

Influence of MOOC on Physical Education in Modern Colleges in the New Era

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ABSTRACT. MOOC is a new teaching model born under the background of the continuous development and popularization of the Internet. The introduction of MOOC into physical education in colleges has the effect of improving classroom teaching efficiency and achieving personalized teaching, whose significance that cannot be ignored. In this paper, the author analyzes and studies the influence of MOOC on modern college physical education in the new era.

KEYWORDS: *New era; MOOC; Modern university; Physical education; Influence*

1. Introduction

The advent of the era of informationization, digitization, and networking has made Internet technology more and more popular with people. People in different industries and fields have begun to realize the important role of the Internet in information dissemination and knowledge acquisition. In this context, people have a new understanding in modern education, and there are completely different ideas in the learning methods and education models. MOOC emerged as a new teaching platform supported by computer technology and network information technology. Its unique advantages have spread rapidly in the field of education.

2. The Connotation and Characteristics of MOOC

MOOC was first proposed by the United States, and it is a Chinese homophone of the English word "MOOC". The first letter "M" means "Massive", which means "large-scale" in Chinese. The second letter "O" Means "Open", which means "open" in Chinese. The third letter "O" means "Online", which means "online" in Chinese. The last letter "C" means "course", Which means "courses" in Chinese, which together are "massive open online courses", and this is the meaning of MOOC. In recent years, MOOCs have developed rapidly and are popular with teachers and students. The main reason is that they are large in scale and open. The birth of MOOC successfully created a college classroom that everyone can easily enter and exit, which has greatly promoted the transition from a closed college to an open college. The biggest feature of MOOC is that there are no restrictions on time, space and objects. Anywhere, anytime, whatever education background and any age group, if you want to learn, you can achieve to listen and watch online courses of world famous teachers through the Internet and computer equipment. At the same time, "online" is the most important communication channel and method of MOOC. In today's society, almost everything in people's life can not be separated from the Internet. It is precisely because of the high dependence of modern people on the Internet that MOOC has gradually become the preferred way for people to learn and expand their knowledge, and has changed people's learning habits in a subtle way, which made people's pursuit of knowledge more timely and convenient.

3. The Influence of MOOC on Physical Education in Modern Colleges in the New Era

First, MOOC helps to promote traditional sports.

At present, our country emphasizes that teachers must pay attention to the harmonious and healthy development of students in many aspects in the teaching process. As a course that helps improve students' physical fitness, physical education courses have gradually received great attention from schools at all levels. Many schools also combine students' actual situation is constantly improving and improving the teaching of physical education courses. However, judging from the current status, many traditional sports have not been well developed due to the influence of various factors such as regional nature and local culture. For example, martial arts, as a traditional sports item that has existed for a long time, although it has not completely faded out of the

historical stage, due to the different national characteristics of each place, it is difficult to get a wide spread. At present, most of the college students in China belong to the post-90s generation. Due to the age, they do not know much about traditional sports. The emergence and rapid development of MOOC not only allowed people to have a more comprehensive and in-depth understanding of contemporary popular sports, but also allowed traditional sports to be widely disseminated through network technology and attracted high attention from college students, which provides students with more channels to learn about traditional sports.

Second, MOOC has enriched the form of physical education in colleges to some certain extent.

Traditional physical education is usually carried out outdoors, which emphasized the training of students' practical sports skills, and often brought sports-related theoretical knowledge. The introduction of MOOC into college physical education can effectively improve the disadvantages of the "light theory" of traditional physical education. First of all, with the online teaching course of MOOC, even if the teacher does not concentrate on teaching the theory of physical education in the classroom, students can also learn online theory lessons autonomously according to their own needs. Then, teachers can combine the problems that occur more frequently in the student groups to gather students to teach and answer questions through the form of MOOC, so that students can have a deeper understanding of sports theory knowledge and facilitate their use of sports theory, which can guided practice exercises well. Compared with the traditional teaching methods, the MOOC teaching form is more flexible and the structure of knowledge is more diversified, which allows students to develop their sports knowledge and skills simultaneously. Teachers can follow the needs of this class in actual teaching. The achieved teaching goals are guided by the basic requirements in the syllabus. the new teaching mode of MOOC is appropriately used to continuously enrich the education and teaching methods, so that the college students' sports quality and ability can be fully developed.

Third, MOOC allows students to choose sports that better meet their needs.

Traditional sports teaching was very simple in content and there were very few sports items. Students simply followed the stream and cannot choose their favorite sports items according to their own learning interests. Even if colleges provided students with many options to choose, many students may encounter various problems because they do not understand the project. MOOC itself is an online network course, which is editable and adjustable. Also, the course contents can also be continuously expanded and enriched. Students can choose sports events that suited their needs based on their physical conditions and exercise habits. In addition, due to limited time in the classroom, teachers often can teach the textbook knowledge systematically, without more time for in-depth communication and discussion with students. With the MOOC platform, students can use MOOC to conduct independent research after class for knowledge points or contents that they are not in-depth in the classroom, so as to achieve a comprehensive improvement of their sports literacy.

Fourth, MOOC may cause resistance to college physical education.

Although the birth of MOOC has enriched traditional college physical education to some extent, the focus of physical education is still on face-to-face teaching in classrooms. Through the display of physical skills by teachers, students can master physical skills in the shortest time, and then promote its all-round development of character, personality, etc. MOOC is a teaching mode based on network technology and computer technology. Students must have strong self-learning concepts and abilities. From the current situation, the majority of students in contemporary colleges do not have the ability to restrain themselves, and their subjective initiative of learning is low. More often they go through the Internet for entertainment, and their learning is also relatively lazy. It can be seen that although MOOC has many advantages, and its application in modern college physical education does not necessarily bring good results. It may hinder the effective development of physical education and reduce educational results.

4. The Effective Application of MOOC in Modern College Physical Education

First, creating excellent sports lessons

Firstly, colleges should strengthen inter-school cooperation, set up advocacy alliances, and achieve effective sharing of elite sports lessons. Secondly, colleges must strictly control physical education courses. At present, there are more and more courses on the Internet. Although these courses provide students with more diversified choices, they are also mixed with some low-quality courses. Therefore, colleges physical education teachers must strictly control MOOC and recommend some high-quality PE classes for students.

Second, changing the concept of education and teaching

Under the new teaching mode of MOOC, students can freely choose the courses of top teachers at home and

abroad to study and exchange ideas with people with similar interests as they share the same courses. Therefore, physical education teachers in colleges must transform traditional education and teaching concepts and establish new and modernized concepts.

Third, improving teachers' information literacy

In the information age, if teachers stagnate in information literacy, they will eventually be eliminated by society. In order to make better use of MOOC teaching, teachers must improve their information acquisition and processing capabilities through self-study and training. At the same time, we must also pay attention to the improvement of the level of MOOC curriculum production, so as to ensure the quality of PE MOOC teaching.

5. Conclusion

In short, the influence of MOOC on the physical education of contemporary colleges is multifaceted, and it has both good influence and bad influence. When applying MOOC for physical education, colleges should consider the actual situation of students and teachers, and try to avoid the possible adverse effects of MOOC. As the main body of MOOC, teachers should constantly improve their information literacy and establish new education and teaching concepts, launching more quality sports lessons.

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