regarded as a learning method, that is, learners focus on learning and try to acquire knowledge and skills. Learning style is a learning method of cognition, emotion and psychological behavior. It is a stability index that can reflect the relationship between students' perception and learning situation. Learning style refers to the method of absorbing, processing, storing new knowledge and mastering new technology in the learning process. The learning style of students is a natural habit of individuals, and will not change due to different places and teachers. Learning style can also be viewed from the perspective of information processing. Learning is the combination of information acquisition and transformation, and every learner has a stable learning style. Learning style is a learning style that students hold independently and always practice. Learning orientation refers to the students' preference for their own learning attitude, learning environment and learning content during the learning process. Learning strategy refers to a special learning process of learning items in the process of learning. Learning style is a relatively stable learning orientation generated by students' continuous learning. In a word, it can be seen that a large number of scholars' researches on the connotation of learning style can be divided into the following contents:

One is to emphasize that learning style is the embodiment of students' tendency and learning characteristics in the course of learning. It includes the motivation of students' learning, the cognition of emotion generated in the learning process, the psychological behavior generated in the learning process, and so on.

The second is that most teachers think that students' learning styles are quite different and have great differences. But after the definition of learning style, it is clear that the research on learning style has promoted the development of the education industry, and fully reflects the student-centered learning idea. However, the differences in teaching between physical education and other disciplines cannot be ignored in teaching. Therefore, in the exploration of learning styles, attention should be paid to the areas in which they are used. In view of this, our country has put forward the concept of information processing based on humanism, and put forward the physical education learning style. It believes that this learning style is a relatively stable indicator of students' learning preferences in cognition, motivation, learning emotion and other aspects, because different psychology and physical needs show different processing characteristics for specific sports items. It is reflected in the learning process of physical education curriculum.

## **2. The relationship between physical education learning style and badminton learning effect**

In teaching, teachers answer teachers' questions by guiding students to communicate. At the same time, they also develop an online learning style survey. The results of the survey show that there are great differences in learning styles between different gender groups, which will also have a certain impact on the learning effect, which also enables students to understand various learning styles, so as to improve their teaching effect.

From the perspective of learning style, this paper makes a preliminary discussion on learning style, learning strategies and learning performance. The research shows that different types of students show a strong tendency of assimilation and adaptation in their learning styles, while their badminton learning performance is related to their learning styles. According to the observation of college students, there is a significant relationship between the learning style and learning performance of students in badminton sports. Therefore, when guiding students, attention should be paid to their different characteristics, so as to guide students to choose their own learning methods. Based on the unified understanding of learning methods and practical values, and in view of the problems in the current physical education teaching in China, it is pointed out that we should pay attention to the training of college students' learning styles, and use such teaching methods as inquiry based cooperative teaching, happy experience based teaching, and open situational teaching. This mixed teaching method determines the learning style of students to a large extent.

## **3. Teaching methods of badminton for college students**

In badminton project teaching, teachers need to actively adopt innovative curriculum teaching methods, build innovative

badminton teaching classroom based on people, and then have an impact on students' learning style, and ultimately improve students' learning effect.

In badminton course teaching, teachers' teaching methods should not only be teaching methods, but also include students' learning methods. In course teaching, teachers need to unify learning style and teaching, so as to improve the effect of course teaching. In view of this, teachers need to combine traditional curriculum teaching methods with innovative teaching methods. For example, in curriculum teaching, teachers can appropriately combine information technology, hierarchical teaching methods and other novel curriculum teaching methods, and then provide a basis for sports badminton project teaching. In badminton, there are specific skills and footwork, which promote each other and form a certain system. In the middle, the rule of step is the premise of the technique, so skilled technology is the premise of badminton. In view of this, teachers need to combine different teaching methods to provide basis for teaching.

For example, teachers can explain basic knowledge to students in combination with information technology, and then guide students to do free hand exercises to warm up before class teaching. After teaching, teachers can share movement skills with students in the form of small performances and encourage students to try. Then teachers can also establish a competition teaching method to guide students to compete in groups and improve their enthusiasm for learning. In teaching, teachers can also layer students according to their learning level, and provide teaching suitable for students' learning level after layering, so as to promote each student to make progress.

## 4. Conclusion

To sum up, in the badminton teaching of physical education discipline, the research on the relationship between students' learning style and learning results is relatively complete, and the significant relationship between learning style and learning results is found. Therefore, teachers need to actively introduce a large number of teaching methods in badminton project teaching to provide students with a variety of curriculum teaching models, which will have a certain impact on students' learning style and promote their growth and development.

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