

# The Value, Dilemmas and Countermeasures of the Application of Hybrid Teaching Mode in Physical Education in the Post Epidemic Period

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**Abstract:** *In the post epidemic period, school physical education teaching will be given new connotation and value. The study takes the teaching mode as the entry point, uses the literature method, and combines the practical experience of physical education teaching to find that the application of hybrid teaching mode in physical education teaching has an important value: at the teacher level, the teaching is flexible and enhances the practicality of the physical education course; at the student level, the online learning is convenient and meets the demand for independent exercise; at the knowledge transfer level, the knowledge transfer is vivid and imaginative, and it promotes integration of the knowledge structure and accelerates the speed of knowledge updating. The knowledge transfer level. There are many difficulties in the application of hybrid teaching mode in physical education: ideological change is difficult, and teachers' cognition is biased; online teaching management system is not perfect, and teaching management is difficult; the supply of online physical education teaching resources is insufficient, and offline physical education teaching venues need to be improved. Finally the paper proposes appropriate research strategies based on the findings.*

**Keywords:** *post epidemic period, hybrid teaching mode, physical education teaching, application*

## 1. Introduction

Since the outbreak of the novel coronavirus pneumonia epidemic, which has seriously threatened people's lives and health, the Chinese government has taken strong preventive and control measures, and achieved better results. Under the influence of the epidemic, home exercise for all became the slogan of all major media during the epidemic prevention period, and once again aroused public attention to sports and health. School sports bear the important mission of national physical health, and some studies have shown that the physical health level of students has continued to decline over the past 15 years, and although school sports are not the only factor leading to this phenomenon [1], school sports also have an unshirkable responsibility. Therefore, the study analyzes the value, dilemmas and countermeasures of the application of hybrid teaching mode in physical education for the purpose of improving students' physical fitness and health in the post epidemic period, so as to provide theoretical basis for promoting the reform of physical education curriculum and improving the quality of physical education curriculum teaching.

## 2. The value of hybrid teaching mode applied in physical education teaching

Blended teaching mode is an efficient and new type of teaching method that combines a variety of teaching means, which effectively combines face-to-face learning and online learning, encouraging students to learn independently, communicate with each other and cooperate actively. "Mixed" can be expanded into three dimensions: first, the integration of traditional teaching and online teaching, so that the advantages of both give full play to optimize the teaching effect; second, the use of network technology for the integration of pre-course, in-course and post-course three teaching links, to grasp the full range of learning dynamics of the learner, and through the pre-course and post-course feedback on the learning in the classroom. Better implementation of tailored teaching strategies; Third, the integration of individual students, student groups and students as a whole, mobilizing students' enthusiasm and playing the role of the group [2]. In recent years, the mixed teaching mode has been gradually applied in various disciplines and achieved breakthrough results, based on the strong practicality of physical education courses, the author summarizes the value of the application of the mixed teaching mode in physical education teaching in the following aspects.

### ***2.1 Teachers can flexibly apply the blended teaching model to enhance the practicality of physical education programmes***

First, the teaching form is flexible. Based on the integration of online and offline teaching, the teaching form of mixed teaching mode has been further expanded, shifting traditional teaching from injection to heuristic teaching. In physical education, teachers can carry out heuristic teaching according to the characteristics of practical teaching content, move the learning of sports skills knowledge and the establishment of movement representation to online teaching, saving more time for classroom teaching to carry out classroom discussion, error correction, consolidation exercises, etc., to further master the sports skills knowledge, and enhance the effect of physical exercise. Second, the teaching means is flexible. Teachers can carry out teaching with the help of multimedia videos, network platforms, intelligent tools and other means, lifting the excessive dependence of traditional teaching on the teaching environment. For example, during the epidemic, a lot of physical education teachers through the network platform and physical exercise software for students tailored sports courses, to provide rich, detailed physical exercise guidance to meet different exercise needs, fully embodies the characteristics of online teaching means flexible. Third, online teaching time is flexible. The Internet enables teachers to teach at any time online. Teaching content is saved in the form of videos on online platforms, which students are able to watch, learn and practice in their free time. These features can guide students to actively engage in extracurricular physical exercise and form good physical exercise habits.

### ***2.2 At the student level, online learning is convenient and meets the demand for independent exercise***

First, online learning is convenient. During the epidemic prevention and control period, although the majority of students lost the opportunity of "face-to-face" classes, the advantages of online learning, such as fast, anytime, anywhere, repeat viewing and so on, were imprinted in the minds of students. In the post-epidemic period, with the awakening of students' health consciousness, physical exercise is beginning to become ubiquitous, and the habit of online learning is bound to come into the students' view from a new perspective. This further shows the convenience of online learning. Second, to meet the demand for independent exercise. In school sports, physical education hours are limited, and it is difficult for students to achieve a better exercise effect through weekly "face-to-face" sports courses. At the same time, the demand for physical exercise accumulated by students during the epidemic will be released continuously in campus life. Therefore, how to seize students' demand for physical activity and promote good physical activity habits is an urgent problem for school sports. However, the traditional physical education teaching mode is limited to teaching students the correct knowledge of sports in the classroom, and there is a lack of further guidance on physical exercise outside the classroom. For example, when some students participate in physical exercise outside the classroom, due to the lack of correct guidance on physical exercise, it causes serious damage to the body and affects their motivation to exercise on their own. The hybrid teaching mode takes online teaching as a breakthrough, providing students with convenient network resources and real-time teaching guidance, so that students can combine their own exercise needs and participate in physical exercise on their own through online teaching guidelines, consolidating the effect of classroom physical exercise and developing the value of school sports.

### ***2.3 The teacher's process of transferring knowledge becomes vivid, and it helps students to grasp the complete structure of knowledge and speed up the rate of knowledge updating***

First, knowledge transfer vivid image. The Internet age is the age of information technology, pushing all industries to undergo deep changes. Among them, the education industry is no exception. From traditional desks, podiums and sports grounds to modern multimedia classrooms, "smart classrooms" and "connected sports grounds", the use of a large number of Internet tools has created a three-dimensional impact on students' visual, auditory and tactile senses, which makes the process of knowledge transfer more vivid and graphic. Secondly, it promotes the integration of knowledge structure. Second, promote the integration of knowledge structure. All kinds of Internet resources impact on the public's cognition, in the face of mixed Internet information, students' imperfect screening ability is easily misled by false network information. Mixed teaching mode can realize the mutual cooperation between classroom teaching and network teaching, utilize the Internet quality educational resources, establish a reliable information channel, and promote the integration of knowledge structure. For example, the Ministry of Education has set up an online learning platform for

national high-quality courses, which gathers high-quality resources from various universities and colleges in China, such as "985", "211" and "double first-class" universities. Students can easily and conveniently acquire knowledge while guaranteeing the authority and accuracy of knowledge. Thirdly, the knowledge is updated rapidly. Based on the rapid transmission of information through the Internet, students can obtain cutting-edge knowledge and concepts through the learning platform, accelerating the speed of knowledge updating. At the same time, teachers use hybrid teaching mode to integrate online cutting-edge knowledge, promote offline teaching knowledge innovation, change the traditional physical education teaching of "a course, a set of lesson plans, always the same" phenomenon, and promote teachers to constantly learn and update their knowledge.

### **3. Difficulties in the application of hybrid teaching mode in physical education teaching**

#### ***3.1 Difficulty of ideological change and bias in teachers' cognition***

Reform is a powerful driving force for social development, and every reform in history has to face great ideological challenges. The biggest difficulty in replacing the traditional teaching mode with the mixed teaching mode lies in the ideological innovation. First, students' ideological innovation is difficult. Students have been accustomed to the indoctrination of classroom education since they received education, and students study online after class, which compresses the individual's free time and further suppresses their leisure and entertainment needs. Therefore, this kind of ideology still requires educators to make continuous efforts to motivate students to learn independently by taking interest as the guide. Second, it is difficult to revolutionize teachers' ideology. Teachers' ideological understanding in traditional physical education teaching has been deeply rooted, and to change the teaching mode, teachers need to spend a lot of time to redesign the classroom program. Moreover, teachers still need to keep learning and exploring when they change from the familiar traditional teaching to the unfamiliar online teaching, which increases the migration "cost".

The hybrid teaching mode is an organic combination of online and offline teaching, and most teachers' understanding of online teaching is skewed. For example, some teachers think that online teaching is to let students watch teaching videos through the Internet, so that students can study in advance and transfer basic teaching knowledge. With this understanding, online teaching may evolve into a "labor-saving tool" for teachers to seek shortcuts in teaching. Online teaching is based on video learning, network interaction, online Q&A, online evaluation in one of the teaching activities, video learning is only a part of online teaching, give full play to the role of the various links in order to highlight the advantages of online teaching.

#### ***3.2 The online teaching management system is poorly constructed and it is difficult to manage online teaching***

The development of school education so far, cannot be separated from the system of teaching management system, mainly contains the teaching process management, business management, quality management, monitoring management four aspects [3]. Among them, in the teaching process management, the traditional teaching management is mainly centered on the teacher's "face-to-face" classroom teaching, such as teacher preparation, class, homework correction, performance evaluation, etc., aiming at standardizing the teaching process and improving the quality of teaching. The hybrid teaching mode extends offline teaching to online, and teachers continue to instruct students online in addition to completing offline classroom teaching tasks. Moreover, most schools are still in a state of "blank" on the management of teachers' online teaching. In the long run, the unfavorable supervision of online teaching will lead to online teaching in form, forming the "water class" in online teaching and weakening the role of blended teaching mode in teaching.

In the traditional teaching process, experienced teachers can easily realize the classroom organization, coordination, control and other management functions, to ensure that the classroom orderly and efficient operation. Through the situation of online sports teaching during the previous epidemic, it was found that teachers were unable to understand the situation of students in real time and the difficulty of managing students increased significantly due to the imperfect function of the network platform and network lag in the process of online teaching [4].

### ***3.3 Insufficient online physical education resources and inadequate offline teaching space provided by schools***

First, the supply of online sports teaching resources is insufficient. Online educational resources mainly include learning websites such as China University MOOC, NetEase Open Class, and Xuedang Online. Among them, China University MOOC absorbs the national quality courses constructed by major universities in China, and is one of the educational resources with a high utilization rate for online education in China. According to the data of national quality online open courses recognized by the Ministry of Education in recent years: in 2017, out of a total of 490 courses, there were only 3 physical education courses, accounting for 0.61%; in 2018, out of the 801 courses recognized, there were a total of 8 physical education courses, accounting for 0.99% [5]. It can be seen that online sports teaching resources are in a slow-growth trend, which is in sharp contrast to the current rapidly growing demand for online sports teaching. The insufficient supply of online sports teaching resources will inevitably lead to an increase in resistance to the application of hybrid teaching mode in sports teaching. And, this resistance will be more prominent in the post epidemic period. Secondly, offline sports teaching places need to be improved. With the continuous application of hybrid teaching mode in theoretical courses, showing good teaching results, schools also continue to increase capital investment to improve the teaching environment, the construction of "smart classrooms", and the integration of the mobile Internet, to improve the effect of offline classroom teaching [6]. However, based on the strong practical characteristics of physical education, the sports ground is the main teaching place of physical education courses, and the "smart classroom" that is being vigorously constructed cannot be deeply applied to the practical teaching of physical education. Moreover, the multimedia stadium resources of each school are uneven, which can not better meet the diversified needs of offline physical education teaching, affecting the effect of offline physical education teaching.

## **4. Mixed teaching mode in physical education teaching application strategy**

### ***4.1 Teachers use healthy teaching concepts to stimulate students' interest in physical activity***

With the continuous improvement of material living standards, the prevalence of basic diseases has also quietly increased, and has become a youthful development trend, mainly due to the public's unhealthy dietary habits and lack of physical activity and so on [7]. Under the impact of the new crown epidemic, the public's health has been severely tested. According to the data of 1,305 patients with Novel Coronavirus Pneumonia admitted to Wuhan University Tongren Hospital during January 17-February 25, 2020, the mortality rate of patients with Novel Coronavirus Pneumonia combined with underlying diseases was 75%, and the mortality rate of patients with Novel Coronavirus Pneumonia not combined with underlying diseases was 5.7% [8], which is one of the most important factors affecting the patients' ability to overcome the Novel Coronavirus Pneumonia. One of the functions of sports is to promote the healthy development of the body's motor system, nervous system, circulatory system, respiratory system, digestive system, endocrine system, immune system, and urinary system, thus promoting the health of the individual [9], so it can be seen that the development of a good habit of physical exercise is one of the most important ways of preventing the underlying disease, and is also a powerful weapon for individuals to cope with the public health emergencies in the post epidemic period. It can be seen that improving the interest of the younger generation in physical exercise is the focus of school sports work. Therefore, with the influence of the epidemic on the public, let students re-examine health, strengthen the guiding ideology of "health first", use a wealth of modern physical education teaching methods, fully mobilize students' enthusiasm for physical exercise, so that they consciously invest in online and offline physical education, and remove ideological barriers to the smooth application of the mixed teaching mode in physical education teaching in the post-epidemic period. The application of the mixed teaching mode in the post epidemic period will remove the ideological obstacles.

### ***4.2 Clarify the mission and responsibility of physical education teachers, strengthen scientific research, enhance professional knowledge and consolidate professional skills***

The application of hybrid teaching mode in physical education, physical education teachers are the core implementation force. Without the effective implementation of physical education teachers, the reform of physical education teaching mode cannot be promoted. First, clarify the mission and responsibility of physical education teachers, and enhance the ideological understanding. Mission: The

new coronavirus is ravaging the world, although our country has achieved a better control effect, but behind it lies the crisis of the decline of national physical health. Physical education teachers are the supervisors of the national physical health, but also the "whistle blower" of the health crisis alarm, shouldering the important mission of improving the national physical health, physical education workers should take pride in the mission of the times, enhance the ideological understanding, and actively forge ahead and work hard. Take charge: The physical health of young people has a direct impact on the development and growth of the country. School sports bear an important responsibility for the physical health of students, not only bear the physical education teacher's job, but also physical education teachers work "main battlefield". Therefore, to improve working methods, improve the quality of teaching, and attract students to actively participate in physical exercise is the responsibility of physical education teachers can not be shirked. Second, strengthen the scientific research. There are still many difficulties in the application of mixed teaching mode in physical education, physical education teachers should actively explore, strengthen scientific research, strengthen the understanding of mixed teaching mode, and actively explore the application of mixed teaching mode in physical education. Third, strengthen professional knowledge and professional skills. The Internet era is an era of rapid updating and transmission of information, students can easily access to all aspects of sports knowledge and skills cognition, physical education teachers increasingly "aging" professional knowledge and skills by the challenge of students. Therefore, strengthening professional knowledge and consolidating professional skills is conducive to enhancing the credibility of physical education teachers in the student body, mobilizing students' motivation, and improving the effectiveness of online and offline teaching.

#### ***4.3 Strengthen policy guidance, gradually promote the construction of high-quality courses and create sports star micro-courses***

This paper puts forward two suggestions based on the situation of insufficient online physical education teaching resources: firstly, the school introduces relevant policies to increase the financial investment, the school builds a platform for teachers to build school-level quality courses, and encourages physical education teachers to actively declare ; schools should concentrate their resources on the advantages of sports and focus on creating provincial and national high-quality programmes; The school promotes the reform of title assessment, associates the construction of fine courses with title assessment, and stimulates the enthusiasm of physical education teachers to declare fine courses. Secondly, the Ministry of Education and the State General Administration of Sport have joined hands to make a joint effort to promote the development of quality courses. Second, the Ministry of Education and the State General Administration of Sports have joined forces to create online star sports micro-courses. In recent years, the development of China's competitive sports has achieved outstanding results, and the sports stars of various sports are of great concern to the public, and their influence is particularly prominent in the student population. Therefore, schools make full use of China's competitive sports star resources to create sports star microcourses in the influence of prominent media platforms, providing students with fragmented sports knowledge, enriching online sports teaching resources, reducing the cost of learning time in sports teaching, and more conducive to promotion outside the classroom.

#### ***4.4 Improve teaching management and establish a multi-channel sports teaching evaluation system***

In view of the lack of online teaching management, there are two main suggestions: first, strengthen the online teaching management of teachers and students, use Internet technology and software systems to establish an online teaching management platform, regulate teachers' online teaching procedures in terms of the type, time and frequency of online teaching, and at the same time, collect real-time learning feedback from students to teachers, so as to further optimize the online teaching process. Secondly, online teaching is included in the performance evaluation, and the online teaching hours accounting standard is established to mobilize teachers' enthusiasm for online teaching.

Traditional physical education teaching evaluation is mainly based on in-class learning evaluation, such as theory exams, practical exams, classroom performance assessment. In other words, the traditional teaching evaluation has the tendency of "emphasizing the result but not the process". Therefore, in the face of the differences in physical fitness of students in physical education, the use of mobile Internet terminals and smart wearable devices to record the time and frequency of each student's physical activity, objectively evaluate the process of students' physical activity in the classroom and combine it with the evaluation of teaching in the classroom to build a system of online and offline

teaching and evaluation, and to guide each student to actively participate in physical activity outside the classroom. In addition, parents are particularly concerned about their children's health, and are responsible for monitoring the quality of physical education teaching in schools. The establishment of a feedback and evaluation system for parents can fully enhance the effectiveness of students' extracurricular physical exercise, promote the in-depth integration of family sports and school sports, and realize the ultimate goal of national fitness.

## 5. Conclusion

The mixed teaching mode is a step forward in transforming physical education teachers' majestic image in the traditional sense into the image of compassionate elders with comprehensive knowledge and funny humor. In the post epidemic period, the application of hybrid teaching mode as a breakthrough in physical education teaching reform is bound to face more difficulties and challenges. How to realize the value of hybrid teaching mode in physical education, still need to sports workers in the post epidemic period continue to practice, innovation, promote online teaching and offline teaching substantive integration, to create a new era of sports "gold class", consolidate students' interest in physical exercise, and accelerate the promotion of students' physical fitness and health level of the inflection point to the good.

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