

Exploration on the Construction of Online and Offline Hybrid "Golden Course" -- A Case Study of College Sports Aerobics Course

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Abstract: Under the influence of the Internet era and the epidemic, in order to carry out teaching as scheduled, college courses are sometimes conducted online and offline. Exploring the construction of online and offline hybrid "golden class" in colleges and universities will be helpful to the teaching effect and quality improvement of college physical calisthenics. In this paper, with the colleges and universities sports aerobics course as an example of online hybrid "gold" exploration for the Angle, the comb and summarize the research field related theoretical results and research, to discover and reveal online hybrid "class of gold exploration to the construction of the path, for college courses related to the implementation of online teaching provides certain reference and reference.

1. The reason why the Course of College Physical Calisthenics Offers Online and Offline Mixed "Golden Course"

With the development of network technology, college physical education teachers also began to reform teaching methods, using online teaching platform to teach, combined with offline teaching, in order to improve the teaching quality and teaching effect of college physical calisthenics course. To some extent, using online teaching platform to assist aerobics teaching is the innovation of traditional aerobics teaching. With the introduction of information technology, online teaching platform as the effective carrier of teaching information is utilized in aerobics teaching, further open, individualized teaching mode, students become the main body in the process of education and teaching, also facilitate teachers to supervise and check the students' learning process, to motivate students' learning enthusiasm and inspire students' potential.

2. Research on the Construction of Online and Offline Hybrid "Golden Course" in College Physical Calisthenics Course

At present, online teaching in colleges and universities has become an effective auxiliary means of offline teaching. Coupled with the impact of COVID-19, online teaching has become one of the teaching methods that universities can rely on. After the concept of "golden Course" was put forward in 2018, it was written into the Document "Notice on The Spirit Implementation of The National Undergraduate Education Work Conference in the New Era" issued by the Ministry of Education, proposing to eliminate "water course" and create "golden course" to effectively improve the quality of course teaching.

2.1. Research Status of Online and Offline Hybrid "Golden Course" Construction

The research results on the construction of online and offline hybrid "golden class" are mainly divided into two categories. The first type is the research on the construction of online and offline hybrid "golden course" for various courses. As ZhenLi, li in July 2021, published in the journal of anhui agricultural sciences "online hybrid building the course practice and exploration, with animal

biochemistry course as an example, starting from the connotation of "gold", put forward the optimization of animal biochemistry course teaching content and build online teaching mode's point of view, And from the construction of online teaching platform, interactive teaching, teaching evaluation objective system and other aspects of the proposed teaching model suggestions; The other is the research results on the construction path of online and offline hybrid golden courses. Such as DiaoHongLi, shi-bin xia, xiao-guo Chen, Huang Yongbing waiting in August 2021, published in the journal of higher education, the article on "environmental microbiology course online hybrid" gold "construction path exploration and thinking", points out that university courses plays an important role in promoting in talents cultivation, to the decision of the talent training quality has the key function. Based on the environmental microbiology course as an example, from the curriculum goal orientation, teachers construction, course content and resources building, teaching method and mode, evaluation method and system, the innovation of the course and characteristics, and so on, puts forward the online hybrid path of the construction of the "gold", and provide some reference for the construction of related courses, and using for reference. For example, Zhan Liang and Dong Hongxing, in their article "Research on The Construction Path of Online and Offline Hybrid Golden Course" published in Business Accounting in the 13th issue of 2021, believe that in order to achieve the goal of hybrid "Golden Course" proposed by the Ministry of Education, The teaching system can be constructed from the perspectives of rational use of online and offline teaching resources, updating and optimizing teaching content, extensive collection of teaching materials, development of three-dimensional teaching materials, etc., and an effective golden course research path can be constructed from the perspectives of making good use of online teaching platform, innovating assessment methods and forms, and adding ideological and political construction.

In general, there are few research achievements, few research perspectives, and not enough research innovations and breakthroughs in the construction of online and offline hybrid "golden class", which need to be analyzed and studied from more perspectives.

2.2. Research Status of College Sports Aerobics Curriculum

There are relatively more research achievements in college sports aerobics course, and the scope and field of research have been expanded. It probably includes three categories: one is the path analysis of online "golden lesson" of calisthenics for physical education major. For example, Zhang Guanjie and Xu Hua published the article "Path Analysis of Constructing Online" Gold Course "of Calisthenics for Physical Education Majors in Colleges and universities", and put forward the research purpose of how to build online gold course to better face the impact of COVID-19 on teaching in colleges and universities, and proposed that the basic feature of gold course is "gender once". From the optimization of teaching staff, perfecting the curriculum content, some Suggestions on online information fusion network teaching in colleges and universities sports education professional aerobics online for the construction of the "gold" train of thought, and proposed the corresponding build path, which attaches importance to the construction of online teaching platform, enrich teaching contents, course content online FAQ, optimization of online examination system. The second is the research on the teaching system and teaching mode of college physical Calisthenics course, such as Wang Yaoqi's research on The Construction of College Physical Calisthenics Course System published in Contemporary Sports Science and Technology in June 2021, to analyze the college physical Calisthenics course system. And points out the current problems existing in the system building is the target system, content system and curriculum system is imperfect, points out their corresponding perfect measures, points out that in the colleges and universities sports aerobics course system construction, must reform the teaching form, to perfect evaluation and teaching innovation system. Thirdly, the problems and countermeasures of calisthenics teaching in colleges and universities are studied. Such as mei-qin li, zhao bin in November 2020 articles published in the journal of contemporary sports technology on problems and countermeasures of colleges and universities aerobics teaching research, points out the problems existing in the colleges and universities aerobics teaching including the lack of

infrastructure, to improve the quality of teachers, teaching content single lag, the degree of the understanding of the students is not enough, lack of students' music and rhythm and so on, It also puts forward some measures, such as strengthening infrastructure construction, innovating teaching means and content, paying more attention to calisthenics and enhancing students' sense of music and rhythm. Fourth, the teaching value and development strategy of calisthenics courses in colleges and universities "Research on the teaching value and development strategy of Calisthenics courses in colleges and universities" that the teaching value of calisthenics courses in colleges and universities lies in shaping the body posture of college students, stimulating the physiological function of college students, improving the biochemical indicators and immunity of college students, etc. The effective teaching methods and strategies can be adopted to introduce multimedia teaching methods, good demonstration teaching, and increase the teaching methods such as competition and performance.

3. Conclusion

The introduction of information-based means for "online and offline" hybrid teaching in college physical education curriculum is very in line with the inevitable trend of the development of the times, especially to meet the personalized learning needs of college students, which is an important way to improve the quality of curriculum teaching. Aerobics online and offline mixed courses require teachers to design courses more carefully than traditional classroom teaching, arrange teaching contents, arrange different emphases before, during and after class, make more work preparations before and after class, and constantly learn and actively listen to the suggestions and feedback of peers and students to improve their own mixed teaching level.

In general, there are few research results that are close to the theme of online and offline hybrid "Golden Class" construction of "College Physical Calisthenics" in domestic academia. However, there are relatively more research results on online and offline hybrid "golden Class" construction and college physical calisthenics course respectively. However, there are some problems such as serious homogeneity of research content, insufficient innovation and breakthrough of research direction and thesis. In order to complete the research on the construction of online and offline hybrid "golden course" for the course of "College Sports Aerobics", it is necessary to further develop ideas, expand the connotation and extension of the research, and in-depth excavation and analysis, so as to obtain more ideal and valuable research results.

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