

Research of Application of Physical Education Mooc in College Physical Education

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ABSTRACT. College physical education is an important part of higher education. As an auxiliary and supplement, MOOC can promote the teaching of college physical education. MOOC is conducive to balancing the resources of physical education, strengthening the exchange of physical culture, making the process of physical education learning more personalized, continuing physical education classroom teaching, and establishing lifelong physical education. According to the current situation of college physical education teaching, we should increase publicity to update the teaching concepts of teachers and students, increase training to improve the information literacy of teachers, and create excellent sports MOOC to be full To meet multiple needs, we should promote the development of MOOC in college physical education.

KEYWORDS: Mooc, College physical education, Physical education, Measures

1. Introduction

Higher education is an important part of our national education series, and college physical education is also one of the important parts of higher education. The teaching effect of college physical education has attracted more and more attention. College sports shoulder the task of Strengthening College Students' physique, physical and mental health, promoting college students to master the basic knowledge and skills of sports, cultivating college students' good ideological and moral character, will and promoting the development of College Students' personality, improving the level of sports technology, and training sports talents for the country. In recent years, with the rapid development of network and information technology, following the excellent courses and micro courses, MOOC, as a large-scale open network course, made its debut in 2008. MOOC has the characteristics of data openness, resource sharing and information globalization, and has set off a storm of "education reform" since 2012. The application of MOOC provides a way for the internationalization and popularization of higher education, a good opportunity for the teaching reform and development of colleges and universities, and can improve the learning ability of college students and promote the overall development. On the basis of the traditional college physical education, the modern technology of MOOC is used to carry out the teaching, so as to inject new elements and vitality into the college physical education teaching, so that the majority of college students can better master sports skills, and lay a good foundation for lifelong physical training [1].

2. Concept of MOOC

MOOC is mass open online courses The core idea is to fully open and share the curriculum resources with learners, so as to maximize the use value of educational resources and allow users to develop resources according to personal needs Bank reorganization or transformation, focusing on resource sharing and reuse. The concept of MOOC was first proposed by Canadian scholars Dave Cormier and Bryan Alexander, but MOOC is really popular in the United States. MOOC, as a new online teaching mode, impacts the reform and development of global school education. Coursera company, EDX, udacity organization, Khan college, udemy, p2pu All of them have established their own course learning platform, and set up online courses involving multiple disciplines on the platform, which provides learners with free and selective learning and experience. Thousands or even hundreds of thousands of people learn the same course together, which makes the teaching mode and learning mode have undergone profound changes [2].

3. The Challenge of MOOC to College Physical Education

3.1 The Challenge to the Content of Traditional PE Classroom Teaching

The traditional physical education is mainly based on the classroom, and the content of the class is also hard regulated by the school. A large part of the content is similar to the primary and secondary school physical education classroom teaching, and the widely recommended items in life can not be carried out, often ignoring the interest and characteristics of students. In the background of MOOC, the college PE class will be very substantial. In the MOOC, it can provide more difficult technical action learning, and can more professionally popularize the basic theory of sports, so that students no longer blindly train, but fundamentally understand the basis of training more scientifically [3].

3.2 Challenges to Traditional Physical Education Teaching Methods

MOOC teaching is a new challenge to college physical education. As we all know, physical education curriculum in Colleges and universities has not been paid due attention in the past period. The main teaching form is the teacher's explanation. But through the way of MOOC, the way of students accepting knowledge has changed, and the content is more abundant. Students can not only use the MOOC platform to acquire knowledge and information related to sports, but also face-to-face to further familiarize themselves with related skills. Similar to this online and offline learning mode can improve students' interest in learning and meet students' requirements for sports learning. Let the university sports class enrich, let the student be able to fully realize the sports fun and the significance. In this process, students really change their roles and start to realize independent learning and progress. MOOC also has a magical function, which is to obtain students' preferences and knowledge tendentiousness by saving their browsing records, mainly using big data analysis and cloud computing mode. Usually, these sports are popular in life, and the emergence of these sports is also a challenge and improvement for PE teachers. Through the statistics of these information to enrich the teaching content, stimulate and maintain students' interest in learning [4].

4. Measures to Promote the Development of MOOC in College Physical Education

4.1 Strengthen Propaganda to Renew the Teaching Concept of Teachers and Students

The concept determines the behavior, and what kind of educational concept will inevitably produce corresponding educational behavior. Many college PE teachers have been immersed in the traditional PE teaching environment for a long time, and have formed a set of relatively fixed teaching concepts and teaching paradigms. Such traditional concepts have been difficult to adapt to the teaching requirements of the "Internet +" era. Once the implementation of the MOOC curriculum teaching model starts, it will inevitably break the balance between teachers and students and the current education environment, This requires teachers and students to change their teaching ideas. Therefore, it is necessary for the relevant education departments and schools to continuously strengthen the publicity of sports MOOC teaching mode, promote teachers and students to quickly and accurately understand the teaching mode of sports MOOC, and accelerate the transformation of traditional concepts of teachers and students to modern, information-based and Internet-based education and teaching concepts. We can make full use of the school's publicity platform, especially the new media platform, to continuously strengthen the publicity of the sports MOOC teaching mode, actively advocate and promote the sports MOOC learning mode, and then create a good learning atmosphere in the whole school[5].

4.2 Strengthen Training to Improve Teachers' Information Literacy

At the same time, it also brings great impact to the traditional physical education teaching mode. The integration mode of physical education MOOC teaching puts the theoretical knowledge imparted outside the teaching classroom and the discussion of problems in the classroom teaching, which puts forward different requirements for the knowledge reserve and information literacy of college physical education teachers. In the era of "Internet +", physical education teachers not only need to have solid theoretical knowledge and skills of physical education, but also need to have the confidence and ability to use various advanced information technology for physical education teaching. First of all, physical education teachers should actively expand their knowledge reserves and information literacy, and cultivate their ability to acquire, analyze and process information through network self-learning. Secondly, it is necessary to improve the skills of the PE Teachers'

mocchio making, and help the PE teachers to improve the level of mocchio video making through various forms of learning and training, so as to effectively improve the teaching quality of the PE mocchio [6].

4.3 Build Excellent Sports Courses to Meet Diversified Needs

The important point of MOOC online education is to better meet the diversified needs of society and individuals. While ensuring the wide audience and convenient learning of sports MOOC itself, we should also create a more diversified and high-quality sports MOOC teaching resources, Only by constructing a new learning mode, a new curriculum system and a new teaching method can we meet the educational and psychological needs of different levels of physical education learners. At the same time, the course content of sports MOOC should keep up with the development trend of the times, so as to better meet the needs of sports learners' own sports learning and future development, so as to endow the practical application of sports MOOC with value significance and make sports MOOC more vitality and sense of the times[7-8].

5. Conclusion

The 21st century is an era of continuous development and innovation of science and technology, which has a significant impact on our lives. Physical education in Colleges and universities needs to keep up with the pace of technological development and get new development. In the current era, sharing has become a mainstream. MOOC just uses the concept of sharing to share the current high-quality teaching resources. The integration of traditional teaching methods and online education has become the main research direction of college physical education. We should actively explore and carry out the intercollegiate cooperation of MOOC in College Physical Education and build MOOC alliance. MOOC teaching is characterized by large scale, strong openness and online teaching, which has obvious advantages in current college physical education teaching. MOOCs plays an increasingly important role in improving students' autonomous learning ability, making flexible use of time, and promoting good interaction between family and school. Only by combining MOOC with other teaching modes reasonably, applying it scientifically, developing its advantages and avoiding its disadvantages, and supporting with necessary supervision and evaluation system, can we promote the scientific use of MOOC and improve the quality of physical education in Colleges and universities.

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