# A Brief Analysis of the Teaching of Skipping Rope in College Physical Education Based on Network and MOOC System

**Liu Li**

Northwest University, Xi'an, Shaanxi 710127

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**Abstract:** Higher education is an important part of the series of national education in China, and physical education in colleges and universities is an important part of higher education. Rope skipping is a traditional sport in our country. Rope skipping is simple and easy to learn, and has a certain degree of entertainment, which is widely loved by college students. In recent years, with the rapid development of information technology, after the micro-class, there is an upsurge of "MOOC", which has the characteristics of the publicity of teaching resources, the sharing of teaching resources and the globalization of teaching resources. In the teaching of skipping rope in colleges and universities, we should use the network platform such as MOOC to realize the combination of online and offline teaching modes, innovate the teaching mode of skipping rope in colleges and universities, and bring good development opportunities for the reform of physical education in colleges and universities. In order to promote students to better master sports skills.

With the development of information technology, information technology is widely used in teaching. "MOOC" is a large-scale online open courses, which originated from Stanford University, and many colleges and universities in China have also set up their own courses. In the new period, with the help of the network platform such as the MOOC system, it has effectively realized the sharing of resources and improved the efficiency of students' learning. College physical education as an important part of college education, in education should also keep pace with the times, adhere to the concept of "open and sharing", the use of courses and other network platform, in order to improve the teaching quality and teaching effect. This paper mainly explores the application of network platforms such as MOOC in the teaching of physical education rope skipping in colleges and universities.[1]

## 1 The Innovation of the Application of MOOC in the Teaching of College Rope Skipping

### 1.1 Internet plus teaching

With the development of Internet technology, it is widely used in teaching. As a university walking in the forefront of education, it is also strengthening the application of multimedia technology and distance education technology in the teaching process. In the context of big data and the wave of "Internet Plus", the teaching of physical education rope skipping in colleges and universities based on network and MOOC is the embodiment of the new mode of "Internet plus teaching", which is beneficial to the realization of 1+1>2. The application of network systems such as MOOC helps to balance educational resources. MOOC are all high-quality courses created by world-class teachers. Students can view the teaching resources of different countries and schools anytime and anywhere with the help of the MOOC platform. It is beneficial to realizing the internationalization of physical education and the internationalization of rope skipping.

### 1.2 Open and shared MOOC design

Taking "open sharing" as the core of the concept of "open sharing", the efficient teaching of rope skipping based on network and MOOC system has changed the traditional way of teaching and learning, realized the sharing of global educational resources, and broke the time limit and regional limit of teaching. The MOOC includes the high-quality courses of the world's first-class universities. Students can choose the high-quality MOOC resources they are interested in by using the "MOOC"

platform, which is conducive to fully arousing students' interest in learning. At the same time, the application of network platform such as MOOC in rope skipping teaching has effectively improved the quality of rope skipping teaching in colleges and universities. Rope skipping is a traditional sports activity in our country. Many students have been exposed to rope skipping when they are very young. In the traditional teaching mode, students' interest in learning is low. The application of the network, the realization of students' autonomous learning, audio-visual combination, group learning and other teaching and learning models as one, more conducive to give full play to the initiative of students, effectively enhance the interest of students.[2]

## 1.3 The evaluation system of interactive mutual evaluation

The teaching of skipping rope in colleges and universities based on the network and the MOOC has realized the transformation of the evaluation mode. With the help of the network platform, teachers and students can interact online and offline, exchange the action skills and learning experience of skipping rope and so on. At the same time, MOOC has the high-quality educational resources of world-class universities, students can have access to these resources anytime, anywhere, and students can use fragmentation time to study, which is helpful for students to develop a sense of healthy sports and gradually cultivate and develop the preference for rope skipping, so as to promote the development of students.

## 2 Rope Skipping Teaching of College Physical Education based on Network and MOOC

Rope skipping is a traditional sports in China, which is simple and easy to learn. Many students have been exposed to rope skipping in their childhood. Rope skipping has a lot of entertainment, but also can play the purpose of strengthening the body. In the new era, with the rapid development of information technology, the application of network information technology in physical education rope skipping teaching in colleges and universities is helpful to innovate the teaching mode of physical education rope skipping in colleges and universities and improve the teaching quality of physical education rope skipping in colleges and universities. The following is an introduction to the teaching of physical education rope skipping in colleges and universities based on the network and the MOOC.

## 2.1 Renew the concept of teaching and learning between teachers and students

Ideas guide educational behavior and determine the effect of education. In the context of the new period, when we use the network technology and the MOOC in the teaching of rope skipping in colleges and universities, we should first renew the ideas of teachers and students. Teachers and students in colleges and universities should accurately understand the teaching mode of physical education and realize the positive role of network and MOOC in physical education in colleges and universities. In the process of teaching, teachers should actively advocate the "Online plus Offline" Teaching Model, so as to constantly improve the quality of physical education. Students should also have a positive understanding of the MOOC as soon as possible. At present, the MOOC has been used in many courses, such as calculus, linear algebra and so on. Most of the students have come into contact with and used the MOOC in the process of learning. It is less difficult for students to accept. Based on the network and the MOOC, it breaks a balance between traditional teachers and students, and students can make use of a wider range of resources. Therefore, teachers should adhere to the concept of "Being open and shared" in teaching and actively communicate and share with our school and other university teachers; at the same time, we should be good at finding their own shortcomings and correcting their own shortcomings.[3]

## 2.2 Improving the information literacy of college teachers

The teaching of skipping rope in colleges and universities based on network and MOOC requires not only teachers to have strong professional literacy, but also teachers to have a certain degree of information literacy. For this reason, teachers should continue to learn on a daily basis to improve their professional skills and teaching literacy. In addition, teachers should improve their information

literacy in daily teaching. In the context of network, teachers can also rely on the network platform to constantly improve their professional literacy, master solid rope skipping skills and knowledge. To improve teachers' information literacy is not to train PE teachers in colleges and universities to become technicians, but to master information technology that can be used, affordable, and well used. In rope skipping teaching, teachers need to record and make certain videos for teaching. Therefore, teachers should master certain video editing technology, so as to make high-quality video resources for students.

## 2.3 Creating high-quality sports rope skipping lessons

High quality MOOC resources are the concept of effective implementation of "Internet Plus physical Education". In the current wave of "opening and sharing", teachers in colleges and universities in China should work together to record and make high quality rope skipping teaching resources for students, and upload it to the network platform, free access by students. The teachers of many schools work together to complete the video recording, which is helpful for the teachers to find the shortcomings in their teaching and improve their own teaching process. In rope skipping learning, if you just watch the MOOC video, you can't completely solve the students' learning difficulties. Therefore, teachers and students also need to strengthen communication online and offline. Find out the problems existing in students' learning in time, and help students correct the problems in time. Rope skipping is a traditional sports activity in our country. Rope skipping includes not only the movements on the feet, but also the movements of the hands and body. Rope skipping is a whole body sport, and there are many kinds of rope skipping. According to the length of the rope, it can be divided into short rope jump and long rope jump; According to the way of shaking rope, it can be divided into forward rocking jump, backward rocking jump, positive and negative double rocking jump, according to the number of participants can be divided into single jump, double jump, multi-jump; according to sports patterns, it can be divided into speed rope skipping, endurance rope skipping, marching rope skipping, pattern rope skipping, dancing, rope exercises. When making videos, normative actions should be recorded based on the specific type of rope skipping, so that students can also watch videos, watch live operations and explain them after class. It is helpful for students to master the technical essentials of rope skipping quickly. Rope skipping requires students to have a strong endurance, therefore, in after-class teaching, teachers should also strengthen the cultivation of students' endurance, so as to integrate online teaching and offline teaching to improve the learning quality of students.[4]

## 3 Conclusion

The application of MOOC system in physical education is in line with the current educational concept of being "open and shared". The combination of MOOC with traditional teaching and online and offline teaching provides a new way for the innovation and reform of physical education in colleges and universities. Rope skipping is a traditional sports activity in our country. Rope skipping teaching based on network and MOOC can improve the sports quality of students. MOOC is an open sports teaching resources, based on the MOOC to carry out sports rope skipping teaching, is conducive to strengthen the world sports exchange, and conducive to the innovative development of traditional sports activities in China.

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