

# Exploring the Path of Public Physical Education Teaching for Graduate Students in the Context of Online and Offline Hybrid "Golden Course"

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**Abstract:** *The outbreak of the "Covid-19" has made the revitalization of education model inevitable. Although the "golden course" is a hot topic in the reform of undergraduate teaching in Chinese higher education institutions, postgraduates are the main source of high-level innovative talents, and the construction of "golden course" is also a way to revitalize the education model. The construction of "golden course" is also very important. In this paper, we take public physical education for postgraduates in Chinese universities as an example, and explore the paths of constructing online and offline hybrid "golden courses".*

**Keywords:** *Graduate Students' Public Physical Education, Online and Offline Hybrid "Golden Course"*

## 1. Introduction

In August 2018, the Ministry of Education of China proposed in the Notice on the Implementation of the Spirit of the National Conference on Undergraduate Education in the New Era (Education High School Letter [2018] No. 8) that "all universities should comprehensively sort out the teaching contents of all courses, eliminate 'water courses' and create 'golden courses'. Golden Course'. The basic characteristics of "golden courses" can be summarized as "two degrees": high order, innovation and challenge, aiming at improving the ability of cultivating talents in universities.

The disciplinary education of postgraduates is an important part of China's education system, shouldering the important mission of national development and social progress, and undertaking the important task of high-end talent education and scientific and technological innovation development [1].

In 2016, China issued and implemented the "Health China 2030" planning outline, which proposed that national health is a matter of national foundation [2], but postgraduates have been separated from systematic physical education, and the awareness of sports participation in this group has gradually faded, and there is a phenomenon of attaching importance to scientific research education and neglecting physical education [3]. With the gradual expansion of graduate student enrollment, the quality of public physical education for graduate students has become increasingly prominent [4]. Therefore, it is urgent to build a "golden course" system of public physical education for graduate students.

In order to implement the "golden course" and respond to the concept of online and offline hybrid "golden course" proposed in the "Implementation Opinions of the Ministry of Education on the Construction of First-class Undergraduate Curriculum" issued by the Ministry of Education of China in October 2019 (Education High [2019] No. 8), this paper discusses the exploration of the teaching path of public physical education for graduate students based on the online and offline hybrid "golden course" teaching mode, and insists on the fundamental task of education for the establishment of moral education.

## 2. Problems of public physical education for graduate students in colleges and universities

The public physical education course in Chinese Mainland's universities is a compulsory public course for postgraduates with the core of "cultivating talents" [5], which aims to enhance physical fitness, improve health and physical literacy through reasonable physical education and scientific

physical exercise, and physical exercise is the main means. At present, many colleges and universities in Chinese Mainland have opened public physical education courses and built public physical education facilities including sports fields, sports equipment and health care rooms, but there are still shortcomings: (1) the scale of postgraduate enrollment in colleges and universities is expanding, the investment in public physical education facilities in colleges and universities is not enough, the coverage area of facilities is not coordinated with the growth ratio of the number of students, and the equipment is old, backward and cannot meet the needs of students. (2) Insufficient teachers for postgraduate public physical education, backward teaching mode, single education means, obvious overlap of training contents and methods among postgraduates of different majors and different learning abilities, which makes it difficult to stimulate postgraduates' enthusiasm for public physical education courses and weakens training quality and efficiency. (3) The curriculum setting focuses on the cultivation of motor skills and enhancement of physical quality, which is in line with the motor skill goals and physical health goals among the five major teaching objectives stipulated in the Guideline for Teaching Physical Education Courses in National Higher Education Institutions [6], but the performance of the program on mental health, sports participation in social adaptation is not perfect. (4) The content of the teaching hours cannot meet the interests and differentiated sports needs of graduate students, and the guidance on the methods of learning and practicing for graduate students is lacking, and the students' ability of self-learning and self-practicing is insufficient and cannot be maintained in the long term. (5) The purpose of public physical education for graduate students is not clear, and there are misconceptions about public physical education.

### **3. The advantages of online and offline hybrid teaching methods in public physical education**

The online and offline hybrid teaching mode, such as catechism and situational teaching, is an important teaching mode of the "Golden Course", which has the following advantages in public physical education. (1) Realize guided teaching and cultivate self-learning consciousness: Offline, teachers can let students take the initiative to learn through group discussion and intra-group competition, provide targeted and efficient guidance on students' embodied problems, improve students' self-learning consciousness, and organize students' participation in limited teaching time. Online, students can communicate with teachers and classmates online based on the online platform, and also share their own practice videos, teachers should give students appropriate feedback and assessment to help students enhance their learning (2) stimulate learning interest and personalize teaching: offline, cooperation between universities and gyms, sports teams, etc. can expand teaching resources, improve teaching quality and improve the challenges of not meeting students' individual needs. Online course resources can be easily obtained, and the course progress can be freely adjusted according to the mastery of basic knowledge, improving the utilization of fragmented time. (3) Eliminate cognitive bias and maintain long-lasting exercise: improve the understanding of the hidden economic benefits behind physical fitness, improve the situation of graduate students coping with exams, achieve the transfer of knowledge to achieve the "unity of knowledge and action", and positively deepen the importance of public physical education for graduate students.

### **4. Online and offline hybrid teaching mode for the construction of public physical education "golden course" ideas**

#### ***4.1 Cultivating a high-quality teaching team is the foundation for building the "golden course"***

The "Golden Course" requires that "the content of the course is cutting-edge and up-to-date", and that it should be student-centered. The requirements for teachers are further improved, and the business level of public physical education teachers should be improved, and teaching and research should be done. Also strengthen the teacher's training in modern technology. Online technology such as computer technology, multimedia technology, etc., popular with students, to promote independent learning, to optimize the teaching effect of the purpose, but because of the constraints of the teacher's technical operation, limiting the development of public physical education online and offline "gold class".

#### ***4.2 The core of "Golden Course" is to build personalized guidance education***

The key to solving the problem is whether the "Golden Course" can be built with personalized teaching for students with different learning abilities and professional backgrounds. With the development of the times, the richness and sharing of online resources provide the possibility of

personalized public physical education teaching, in addition, the appointment of special teachers, strengthen teaching, pay attention to the professional background of graduate students, learning ability, learning preferences integrated development.

#### ***4.3 Strengthening the integration between courses and levels is the engine of building "golden courses"***

The postgraduates' learning is concentrated on relatively narrow topics, so that the organic integration of different types of postgraduates and public sports can cultivate the transfer ability between public sports and postgraduates' knowledge, achieve the "unity of knowledge and action", and eliminate the negative mentality that learning public sports is useless. The "Golden Course" at different levels should be designed in accordance with the law of cognition, and the lesson plan should reflect the five teaching objectives of public physical education. The "Golden Lesson" requires "teaching and learning at the same time", and the online teaching meets the liberal and diversified learning methods to improve the participation and quality of students [7], while the offline "Golden Lesson" guides students to Only through the comprehensive development of students can we enhance the ability of innovation and creativity more efficiently.

#### **5. Conclusion**

It is an inevitable trend of the development of the times that public physical education courses in mainland China universities adopt digital means to carry out "online and offline" hybrid teaching, which is also an important way to meet students' personalized learning needs and improve the quality of course teaching, so as to create a hybrid "golden course" of public physical education and better improve the cultivation ability of university talents.

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