

Studies On College Physical Education Online-Offline Blended Teaching Mode

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Abstract: With the rapid development of society and the implementation of quality-oriented education reform in current education circles, colleges and universities should focus on improving students' comprehensive quality. Students' physical fitness can greatly help enhance their personal comprehensive quality. However, viewing the current teaching work of physical education curriculum in colleges and universities, current teaching methods of physical education in colleges and universities are single, which cannot meet the requirements of improving students' physical quality. Therefore, it is necessary to conduct online-offline blended teaching mode for college physical education in combination with modern technologies, spare efforts to cultivate students' good physical quality and enhance students' personal comprehensive ability through physical education courses. When adopting online-offline blended teaching mode of college physical education, it is necessary to pay attention to cultivating the information teaching ability of college physical education teachers, which can effectively guarantee the realization of college physical education online-offline blended teaching mode.

Introduction

The fundamental purpose of physical education in China's colleges and universities is to strengthen students' physical exercise and improve students' physical quality, thereby realizing the goal of improving students' personal comprehensive ability. Physical education class should adopt reasonable and scientific physical education methods to strengthen students' physical fitness during the process of physical training and to guarantee students' health, thereby achieve the fundamental goal of improving students' physical quality. Physical education as a public elective course required college students to study, is one of the key subjects constituting college comprehensive education system, as well as an important means to enhance students' physical fitness according to modern education concepts. Capable of promoting students' peaceful and comprehensive development and guaranteeing students' good physical health, it can help export healthy and high-quality talents for constructing a modern society in China. Therefore, it is extremely crucial to carry out physical education courses in colleges and universities and to truly offer physical education courses.

However, viewing the current provision of college physical education courses and the teaching mode, most colleges and universities have not truly started the classes of physical education courses. At present, due to the single teaching methods of physical education courses in colleges and universities, students cannot be led to spontaneously participate in the physical activities. Moreover, this teaching mode leads to the students' low enthusiasm for physical exercise. Therefore, it is necessary to conduct reform of college physical education courses in combination with information methods. Nowadays, with the rapid development of society, increasingly mature network and information technologies, the current information technology is advocated to be integrated into the daily teaching work in today's education work. Therefore, the teaching of college physical education should be reformed combined with the current information network technology to innovate the teaching mode, and the online and offline blended teaching mode should be introduced into college physical education due to its advantage of creating a high-efficiency teaching mode to meet the requirements of modern society by combining traditional teaching mode with modern

technology. The online and offline blended teaching mode can effectively enhance the teaching efficiency of college physical education courses by using the advantages of network and information technology. Moreover, according to relevant statistics, compared with traditional teaching methods, this blended teaching mode can also save teaching costs. And this online and offline blended teaching mode is highly flexible in learning time or location and other aspects, which allows students and teachers to communicate anytime and anywhere, thereby greatly improving the quality physical education teaching work. Therefore, nowadays, the research on the online and offline blended teaching mode of physical education curriculum has been put on the agenda. This paper will discuss in detail.

I. Traditional physical education teaching modes

1.1 Traditional teaching modes

The main teaching methods for physical education classes in colleges and universities are mainly based on the students' physical exercise so as to realize the goal of enhancing students' physical fitness and ensuring students' sound physical fitness through reasonable and scientific exercise methods. According to provisions of related national law, physical education as one of the most important components of the modern college curriculum system should be included in college public elective courses. In addition, college physical education also involves ideological and political guidance for students. For example, some colleges and universities will set fighting courses in the physical education class. Teachers are not only required to ask students to do physical exercise, instruct students related fighting knowledge, but also impart Chinese martial arts thoughts to students. This is the traditional teaching mode of college physical education, which adopts scientific and reasonable methods to exercise and improve students' physical quality, thereby strengthening the cultivation of students' sports ethics in this process.

1.2 Problems existing in traditional teaching

Such traditional physical education curriculum is not in pace with the needs of the times.

The traditional physical education curriculum mentioned above lacks efficiency and it is a relatively simple teaching method in colleges and universities, which leads to students' low enthusiasm for physical education courses and unwillingness to spontaneously participate in daily physical exercises. In addition, there exist a lot of problems in this traditional physical education curriculum teaching mode. For example, this teaching mode limited to the classroom requires teachers to explain every exercise point to students in a very short time, and some of the movements that are more difficult to explain must be demonstrated by teachers. Relatively speaking, this teaching mode requires college physical education teachers to have professional qualities because the teacher must guarantee to impart main points of the movements to the students clearly in the class and make time for the students to exercise. Generally, despite physical education courses offered by colleges and universities, there will never be too much time for teaching physical education, which means the classroom teaching tasks are too onerous. Physical education teachers have to simplify some of physical education work for completing all physical education work in class. Both the explanation of the students' theoretical knowledge of physical education and the actual physical training in college physical education course teaching are very crucial. If one step is simplified, the ideal teaching quality cannot be achieved. And generally speaking, college physical education teachers prefer to impart their favorite movements or sports knowledge to students, which stereotypes the sports skills. In the long run, students cannot develop strong interest in physical education courses. Therefore, to effectively improve students' comprehensive quality, colleges and universities must attach great importance to the teaching work of physical education courses, guide physical education teachers to reform and innovate the traditional physical education teaching modes in combination with modern technology.

II. Online-offline blended teaching mode of college physical education

2.1 The blended teaching mode

Compared with the traditional teaching mode of college physical education, the online and offline blended mode allows students to learn related sports knowledge at any time and space and it is highly flexible to facilitate students' learning, simplify physical education teachers' teaching work. In addition, this online and offline teaching mode can perfectly integrate various elements of the traditional physical education curriculum so that students can learn physical education theoretical knowledge online in their spare time, which can save teacher's time for explaining sports courses so that students can get more opportunities to exercise in class. Furthermore, teachers can find more students' non-standard movements when students get physical training in offline physical education courses and then immediately correct students' movements, which can effectively improve students' professional sports literacy.

Specific implementation of blended teaching mode:

2.1.1 Students' pre-class study: Before class, students can make time to watch local videos provided by teachers or online videos on PC or mobile phone for independent learning, ask questions and exchanges on the platform. Teachers can answer online questions for students anytime, anywhere, which saves the teacher's time for explaining theoretical knowledge of in the offline physical education course so that they can invest more time and energy to students' actual exercise, thereby improving students' physical fitness.

2.1.2 Teachers: The online and offline blended teaching mode greatly facilitates physical education teachers' teaching work. Teachers conduct teaching preparation, key point break-down and organize discussions before the class, explain difficult problems during the class. Teacher should always pay attention to whether students online leave messages and ask questions, and then answer their questions timely. In addition, teachers can also assign related physical education homework online or offline, receive and examine students' completion of homework by using modern networks and information technology, which not only helps students gain a deeper understanding of related knowledge but also corrects students' learning attitudes towards physical education courses.

2.1.3 Practical training: As college physical education is a relatively practical course, teachers should attach importance to students' actual movement training when adopting this online and offline blended teaching mode. Teachers can assign relevant exercise training tasks for students after class, and then upload videos of their actions to the Internet. By doing so, teachers can examine students' completion of homework at any time, and leave messages online to instruct students' non-standard movements. They may ask students with incorrect attitude to resubmit the homework for physical training movements.

2.1.4 Teacher-student interaction to analyze sports knowledge and movements. Teachers analyze the difficulties and key points in sports movements, and ask students to learn some common-sense knowledge. In such online-offline physical education mode combined with network technology, teacher-student interaction can be realized anytime, anywhere. Students can contact the teacher at any time when they have questions, and ask the teacher to solve problems. If the questions cannot be explained by the teacher well through video connection, the teacher can present offline according to the schedule so that students have a deep understanding. This can greatly improve the interaction between teachers and students.

2.1.5 The use of multimedia can be easier for teachers to explain the key points of actions. By adopting this online and offline integrated teaching mode, teachers' using modern multimedia software is closely related to the teaching efficiency of the online offline blended teaching mode. Teachers can not only use multimedia technology to search for more professional videos or materials on the Internet for enriching students' learning resources, but can also upload teaching materials about corresponding deeds and noble tasks with sports competition thoughts online so as to complete the teaching work of students' sports ideological education. Moreover, by using multimedia in physical education course teaching, teachers can also activate the teaching atmosphere, thus guiding students to take active part in daily physical exercises.

III. Conclusion

Today's society not only requires students to gain knowledge, but also requires a student's comprehensive personal ability. Therefore, colleges and universities should set the cultivation of students into high-quality talents as the top priority in college teaching work. Therefore, how to cultivate students into high-quality, all-round-developed talents has become an important mission for each educator. As an important part of quality education, physical education should also be developed in a comprehensive and balanced manner. However, Traditional physical education curriculum teaching mode cannot meet the needs of the times now, and cannot realize the teaching goal well.

If not updating the teaching concepts and educational methods of the physical education curriculum through modern technology, effective physical education for students cannot be achieved, students' physique cannot be strengthened, their relevant physical education knowledge cannot be expanded, and their comprehensive quality cannot be promoted. Therefore, we must develop online-offline physical education teaching mode in combined with modern network technology. With unique advantages over traditional physical education teaching, it can better meet the requirements of modern society for teaching and can substantially improve the efficiency of physical education teaching.

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