

Exploration of Physical Education Teaching Reform in Colleges and Universities -----Research on the Application of Flipped Classroom in Physical Education

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Abstract: "Flipped classroom" is a new conceptual education model originated from the United States. It is a new mode of education through online classrooms, videos and materials. In recent years, primary and secondary schools across our country have actively carried out the "flipped classroom" program and achieved good results. Therefore, thinking about how to reform college physical education through the form of "flipped classroom" is the goal that our school needs to work hard on.

At present, the physical education in colleges and universities is divided into theoretical knowledge training and practical training, which are used to cultivate college students with professional quality of physical education. But in the actual process, because PE is not valued in primary and middle schools, students also have a bad view of PE in colleges and universities. As a result, most of the time only to learn theoretical knowledge, but not willing to practice. Therefore, as college teachers, we need to explore how to improve students' learning enthusiasm for PHYSICAL education and improve the quality of teaching so that students can really exercise a healthy body. According to the prominent role of "flipped classroom" in primary and secondary schools and even some colleges and universities in recent years, we can take this opportunity to think about how to explore the reform of college sports in the school.

1. What is Flipped Classroom

The "flipped classroom" emerged in 2010 as a new educational model originated from the United States. Teachers and students use information platform, network courseware, materials and videos for teaching. Students can choose appropriate video materials for learning according to their own needs, and teachers can guide students through feedback. Such a new education mode, which changes the single learning content and truly stimulates students' learning enthusiasm, is a rare education mode. Through "flipped classroom", we can improve the concept of education, combined with modern information technology, comprehensively enhance the learning needs of students, achieve student-oriented, flexible. Moreover, the whole teaching is more systematic, which perfectly combines before, during and after class, fully captures the students' mood in class, and makes the curriculum content more novel and attractive.

2. Current Situation of Physical Education in Colleges and Universities in China

Today's higher education in China advocates the goal of sublimation from theoretical knowledge to practical process and then to theory. In the physical education in colleges and universities, the physical education teacher first explains the theoretical knowledge of technical movements and so on, and then lets the students practice alone or with each other. Finally, the physical education teacher corrects the movements. However, due to the lack of emphasis on physical education in primary and secondary school education, some students are unwilling to study theoretical knowledge and practice alone, which makes the overall teaching quality not optimistic.

2.1 Students are not Motivated Enough

The students are not motivated enough in PE. Due to the lack of emphasis on physical education in primary and secondary schools, most students have formed a certain prejudice against physical education and are unwilling to spend time in learning theoretical knowledge in physical education. Even if they are willing to practice, they also want to play their favorite sports, which results in low teaching efficiency and poor teaching atmosphere. At present, many schools have also carried out a variety of curriculum arrangements, but because the college students too many, choose the same project too many students, resulting in the students did not choose the preferred courses on the helpless to choose the course does not have interest. Such problems occur frequently in the current physical education in colleges and universities.

2.2 The Overall Physical Quality of Students is Not Good

Because the education in primary and secondary schools focuses too much on arts and science subjects and neglects students' exercise in physical education, many students have poor physical quality. Every year, colleges and universities will carry out the physical quality examination to test all aspects of students' physical quality. However, in the actual situation, many students are afraid of such examination, and even a few students appear indifferent and treat the quality examination negatively. For example, in the process of long-distance running, some students will give up on themselves and treat the test as if they were jogging or even walking. For example, some male students can only complete one or two pull-up projects, or even one of them can not complete, and their performance in physical flexibility is not going to be satisfactory. Teachers have to worry about students' physical fitness. According to all kinds of data, the average quality of college students is not enough, and there are a lot of students with lower than average quality. Therefore, how to solve the problem of physical education teaching in colleges and universities is the common goal of all physical education teachers in our school and our country.

2.3 Low Teaching Efficiency

In today's physical education teaching in most colleges and universities, it is the form of first idea, then practice participation, and finally idea. Such a model is difficult to take into account the specific problems of each student, so that the overall teaching goes towards the average, rather than the overall improvement. Because in the process of class students too much, and this kind of empty space in the playground, the teacher in the interpretation of theoretical knowledge, it is hard to notice whether students listening, makes some students in practice alone after a hindrance, and therefore more negativity towards physical education learning, the end result is not in the classroom to learn any knowledge, also did not have the purpose of the exercise. Moreover, students have self-respect. In practice, even if they are not clear about technical actions, they are not willing to seek help from teachers. The same is true for improving professional quality.

3. How to Reform College PHYSICAL Education Teaching Through "Flipped Classroom"

The effect of "flipped classroom" has achieved excellent results in primary and secondary education, and has also accumulated a lot of experience for the adoption of "flipped classroom" in higher education. Therefore, by studying the good aspects and reasons of "flipped classroom" in primary and middle school classrooms, we need to extract them from college teachers. Only by making reasonable and scientific adjustment can "flipped classroom" reach the predetermined target in college physical education. For colleges and universities, the "flip" class is a kind of new try, although we have a strong confidence for such model of education, but in the concrete teaching, also need to be earnest efforts, as far as possible, improve the learning enthusiasm of the students of physical education, and gradually improve the students' physical quality, let the students, teachers and the school can enjoy "flip" class to bring results.

3.1 Design Novel Network Courseware

To make good use of the good helper of "flipped classroom", we also need our PE teacher to

design the network courseware carefully, so that students can enjoy a good start. For physical education, how to design network courseware is a relatively difficult thing, which needs to combine theoretical knowledge with practical practice in a reasonable and interesting way, so that students have the desire to further study. Therefore, when designing the network courseware, we can also design the courseware with the current hot spots and professional sports knowledge according to the current hot spots of students' attention combined with sports. In the courseware, it is also necessary to design the connection between the homework outside the classroom and the teaching content in advance, so that there is no conflict and students have the enthusiasm to complete the homework under the circumstance of learning sports knowledge.

3.2 Make Proper Study Assignments

Through the network courseware, students learn the theoretical knowledge, how to let students finish the study work efficiently is the next key point. Compared with the previous education mode, PE teachers can arrange and supervise students to complete practical exercises on the spot. However, under the mode of "flipped classroom", how to make students have the consciousness of autonomous exercise is what teachers need to pay attention to. Assignments should be designed and checked in a low - time multi - frequency mode. To a set of actions and dismantling as can be done separately, allowing students to clock in work in turn, skip to the operation of the unskilled, the content of the first complete can, through data collection, the teacher can get all the students any movement of data, so that the teacher to analyze data and make the next class courseware, but also on the playground and class, can also be reflected in view of the students, targeted solution, can greatly improve the learning efficiency, make the teachers according to the different situation of students teaching and guidance.

3.3 Display Teaching Achievements

The essence of "flipped classroom" differs from general teaching in that the classroom content is repeatable. According to this characteristic, students can be encouraged to upload personal practice videos or inter-group practice videos, and the excellent works can be put on the top for other students' reference and practice. After all, it is easier for students to ask questions from each other. For students who have shortcomings in the practice process, such a way as the Internet can let them put down their concerns, sincerely show their shortcomings, and then accept the correct guidance of the teacher. In addition, teachers can gather excellent videos together and divide them into separate modules, which can provide students with references in the practice process and stimulate students' motivation to learn. This is a very good method for the overall teaching rhythm.

4. To Summarize

"Flipped classroom" for physical education in colleges and universities, is a new ideas, new things, but also help students to improve the physical education learning interest of the good helper, while absorbing experience, combined with good aspects in the sports teaching in university, to develop a suitable for college sports education mode of "flip" class, through this new model, we also believe that the students sports of bias will disappear, passion for the sport will be gradually rising, the teacher can also be found better students interest and specialty in sports, to cultivate students, multifaceted development has a great help.

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