

Analysis of the Current Situation of the Construction of Online Open Courses for "Popular Swimming"

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Abstract: *In the era of big data, the rapid development of network technology is constantly changing people's learning and life. This paper mainly uses the literature data method, questionnaire survey method and data statistics method to explore the current situation of online course construction and classroom teaching of 'mass swimming' in Sichuan Normal University. By analyzing the actual situation of online teaching of swimming class, it analyzes its advantages, as follows: (1) The development of online teaching has greatly improved the ability of students to master swimming skills, which is convenient for interaction and communication between students and teachers, and improves students' interest in learning swimming. Online teaching stimulates students' interest and ability in autonomous learning. The arrangement of homework can also greatly consolidate the knowledge learned in the classroom and improve students' mastery of knowledge and skills. (3) The development of online courses has greatly enriched the teaching content of swimming lessons, helped students broaden their horizons, mastered more knowledge and skills, reasonably arranged and adjusted learning time, and created a more convenient learning environment for students.*

Keywords: *Swimming class, Online classroom, Teaching reform*

1. Introduction

Traditional teaching methods mainly take teachers as the main body and teach students knowledge and skills. Teachers play a dominant role in teaching activities, both as initiators and monitors of teaching activities, while students are often in a passive position and numbly accept the knowledge and skills taught by teachers. With the continuous reform and innovation of teaching methods, online education is favored by more and more teachers and students. Physical education courses are also actively introducing online education courses. With the help of the rich teaching resources provided by the Internet and the full implementation conditions of the school itself, the online education of physical education courses is gradually promoted. The online teaching of physical education mainly includes the following advantages: realizing resource sharing and helping learners to collect more resources; to promote the communication between students and teachers; meet students' personalized learning goals; it greatly enhances students' enthusiasm for participation and enhances students' awareness of participation. To a certain extent, the development of online education has made up for the shortcomings of traditional teaching and promoted the reform and progress of education methods. However, there are also some shortcomings in the development of online teaching. For example, online teaching is fragmented, which is not conducive to students' systematic learning and mastery of overall knowledge. At the same time, it is not conducive to teachers' timely and effective monitoring of students' learning status.

2. Research Purpose and Significance

Based on the investigation of online swimming teaching in Sichuan Normal University, and combined with the research of relevant literature, this paper deeply analyzes and discusses the shortcomings of online swimming teaching in Sichuan Normal University, and puts forward solutions to give full play to the advantages and favorable factors of online teaching. With the help of the current rich teaching resources, diversified teaching methods are adopted to achieve educational goals and requirements, and help students master more and more solid knowledge and skills, improve students' enthusiasm for swimming lessons, provide reference for other schools to carry out online swimming teaching, and expand to other sports teaching fields. Provide some suggestions for the reform of physical education at this stage.

3. The Status Quo of Foreign Online Courses Opening

3.1. The Necessity of Online Open Course Construction

Hu Jingyu (2020) clearly put forward in the ' HSK online course construction under the guidance of ' output-oriented method ' - taking the teaching practice of Changjiang Normal University during the period of COVID-19 as an example ' that online open courses refer to the full integration of course teaching and deep integration of network platforms, expanding the connotation and extension of classroom teaching, promoting course learning to break through the limitations of time and place, and obtaining better teaching results. Therefore, it is necessary and necessary to transform professional courses into online open courses^[1].

3.2. Analysis of the Current Situation of Online Open Course Construction

The cooperation of schools, teachers and students is the basis and premise for the smooth construction and development of online open courses. Xiang Yuyan et al. (2020) clearly put forward that the school should not only establish and improve various facilities and equipment for the construction of the course website, but also increase policy support and encouragement to stimulate the enthusiasm and initiative of teachers and students in the " Analysis of the Current Situation of the Construction of Excellent Online Open Courses in Human Anatomy." Teachers should take the teaching content and classroom form, evaluation methods and other directions as the starting point to optimize the integration of the class process; students should experience fun and happiness from the learning process and stimulate curiosity in learning^[2]. Li Xiaochuan et al. (2020) in the ' online and offline integration of online open curriculum construction and teaching practice ' point of view is that teachers ' own high standards of teaching quality and effectiveness and the introduction of relevant rules and regulations by schools are a strong guarantee for the normal operation of this work. Swimming course content is no longer a single, teaching methods and means are also varied, can be transformed into online courses. Therefore, it is no longer oral to build swimming courses into online open courses guaranteed by network platforms^[3].

3.3. Course Assessment and Evaluation

Chen Chunfang (2020) clearly stated in " Thinking on the Implementation of Online Course Construction in Application-oriented Transformation Colleges and Universities " that building the course into an online course is not only to realize the diversification of teaching channels and teaching methods, but also to integrate and optimize the assessment methods of the course, from the traditional form of closed-book examination expansion to diversified and full-thread examination methods. Firstly, for a variety of course features and content, assessment should be conducted through various methods^[4]. Liu Ruifang, Jia Huicai (2020) mentioned in " Discussion on the construction of online and offline mixed first-class operational research classrooms in colleges and universities." At the same time, the preparation of the course, the completion of the exercises, the submission of the homework and so on should be included in the total score according to the relevant proportion^[5].

4. Results and Analysis

4.1. Design of Online Teaching Objectives for Swimming Lessons

Table 1: The online teaching goal setting of mass swimming class (n = 60)

	Number of people	proportion
Master more professional knowledge and skills	60	100%
new teaching methods	40	66.67%
Combining ideological and political education to cultivate students ' sports spirit	40	66.67%
Improve the teaching process	5	83.33%

The data analysis in Table 1 can find that the teaching objectives in teaching activities have a very important position and role. The development of teaching activities is guided by teaching objectives and carried out in accordance with certain plans and processes to help teachers better achieve the expected teaching objectives and get students better learning results. Based on the investigation of the

online teaching of swimming class in Sichuan Normal University, it is found that in the formulation of teaching objectives, almost all physical education teachers are to enable students to master more professional knowledge and skills ; 66.67 % of the physical education teachers are to accumulate experience and innovate teaching methods in online teaching ; 66.67 % of physical education teachers are to cultivate students ' sports spirit in combination with ideological and political education ; there are also 83.33 % of teachers in order to improve the teaching process and promote teaching reform. It can be seen that the current physical education teachers in Sichuan Normal University have a certain understanding of the online teaching of swimming lessons, and can correctly view the advantages of online teaching, but at the same time, all physical education teachers agree that online teaching is a way to transfer knowledge and skills, which is consistent with the goal of traditional teaching to transfer knowledge and skills to students.

4.2. Swimming Class Online Teaching Content

Table 2: Swimming class online teaching content (n = 100)

	Number of people	proportion
instructional video	30	30%
Text data, PPT, mind map	10	10%
expansion resources	10	10%
In-class testing, discussion	10	10%
physical exercise	20	20%
Excellent Athletes Case Share	20	20%

The data analysis in Table 2 can be found that the development of online teaching in swimming lessons should be based on the experience and foundation of traditional classroom teaching, and the teaching content of swimming lessons should be optimized and designed in combination with network technology. This paper investigates the content of online teaching of swimming class in Sichuan Normal University. According to the characteristics of platforms such as Superstar Learning, China MOOC, Xuetang Online and the needs of traditional classroom teaching, the teaching content of each class is divided into teaching video, text data and extended resources. Among them, 30 % of physical education teachers are mainly teaching videos, which are actions that teachers need to learn and demonstrate in each lesson recorded by teachers. The video duration is within 10 minutes, which is convenient for students to use fragmented time for online learning; 10 % of physical education teachers are based on text materials, PPT, and mind maps. They are electronic textbooks that teachers summarize the teaching focus of each class and the technical movements used. It is convenient for students to preview before class and summarize after class, and to understand and master the knowledge and skills they have learned. 10 % of physical education teachers focus on expanding resources. Physical education teachers use various databases and WeChat public accounts to collect resources that are helpful to this classroom teaching, extend the scope of teaching, and help students understand and master swimming-related skills and knowledge more deeply. Get good teaching results ; 10 % of the physical education teachers mainly use in-class tests and discussions to test the students ' learning situation and activate the classroom atmosphere ; 20 % of the teachers are mainly discussion and other. It can be seen that the physical education teachers of Sichuan Normal University have a certain understanding of the online teaching of swimming lessons, and can make full use of the advantages of online teaching to carry out teaching.

4.3. Swimming Class Online Classroom Practice

Table 3: Swimming class online classroom practice (n = 60)

	Number of people	proportion
group exercises	30	50%
Group Cooperative Exercises	20	33.33%
self-practice	10	16.66%

According to the data analysis in table 3, it can be found that 50 % of the physical education teachers in Sichuan Normal University choose the practice method when they carry out the online classroom practice of swimming class. After the demonstration and explanation in the classroom, the students practice; 33.33 % of physical education teachers choose to practice in groups. Students practice in groups, observe and communicate with each other's performance. 16.66 % of physical education teachers choose to let students practice independently, observe the shortcomings and

problems of each student, and guide them in a targeted manner. It can be seen that the current swimming class online classroom practice is still dominated by collective practice, but in this case, teachers cannot take care of each individual student and cannot provide targeted guidance.

4.4. Swimming class online teaching evaluation

Table 4: Swimming class online teaching evaluation

	weight setting	Project requirements
Number of visits	72%	The number of times that students visit the platform reaches 50 is the full score.
course video	95%	See all the videos as full marks
Reading course materials	77%	The total length of thematic reading in the data module reaches 60 minutes as the full score.
classroom interaction	86%	Participating in classroom interaction can get the corresponding scores set by the teacher.
discussion	81%	Publish or reply to a discussion to get 2 points, get a praise to get 1 point
homework	77%	The average score of all assignments
final exams	59%	The results of the final exam

The data analysis in Table 4 shows that the development of teaching evaluation is not only for the teaching effect of each class, but also for the evaluation and monitoring of the whole teaching process. When evaluating students comprehensively, physical education teachers in Sichuan Normal University should combine various evaluation methods with teaching objectives as the standard, pay attention to results and processes, pay attention to formation and termination, not only focus on teacher evaluation, but also encourage students to carry out mutual evaluation and self-evaluation. At the same time, in the evaluation criteria, it is not only for a separate class, but also should include pre-class preview, after-class review, homework completion, final exam results, etc., to ensure that the evaluation method is scientific and reasonable. According to the statistics of the teaching evaluation of online teaching of swimming course in Sichuan Normal University, the main evaluation criteria include the number of visits to online teaching videos, the viewing records of course videos, the reading of course materials, classroom interaction, discussion and homework. Different standards set different weights, and comprehensively calculate the weight table of students' performance in this course. Among them, 86-100 points are excellent; 71-85 is good; between 60-70 points is a pass; below 60 points were judged to be unqualified.

4.5. Swimming Class Online Teaching Effect

Table 5: Swimming class online teaching effect (n = 60)

	Number of people	proportion
Very good	10	16.67%
better	40	66.67%
general	10	16.67%
poor	0	0

In Table 5, it can be found that online teaching has many advantages compared with traditional teaching methods. Using network technology can collect more teaching resources, enrich classroom teaching content, and stimulate students' enthusiasm for learning. According to the investigation of the online teaching effect of swimming course in Sichuan Normal University, 66.67% of physical education teachers think that the teaching effect is better, which can expand the classroom teaching capacity, the teaching method is more convenient, and the students' enthusiasm is higher. 16.67% of physical education teachers think that the effect is very good, far beyond the traditional classroom teaching; and 16.67% of the physical education teachers think that the effect is general, not very good. Through comprehensive statistical analysis, it can be found that the online teaching of swimming course in Sichuan Normal University has achieved good results. Promoting the construction of swimming course teaching is conducive to the vigorous promotion and development of online teaching.

In summary, when Sichuan Normal University carries out online teaching of swimming lessons, it has clear teaching objectives. With rich resources and teaching knowledge, the online evaluation effect is more diversified. However, the teaching methods adopted by most teachers are not different from the traditional teaching methods, which are mainly based on collective practice. In this case, teachers

cannot take care of every individual student and cannot provide targeted guidance.

5. Conclusion

Based on the analysis of the current situation of the construction of online open courses of ' Popular Swimming ' in Sichuan Normal University, this paper draws the following conclusions:

(1) Teachers have a clear understanding of the formulation of online teaching objectives for swimming lessons, which is consistent with the objectives of traditional classroom teaching; the development of online teaching content actively uses network technology and resource library to enrich teaching knowledge ; the teaching method chosen by the teacher is the same as the traditional teaching method, and the students ' classroom exercises are mainly collective exercises ; the online evaluation criteria of swimming class include the number of visits, video viewing, course material reading, classroom interaction, discussion and homework. Most teachers think that the teaching effect of online teaching activities in swimming class is better.

(2) Summarize the advantages of online swimming courses, mainly including helping students better grasp the essentials of movements and improving the interest of training ; to make up for the lack of hardware facilities.

(3) The development of online teaching methods for swimming classes in Sichuan University is conducive to helping students establish a complete concept of technical movements and master the essentials of technical movements more accurately. At the same time, it increases the interest in swimming teaching, enhances students ' interest in swimming, gives full play to students ' subjective initiative, and promotes students ' healthy and personalized development. At the same time, the comprehensive coverage of the network also provides convenient conditions for the development of online teaching and promotes the reform of classroom teaching.

6. Suggestions

6.1. Improve Teachers' Cognition of Online Courses

Improve physical education teachers ' awareness of online courses and change traditional educational concepts. Sichuan Normal University should strengthen the training of online course application of physical education teachers, improve the information technology level and literacy of physical education teachers in the school, promote the renewal of educational methods, and accept the new concept of online teaching of swimming lessons with a developmental perspective^[6]. In addition, teachers are encouraged to arrange more indoor classes for swimming class special teaching, and use online courses to enrich students ' understanding of swimming class special sports, so as to improve students ' participation and enthusiasm in swimming class special teaching.

6.2. Make Full Use of Online Teaching Equipment

Therefore, Sichuan Normal University and the education department should encourage physical education teachers to make full use of online teaching technology to assist training or teaching in the special teaching of swimming lessons, accumulate some excellent experience, and enrich the special teaching content of swimming lessons in the school. At the same time, other contents should be appropriately added in the teaching evaluation, innovative teaching methods should be innovated, and the interest of classroom teaching should be improved.

6.3. Carry out Training to Improve Teachers ' Ability to Use Online Teaching Equipment

The competent department of education can regularly organize the development, display and evaluation of online teaching courseware, organize the training of swimming special sports coaches, and display the new information, training methods and the accumulated experience of each school in training, so as to improve the communication and communication of grass-roots physical education teachers, improve their business level, and jointly develop management software and training courses suitable for the special teaching of swimming courses in colleges and universities^[7].

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