



Practice and thinking of physical education curriculum online in Colleges and universities in the post Novel coronavirus period

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ABSTRACT

In early 2020, Novel coronavirus broke out. The universities in the whole country followed the policy of "suspension of classes and no suspension" by the Ministry of education. The government responded positively to the "ceasing training, ceasing training and ceasing training", and launched every kind of online teaching mode of physical education classes, and developed and produced online courses of physical education. Although there are many problems, it is the best plan to ensure the suspension of classes and to give full play to them. The role of sports in the prevention and control of the new crown epidemic situation has achieved very good results. Based on literature review and online practice teaching interviews, this paper studies the theoretical and practical significance of physical education courses under the epidemic situation, analyzes the content and form of physical education teaching in special period, expounds that single teaching mode and traditional teaching mode are no longer suitable for the development of modern educational technology, and studies the combination of online and offline physical education courses in Colleges and universities to meet the needs of the development of the times and social progress. It is pointed out that the sports online live teaching method will be necessary and reasonable in a certain period and under a certain environment, and can be organically combined with the sports offline courses. As a necessary supplement to the physical education classroom, and constantly enrich the teaching contents and methods of the physical education classroom, realize the expansion of the physical education course in time and space, promote the improvement of the teaching method of the physical education course, and enhance the students' learning Convenient learning makes teaching more effective and efficient. The research on the content, proportion and practical operation of the mixed teaching of online and offline physical education courses in Colleges and universities should be determined according to the characteristics and nature of physical education items.

Keywords : Physical education curriculum , Online and offline , after-class, Physical education teaching and training

INTRODUCTION

In the spring semester of 2020, colleges and universities across the country responded to the call of the Ministry of education of the people's Republic of China to "suspend school without class and

stop teaching". Various online teaching forms such as rain class, Tencent class, classroom online, MOOC and wechat were used to conduct Live Online teaching. Physical education classes also began to require participation in live teaching. Although sports recording and broadcasting courses, micro class and MOOC are everywhere, physical education is a practical course after all, and it is the first time in the history of live online teaching. The combination of online and offline teaching of physical education curriculum is the need of the development of information technology and modern education technology. The online live teaching of physical education course is the development trend and the inevitable result of the construction and reform of college physical education curriculum^[1].

MATERIAL AND METHODS

This study used a quasi experimental research design pre post-test design with control group. This study used two groups of respondents, namely the treatment group and the control group. The treatment group received the group support lifestyle modification (g-slim) intervention and received general interventions, and the control group received only the interventions that were normally accepted. In this study, the sampling technique was carried out using a non-probability sampling method through a quota sampling technique. Study analyzes were performed using paired t-test to identify differences before and after intervention and independent t-test to confirm comparisons between the two study groups.

RESULTS AND DISCUSSION

1. An overview of Physical Education Network Teaching

In the era of Internet plus, the use of network electronic teaching materials, production of media courseware, and the use of network teaching have become the trend and direction of educational reform. Network teaching has many advantages and application prospects that traditional teaching methods do not have. In recent years, Moore, micro class, flipped classroom and so on are popular teaching modes, which are greatly influenced by schools and teachers. It is highly praised.

In 2000, flipped classroom became popular in the United States. Flipped classroom is translated from "flipped classroom" or "inverted classroom", and can also be translated into "inverted classroom". It refers to the re adjustment of the time inside and outside the classroom and the transfer of decision-making power of learning from teachers to students. MOOC (Moore massive open online courses), namely large-scale open online courses, is the product of "Internet plus education". Micro lecture is a structured digital resource that presents fragmented learning content, process and extended materials by using information technology according to cognitive law.

2. Practice of Physical Education Network Course under epidemic situation

According to the epidemic situation, the Ministry of education put forward the policy of "suspension of classes and no suspension of school". Universities, middle schools and primary schools all over the country responded positively and carried out the exploration and training of various online teaching modes of physical education, and launched the network teaching of physical education course of "suspension of classes and non-stop of practice". Yancheng Teachers University has launched the online training of "awesome self training, health giving" series courses, helping grassroots sports teachers fully understand the new crown epidemic situation, giving online courses promotion and guidance in a timely manner, broadens their thinking and builds confidence.

2.1. Physical education teaching form of off-line epidemic situation

(1) Operation as the main task, guidance as the auxiliary.

According to the characteristics of physical education curriculum, the detailed arrangement of home-based exercise is formulated: quality content, special content (Taiji eight methods and five steps, eight brocade, etc.), requiring students to exercise by themselves, online exercise and clock in, teachers are responsible for online Q & A and examination after returning to school^[2].

(2) The combination of online and offline.

According to the characteristics of physical education courses, considering the students' home environment and other reasons, the online live broadcast is adopted for half of the class hours, and then the students exercise themselves according to the live broadcast content and requirements. For example, Tsinghua University requires physical education teachers to use rain class, Tencent class and other live lectures for 45 minutes each class, and then arrange students to exercise themselves.

(3) Live online teaching.

During the epidemic period, like other courses, online live teaching was carried out throughout the whole process, such as Beijing Industrial and Commercial University, Beijing University of construction and engineering, and other colleges and universities, in strict accordance with the requirements and progress of normal classes, used the form of "Tencent classroom, Tencent conference, rain class, etc. + wechat" to teach physical education courses.

(4) Constantly change the teaching form.

Under the epidemic situation, physical education teaching plans and programs are constantly adjusted and changed with the changes of the epidemic situation. Some colleges and universities adjust their physical education teaching plans a few weeks later to join the ranks of online live sports courses.

3. Thinking on the network course of Physical Education under the epidemic situation

Sports online live teaching method will be necessary in a certain period of time and under a certain environment, and can be organically combined with sports offline courses, as a necessary supplement to the sports classroom, and constantly enrich the teaching content and methods of physical education class, promote the improvement of teaching methods and methods of physical education courses, enhance students' learning convenience, and make teaching more effective and efficient. The research on the content, proportion and practical operation of the online and offline Hybrid Teaching of physical education curriculum in Colleges and universities is the need of curriculum construction reform in the Internet era, the transformation of physical education curriculum from pure practice course to big data network mixed course teaching, and the exploratory practice and trial research of PE teachers becoming anchor teaching.

Conflicts of interest

The authors declare that there is no conflict of interest.

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