

Research on the Application of Microlecture in the Gymnastics Teaching in Colleges and Universities

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ABSTRACT. *With the development of the times and the technological progress, the microlecture has entered into our life in various forms. In the current gymnastics teaching of colleges and universities, most of the colleges and universities still continuously use the single traditional class teaching mode. The old teaching mode and single teaching method hardly stimulate the students' enthusiasm. In addition, not all the students can fully understand and comprehend what the teachers teach in class after one class. Not only the microlecture can be used as an effective complement to the traditional class teaching, but also its teaching mode is more in line with the age characteristics of the college students and stimulates their learning interest more easily.*

Keywords: *Microlecture; gymnastics teaching; college physical education*

1. Features of Microlecture

The microlecture stems from the rapid development of network and information technology, which records and processes the learning content by means of information technology into the digital learning resources that the learners can use at any time. Different from the traditional class, the microlecture does not have fixed theme and time limit and the learners can select and use it according to their own time and learning needs. The microlecture mainly has the following three features:

(1) The first feature of microlecture is "micro". The "micro" means "small", mainly featured by short teaching time, less teaching content and small resource capacity.

① The teaching time of microlecture is very short. The microlecture generally lasts for five to eight minutes. Compared with the traditional class of 45 minutes, the microlecture is really mini.

② There is less teaching content in the microlecture. Compared with the progressive and all-inclusive traditional class, the microlecture is manifested as more distinct theme, explicit direction and highlighted key points. Always one knowledge point or one movement essential is specially introduced.

③ The resource capacity of microlecture is small. Convenient use is a prominent feature for it. To facilitate the learners to download and use conveniently, the microlecture videos and the supporting resources are always very small. Also because of the small capacity of microlecture resources, the learners can download more quickly and the online play is more smooth.

(2) The second feature of microlecture is “quick“. The “quick“ of microlecture results from the high information technology, quick network speed, less teaching content and short teaching time of microlecture. Moreover, the propagation mode of microlecture is also diversified such as computer, mobile phone and other network equipment. The “quick“ of microlecture is also manifested in “quick“ feedback besides quick transmission and convenient use. Because of quick propagation speed, the makers can get the feedback from the users very quickly. And because there are many people watching the microlecture, a lot of feedback data always can ensure that the feedback evaluation is objective.

(3) The theme of microlecture is explicit. One microlecture only has one theme, manifested as either theory or operation, either key point or difficult point, and either method or summary. They are all specific and stem from the objective practice of makers.

2. Current Situation of Gymnastics Teaching in the Colleges and Universities

Currently, the single traditional teaching method is still continuously used in the gymnastics teaching, specifically manifested as weak faculty, backward teaching concept and old teaching mode. It mainly shows the following two points:

(1) Weak faculty. Although the state has repeatedly stressed the need for

cultivating the personnel with all-round development of moral, intellectual, physical, aesthetics and labor education over the years, people attach less importance to physical education, and the professional gymnastics teachers in many colleges and universities are seriously inadequate and even concurrently held by non-professional teachers. Moreover, as the gymnastics is a sport prone to lead to injury, many schools make the gymnastics class become an ornament in order to avoid trouble.

(2) Old teaching mode. Affected by the traditional education concept, the teaching mode of gymnastics classes is single and the gymnastics teaching still shows that the teachers decide everything by their own say. The teachers are scrupulous according to their own understanding and pay no attention to the dominant position of students in gymnastics learning. In the teaching, the teachers only care about whether the students' gymnastic movements are standard regardless of the students' personal feeling.

3. Necessity for Applying the Microlecture in the Gymnastics Teaching of Colleges and Universities

(1) Microlecture is an effective complement to traditional class. Naturally there is a reason and also a need for the long-term existence of traditional teaching, but the microlecture has the unparalleled advantages in the information age. The traditional class takes the advantages and avoids the disadvantages from it after being combined with the microlecture. The integration of traditional class and microlecture is not only the trend of gymnastics teaching in the colleges and universities but also the trend of the whole education industry development. As for the gymnastics teaching of colleges and universities, a microlecture video can be made for each complete set of gymnastic movements, and after class the students can perfect their movements according to the movements and instructions as stated in the microlecture at any time.

(2) The microlecture creates a "true" teaching resource environment. In this true and specific teaching scene, it is helpful for improving the advanced thinking abilities of teachers and students. The microlecture is helpful for simulating and improving the teaching concept, teaching skills and teaching style, increasing the teaching level and promoting the self-growth for teachers; the microlecture is

helpful for expanding the horizon and improving the academic performance for students; and the microlecture is not only the important teaching resource but also the basis for updating the teaching mode for schools.

(3) The microlecture resources are abundant and helpful for drawing on the others' successful experience. As each microlecture has short time and less content, everyone can make the microlecture according to their own thoughts. The wide microlecture sources and different theme angles and creation styles are helpful for opening up the thinking and drawing on the others' successful experience. As the saying goes, "Every man has his strong and weak points." The students and teachers majoring in gymnastics and even the gymnastics fans not majoring in gymnastics have their own thoughts about gymnastics. The rich microlecture resources will surely become a platform for everyone to learn and communicate with each other.

4. Strategies for Applying the Microlecture in the Gymnastics Teaching of Colleges and Universities

(1) Build a microlecture development platform. To build a regional microlecture for the school, the first thing is to build a microlecture platform that becomes a basis for the construction, sharing and application of microlecture resources among the teachers and students. Therefore, it is necessary to make overall planning in advance for the microlecture construction and solicit the opinions widely to ensure the smooth operation of microlecture platform.

(2) Actively propagandize. After the platform is built, to make the microlecture really become an important part of gymnastics teaching in the colleges and universities, a lot of microlectures need to be made, which requires the active participation of many gymnastics teachers and students as well as gymnastics fans not majoring in gymnastics. Therefore, the school as well as the related personnel from the physical education institutes or departments must do well the propaganda work, fully mobilize the enthusiasm of everyone and actively participate in the making of various microlectures including the gymnastics microlecture.

5. Conclusion

Because of the wide sources, explicit theme and convenient use of microlecture,

etc., it is deeply loved by everyone and becomes a new favorite of the times and an effective complement to the class teaching. Gymnastics as a physical exercise has many standard routines and movements that cannot be clearly expressed by words, and traditionally the teachers demonstrate the movements fleetingly, so the microlecture just can make up the shortfall in the traditional class teaching. Therefore, in the gymnastics teaching of colleges and universities, importance must be attached to the use of microlecture to make it become an effective strength for developing China's gymnastics education cause.

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