

Discussion on College PE Teaching Reform Based on MOOC

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ABSTRACT. *With the rapid development of modern science and technology, physical education teaching in colleges has also changed more or less. MOOC is very popular in contemporary college physical education because of its rich content and convenient learning. It adopts independent or cooperative methods to build its own MOOC platform. In this paper, the author analyzes and studies the reform of college physical education based on MOOC.*

KEYWORDS: *MOOC; College physical education; Reform*

1. Introduction

The development and popularization of computer technology and network information technology have given birth to many new teaching models, and the emergence of these new teaching models has greatly impacted the traditional education model. At present, MOOC is gradually becoming a research hot-spot in education. As an important part of the curriculum system of higher education, physical education must adapt to the development trend of the current era, which actively introduce MOOC technology into physical education. MOOC can improve and innovate physical education teaching models in colleges, update teaching concepts, and then optimize the effect of physical education in colleges to the greatest extent.

2. The Concept of MOOC

The so-called MOOC refers to a massive online public course, which is abbreviated as “MOOC” in English. Since 2012, MOOC has gradually become popular in countries all over the world. In 2013, “MOOC Academy” was established, which is the largest MOOC learning community in the Chinese Internet. As a new network teaching mode, MOOC can process the relevant knowledge in the teaching materials, make it more able to meet the needs of online learning, and promote effective interaction teacher-to-student and student-to-student. The reason why MOOC can quickly swept the world in a short period of time is not only because it uses online learning as a convenient learning form, but also because it has many high-quality teaching resources and high-quality teachers. In addition, compared with traditional online video lessons, MOOC have great advantages. It effectively makes up for the shortcomings and deficiencies of traditional online lessons, which is very attractive to people of different classes, ages and regions.

3. The Significance of MOOC in College Physical Education

First, it is conducive to enhancing the vividness and interestingness of college physical education

In addition to the teaching of some basic sports skills, college physical education also includes the teaching of related theoretical knowledge. These theoretical knowledge, like the theoretical knowledge of most other disciplines, have the disadvantages of boring teaching process and it is difficult for students to learn with enthusiasm. By introducing physical education lessons, the original boring knowledge of physical education theory can be presented in front of students in a lively form, thereby making the physical education classroom more active. Generally speaking, physical education lessons can focus on key sports theoretical knowledge or technical issues in just ten minutes. At the same time, it can also set up very interesting interactive links in the teaching process, so that students can strengthen their communication and interaction, thus students arouse their interest in studying this course. Students can not only ask questions and get corresponding answers to teachers at any time during the MOOC, but also adjust their learning progress in accordance with their own actual conditions. This new form of learning gives sports theory knowledge fun and vividness, which can greatly

enhance students' curiosity and learning motivation.

Second, it is conducive to the personalization of the physical education learning process

A significant advantage of the physical education curriculum is that it has rich and diverse curriculum resources and convenient and efficient access channels. A high-quality physical education curriculum is likely to become an online learning resource for tens of thousands of students, which is greatly beneficial to enhancing students' learning initiative and improving their autonomous learning ability. In addition, the teaching of physical education curriculum emphasizes unique and innovative teaching ideas. Therefore, the difference in understanding of the same teaching content by different physical education teachers will make the physical education process highlight the individual characteristics, which is beneficial for students to combine their own interest and acceptance of what they have learned choose the most useful physical education course for them. At the same time, students can also choose some extra-curricular sports contents to study in accordance with their own time schedule and learning needs, thereby expanding their sports knowledge, enriching the learning experience, and moving towards a personalized sports development path.

Third, it is conducive to sharing college physical education teaching resources.

Compared with the teaching of other courses, physical education teaching activities have certain special characteristics, and teachers need to provide a unique environment for students to learn and improve physical skills in this specialized teaching environment. However, from the current status, due to the influence of various subjective and objective factors, the physical education environment is relatively serious, and it is impossible to break the constraints of time and space, and it is difficult for students to fully participate in physical education. Students' learning initiative is relatively low. The use of MOOC in college physical education can solve this problem. Students can study online anytime and anywhere as long as they are in the network coverage environment, and they can freely choose famous teacher special courses. It can be seen that the advantages of physical education classes are unmatched by traditional physical education teaching models, especially the sharing advantages in teaching resources, which are difficult to match with any teaching method.

4. College Physical Education Reform Based on MOOC

First, enriching physical education teaching methods through network teaching equipment

The MOOC teaching mode mainly shows the advantages of less restriction, high flexibility and wide coverage. Generally speaking, teachers need to record the teaching contents first, and then upload the video to the Internet. Students only need to use smart phones, computers equipment to learn the course anytime, anywhere. To make better use of MOOC for physical education, teachers must continuously update their knowledge, focus on the training and improvement of computer application abilities, and constantly improve their comprehensive literacy. Not only they must have the ability to solve doubts for students, but also they are extensively involved in all aspects of knowledge with good cultural literacy. In ordinary work and life, they should dare to break through ourselves and actively try various modern teaching methods and advanced technology platforms. When recording a video, it is necessary to create a real learning situation as much as possible, to carefully explain the major and difficult points for the students, and to provide effective guidance for students to carry out in-depth learning and research.

Second, the improvement and refinement of the network teaching mode, and the development of brand-new physical education curriculum resources

It mainly involves two types of theoretical knowledge and technical courses. In explaining theoretical knowledge, teachers generally took the form of oral instruction. The teaching environment can also be divided into two types: open-air and indoor. The transfer of theoretical knowledge mainly involves sports physiology and sports training. Specific examples include martial arts, gymnastics, ball games, etc. Teachers tend to choose micro-video, animation and other means to give lectures. At this stage, many teachers have carried out related reforms on the basis of MOOC. They use the method of making and uploading teaching videos to teach. This teaching mode can not only enhance the subjective initiative of students, and make them more actively participate in it. Students can also avoid the constraints of time and space, and ensure the smooth and efficient development of learning activities.

Third, setting up a network teaching platform to build a high-quality teaching team

In the context of the in-depth development of information technology and the widespread use of MOOC in various schools, many universities have reformed physical education based on MOOC concepts. One of the more typical reforms is the establishment of a new teaching concept and the establishment of network platform for

college physical education. Many colleges actively organize the representatives of different research rooms together to make them speakers. The supplement and improvement of knowledge system, and analysis and interpreting internationally renowned sports events in depth make students' sports knowledge reserves further expanded and enriched. In addition to the above-mentioned reform measures, colleges should also actively encourage students interested in physical education courses to mobilize their enthusiasm for autonomous learning. The school physical education teaching team must also develop a complete teaching system and management system as soon as possible, insist on putting responsibility on the individual. The division of labor must be reasonable and clear, and there can be no overlapping of duties. The "online and offline Q & A" section should also be added to the sports online teaching platform to ensure that all students' questions of can be answered in a timely manner, so that theoretical studies and practical exercises can be carried out more smoothly.

5. Conclusion

To sum up, the introduction of MOOC is of great significance to college physical education. Although many colleges in China have introduced MOOC technology in physical education, the overall teaching status is not optimistic. There are still problems such as single teaching methods, outdated teaching contents, and low teachers' comprehensive quality. In future, further teaching enrichment is needed in curriculum teaching methods, development of new teaching resources, form of top-level teacher teams, adjustment and improvement of curriculum assessment methods should be practiced, which can remove obstacles for the effective application of MOOC in college physical education.

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