

Research on the Application of Mixed Teaching Mode in Physical Education

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ABSTRACT. *Physical education teaching can significantly promote the physical and mental health of students. Today, with the vigorous development of Internet technology, physical education should get rid of the limitation of classroom teaching and construct the mixed teaching mode of "online+offline". The mixed teaching mode can meet the physical learning needs of contemporary students, and can promote the reform of physical education in schools. This paper takes college physical education as the research object, and discusses the application value and strategy of mixed teaching model in college physical education.*

KEYWORDS: *Mixed teaching, Teaching mode, Physical education, Teaching reform*

1. Current situation of physical education teaching mode in colleges

The teaching mode is a stable and specific teaching activity paradigm, procedure or plan that the school summed up from the teaching as a whole according to the laws and principles of teaching in order to achieve the teaching goals and tasks[1]. The teaching mode highlights the relationship between the whole teaching activities and the elements from the macro perspective, and highlights the orderliness and operability of teaching activities. The teaching mode mainly includes the basic elements of teaching thought, teaching objective and teaching activity procedure. For college students, all campus life is inseparable from the healthy body and good psychological quality. Physical education can significantly promote the physical and mental health of college students, and it is a teaching activity that many colleges attach great importance to. However, there are still some problems in the physical education teaching mode of many colleges, such as outdated teaching ideas, vague teaching objectives, simple teaching procedures, etc., which lead to low interest of college students in learning and low quality of physical education teaching.

2. The Application Value of Mixed Teaching Mode in College Physical Education

The single teaching mode takes classroom as the only teaching environment, while the mixed teaching mode takes classroom and network as the teaching environment. The mixed teaching model is essentially the combination of classroom teaching model and network teaching model, it can give full play to the advantages of the two teaching models, and then achieve the purpose of further improving teaching efficiency and quality. It should be noted that the mixed teaching mode is not a simple addition of classroom teaching mode and network teaching mode, but a redesign of classroom teaching mode and network teaching mode in teaching concept, teaching purpose and teaching activity program. In teaching practice, the application value of mixed teaching mode is as follows: (1) Form a new physical education teaching concept. The mixed teaching mode enables physical teachers to form new understandings, attitudes and concepts in the process of imparting physical knowledge in the teaching process, which makes them pay more attention to the principal position and learning needs of students in teaching activities. (2) Clarify the teaching objectives. The mixed teaching mode not only allows physical education teachers to take students' physical and mental health development as teaching goals, but also takes students' ability development (learning ability, cooperation ability, inquiry ability, innovation ability, etc.) as teaching goals. (3) Improve the teaching procedure of physical education. From the perspective of physical teachers, in the mixed teaching mode, a series of activities of physical teachers are more perfect, such as preparing lessons, having classes, arranging homework, etc.; from the perspective of students, in the mixed mode, a series of activities of students are more perfect, such as pre class preview, having classes, writing homework, etc..

3. The Application Strategy of Mixed Teaching Mode in Physical Education

For now, on the basis of online physical education, physical education teachers can combine micro-teaching, MOOC teaching, and SPOC teaching to carry out mixed teaching. With micro-teaching, MOOC teaching, and SPOC teaching, physical education teachers can complete many tasks such as online lesson preparation, course production, online teaching, online communication, online assignments, online examinations, etc., all of which can break the time and space restrictions of traditional physical education classroom teaching, thereby improving teaching efficiency and quality^[2].

3.1 Micro-Teaching

Microlecture is a kind of structured boot resource for fragmented learning content, process and extended materials. The basic process of micro-teaching is as follows: (1) The physical education teacher should record the video of the micro lesson before the class, and integrate the knowledge points, key points and difficulties to be taught in this lesson into his own video. (2) Students should watch videos on computers or other mobile devices before class to learn knowledge in advance. (3) Physical teachers should integrate micro lessons into the physical education class, so that students can conduct independent study and group discussion on the knowledge learned before class, so as to realize effective integration of online learning before class and classroom learning. The goal of micro-teaching should not be too large and complex, but as specific and clear as possible^[3]. For example, the goal of basketball micro-class teaching may be “to grasp the correct hand shape when shooting”, rather than “to master shooting skills”. In addition, the video teaching time of micro-classes should be controlled within 5 to 10 minutes, usually around 6 minutes. To carry out micro-teaching, physical teachers are required to have a strong ability to record video in micro-courses, so colleges and should regularly organize physical education teachers to conduct training in this area.

3.2 MOOC Teaching

MOOC is a massive open online course. The basic process of MOOC teaching is as follows: (1) Physical teachers require students to learn tasks and contents before class, so that students can obtain and preview the learning resources they want through the MOOC platform. (2) Physical teachers explain learning tasks and contents to students in class, so that students can further understand knowledge and complete the construction of learning content. MOOC teaching provides students with rich sports online course resources. Students can independently choose and learn the sports courses of famous teachers inside and outside the school on MOOC platform to master more sports knowledge. Colleges with superior economic conditions and strong physical education teachers can build their own MOOC platform and develop MOOC courses, which can better meet the physical education learning needs of students and improve their enthusiasm for learning.

3.3 SPOC Teaching

Small private online course (SPOC) is a kind of course derived from MOOC. SPOC teaching makes up for the problem that the MOOC course resources in MOOC teaching are difficult to match with the existing courses in Colleges^[4]. The basic process of SPOC teaching is: (1) Physical teachers customize personalized courses on the SPOC platform according to their needs in advance. (2) Physical teachers integrate customized personalized courses into physical education teaching. Since SPOC are derived from MOOC, PE teachers need to use MOOC as the basis for their application. At present, physical teachers can apply SPOC in two ways: one is synchronous introduction, that is, introducing existing MOOC courses to carry out SPOC teaching; the other is asynchronous introduction, that is, transforming existing MOOC courses to carry out SPOC teaching.

Many practices have proved that the mixed teaching model can significantly improve the efficiency and quality of physical education. In order to further ensure and improve the effect of hybrid teaching, physical teachers should strengthen the supervision of students' learning process. This is because the hybrid teaching mode gives students a lot of freedom to learn. In addition to the physical education class, students can use their own smart phones, tablets, computers and other Internet devices to learn. Without the supervision of teachers, some students will be attracted by online social networking, online games and so on, ignoring learning tasks. Therefore, physical teachers should strengthen the supervision of students' learning process. From the perspective of operability, during the period of students' online learning, physical teachers should communicate and interact with students, regularly ask students to feed back their learning progress, and regularly evaluate students' online learning, which can play a good regulatory effect.

Acknowledgments

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2) Construction of Practical Teaching Mode System in Colleges under the Background of Artificial Intelligence Technology, new engineering project of industry-university-research cooperation in Higher Education Department of the Ministry of Education in 2019, project Number: 201901044004.

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