

Reform and Exploration of Online Teaching of Physical Education Courses in General Universities in the Context of the New Crown Epidemic

Junpeng Wang^{1, a}, Peng Zhang^{2, b}

¹Department of Physical Education, Shanghai Maritime University, Shanghai 201306, China

²Basic Education Department, Shanghai Civil Aviation College, Shanghai 200235, China

^awangjp@shmtu.edu.cn, ^b2021018@shcac.edu.cn

Abstract

In the context of the continuing epidemic of the new crown outbreak, online physical education in general universities faces new challenges. This paper analyzes the main problems in the current online teaching of physical education courses in general colleges and universities, and finds that the management system of online physical education teaching is confusing, the teaching effect is poor, the selection of teaching contents is unreasonable, the teachers' classroom standards are not uniform, the teachers' informatization level is low, and the informatization software is cumbersome and practical. In response, we proposed measures to strengthen teaching supervision and management, establish a "database" for online sports teaching, strengthen teachers' informatization level, and innovate and research online education teaching methods. It means to improve the online teaching level of university physical education teachers in the new era, explore scientific and reasonable teaching management measures, and create high-quality online physical education classes.

Keywords

NEW crown epidemic; General college; Physical education; Online teaching; Reform exploration.

1. Preface

At the beginning of March 2022, a new round of new crown epidemic broke out in Shanghai. Since March 12, Shanghai universities were notified by the higher education commission to implement quasi-closed management and to switch to online teaching one after another. With the continuous development of information technology and the recurrence of the new crown outbreak, online teaching has become a complementary way to integrate higher education into the daily teaching process. Online teaching is not only a need for the current epidemic prevention and control, but also an important part of the current and future period of time to deepen the information technology teaching reform in vocational education. [1] Compared with traditional offline teaching, the online teaching method breaks through the traditional teaching time and space limitations and has the advantages of being less affected by the spatial environment and learning whenever and wherever you want.

Physical education is a discipline that focuses on physical activity exercises, and because of its special nature, it is influenced by online teaching. How to scientifically and rationally set up online physical education to meet the needs of students to participate in physical exercise to improve physical fitness is a problem that contemporary university physical education teachers need to seriously consider. In the process of participating in online physical education, the author found many problems and many disadvantages in the actual operation process, which are worthy of consideration and investigation by college physical education teachers.

2. Problems in Online Sports Teaching

2.1. The Online Teaching Management System Is Confusing and The Degree of System Improvement Is Not Enough

Since the outbreak of the new crown epidemic in 2020, universities across the country have experienced at least one semester of "no classes, no school". They have accumulated experience and organizational strategies for online teaching and learning in the face of the epidemic. However, some universities have only introduced a "temporary" management system for one semester, which is highly imperfect. Therefore, since the 2022 outbreak of the Omicron strain in some cities across the country, universities have adopted a temporary closure policy and switched from offline to online teaching. For the online teaching of physical education subjects in colleges and universities, the guidelines were given in the Guidance on Further Improvement of Online Teaching of Physical Education Courses in Higher Education During the New Coronavirus issued by the Ministry of Education on March 21, 2020, but the specific implementation was done by the physical education departments of colleges and universities individually, lacking corresponding supervision mechanisms, and there were imperfections in the implementation of teaching content settings, etc. Because the matter is online, there are deviations in information communication and task understanding, which can affect the implementation of the release of specific teaching contents and bring adverse effects to the teachers and students of the course.

2.2. The Effect of Online Teaching Is No Better Than Offline, And It Is Difficult to Achieve the Real Exercise Effect of Physical Education Class

2.2.1. Online teaching is affected by the students' location environment, most of the students can only through home and dormitory conditions, activity space is limited, many sports that require larger sports fields and the use of equipment is not suitable for online course length is shortened, the quality of the content of the lesson is reduced.

2.2.2. Usually an offline physical education course lasts for 90 minutes, teachers can make full use of the teaching time for teaching content arrangement, and can arrange sufficient preparation activities, technical movement explanation, group exercises, error correction exercises, group confrontation, relaxation stretching and other content settings. In contrast, physical education courses using online teaching, affected by factors such as network equipment, must shorten the class time, and the venue is limited, and also to reduce the teaching content correspondingly, and the teaching quality will be greatly reduced.

2.2.3. Poor classroom atmosphere and no sense of presence. Unlike offline classroom lessons, teachers can organize students to practice in groups and groups, while students learn technical movements together with a strong sense of classroom atmosphere, and students will actively cooperate with teachers to practice movements under the influence of the surrounding environment. Students who are in home conditions to participate in online physical education classes can hardly achieve the same learning effect. It is more dependent on the students to complete the exercise tasks assigned by the teacher, and the teacher is unable to monitor each student's practice.

2.3. The Choice of Teaching Content Is Unreasonable and Does Not Fully Consider the Actual Situation of Students' Home Conditions

By the end of February 2022, the number of online catechism courses in China exceeded 52,500, with 370 million registered users, and more than 330 million school students have been awarded catechism credits, ranking first in the world in the number and application scale of catechism courses.[1] Searching sports as the keyword in China Student Catechism, 389 results were retrieved. The online sports content covers soccer, basketball, ping pong, feather, athletics,

swimming, recreation and health, competition and confrontation, etc. There are many sports courses covered, but there is little room to choose the ones that really meet the home exercise. The sudden outbreak of the new crown epidemic forced some students to stay at home, while others were in school dormitories and even in isolated hotels. Compared with offline physical education classes, the situation that sports venues are limited, sports equipment cannot be guaranteed, and students' sports equipment is unreasonable is an important issue that cannot be avoided. How to make scientific and reasonable teaching content design, and fully take care of the students' condition under different conditions, is also a problem that school sports departments and physical education teachers should fully consider. In the past, offline physical education courses were offered through the system of the school administration office, in which students chose the physical education courses they were interested in, which included many categories, including soccer, basketball, volleyball, badminton, table tennis, tennis, martial arts, sparring, swimming, aerobics, yoga and other physical education courses that meet the physiological and psychological characteristics of contemporary college students. The design of online physical education courses should avoid choosing the content of courses that do not meet the actual home conditions of students such as confrontation classes and equipment, and then choose to pay more attention to the physical function of students, beautiful movements, soothing physical and mental characteristics of the program, and to study and design physical education courses that really meet the home exercise.

2.4. Teachers' Online Physical Education Classes Have Uneven Standards and Autonomy, With No Uniform Standards

Unlike theoretical classes in the classroom, physical education is more of a physical practice based course that reveals the process, nature and laws of various sport phenomena. The subject has an extremely important role in developing students' physical fitness, motor skills and social adaptation. The disciplinary characteristics of physical education classes determine that if all physical education teachers implement online live classes, it is impossible to ensure that all teachers can successfully demonstrate uniform and standard movements, and due to the limitations of the venue environment equipment and other factors, online physical education classes can not play the maximum value of physical education teachers. And if the physical exercise part of the content suitable for home exercise part of the old teachers' physical physiological and other functional degeneration and other reasons, the standard of action demonstration can not reach the desired effect, but also will have a negative impact on students.

2.5. Some Veteran Teachers Have A Low Level of Information Technology and Cannot Fully Adapt to The Online Teaching Mode

The current rapid development of network information technology, various types of educational teaching software apps, web pages, small programs, public numbers and other content are emerging. Teachers' online teaching ability varies, and they generally lack online teaching experience and cannot quickly adapt and give full play to the advantages of network technology as it should. [3] Some old teachers, due to their slow acceptance of new things, focus more on the traditional teaching mode, and are significantly behind in information technology compared with the younger generation of teachers, lacking the knowledge of operating and processing content such as video shooting condition requirements, video editing, curriculum setting, online test paper score ratio setting, correcting assignments, and uploading video information. And with the popular development of online teaching in the future, these objective problems in front of us cannot be ignored.

2.6. The Information Software Design Is Not Rational Enough and Does Not Mention the Unique Nature of Physical Education Discipline

Most of the online teaching platforms for physical education courses use platforms such as StudyTalk, Tencent Conference, Nail, and Muchen. Such platforms have developed functions for online teaching that are suitable for most of the functions commonly used in theoretical courses, and the coverage rate of all courses has almost reached 100%. However, for physical education courses, which are mainly physical practice courses, there are no differentiated features to reflect. In the process of actual use, the "Learning Pass" software, for example, is really cumbersome to use in terms of course setting editing, assignment setting and correction, exam content setting, exam score distribution, and batch scoring of assignments, and it is easy to make mistakes in operation. Network type, equipment support, information communication is not timely, and from time to time, we try to replace the throw can not be solved and other phenomena occur frequently, bringing unnecessary trouble to teachers and students.

3. Proposed Solutions for Online Sports Teaching

3.1. Strengthening Supervision and Establishing A Multi-Level Management System for Online Physical Education

Strengthen the mechanism of linkage between the upper and lower levels of sports online teaching, and realize a multi-level management system from the school's academic affairs office - sports department - teaching and research department - teachers - students. Strengthen the supervision, supervision and management mechanism for teachers. According to the Ministry of Education's "Guidance on Further Improvement of Online Teaching of Physical Education Courses in Higher Education Institutions during the New Coronary Pneumonia", a specific operational rule-based document conforming to the appropriate implementation of our physical education departments is formulated, and a physical education online teaching curriculum development group is established. Different class time plans can be developed, and the study and judgment will be made in advance according to the development of the epidemic, and the specific implementation should be dynamically adjusted. It can be divided into short cycle of 4 lessons, medium cycle of 8 lessons and long cycle of 16 lessons to ensure that the course plan and course outline are scientific and reasonable, and the final plan is to prepare 30 lessons in case of emergency. To reasonably use all kinds of network resources, constantly improve the assessment mechanism and teaching evaluation, teaching evaluation design to consider the actual operable situation of students, scientific and reasonable development of teaching evaluation mechanism, to prevent the formalism of doing for the sake of doing, and reasonably guide students to consciously and actively participate in fitness and exercise. Strengthen the learning attitude and other content accounted for the total score and timely teaching feedback, at the end of the semester secondary school questionnaire issued to students, timely grasp of student dynamic ideas to make the necessary improvements. Extensive consultation with teachers, statistical collation, constantly updated to improve the teaching of physical education online.

3.2. Establishing An Online Teaching "Database" and Constantly Updating It to Meet The Needs of Future Physical Education

The physical education department of colleges and universities should establish a "database" of physical education online teaching according to the actual situation, and design specific and operable courses for students at home, without sports equipment and other unfavorable conditions. According to the "Development History of China's Student Physical Fitness Monitoring", the physical fitness of college students in China is still declining, and at the same time, the physical shape is also changing, especially the obesity rate continues to rise.[3] In the

curriculum design, we should insist on the comprehensive implementation of "physical exercise content as the main content and physical education option content as the supplement". [5] To ensure the appropriate exercise load for students. At the same time, we should also take into account the differences in the curriculum, consider the different interests of male and female students, and provide a variety of course options, such as fitness, physical fitness, martial arts for male students, and aerobics, yoga, Tai Chi for female students. In the design of physical fitness courses, the national college student physical side program should be used as a design reference, and the physical qualities such as strength, speed, agility, flexibility, explosive power, coordination and core strength of students should be fully considered. Different physical qualities to use a variety of exercises to stimulate, in the students practice to different qualities at the same time, increasing the fun of the exercise, help to alleviate the tedium of single training. Teachers can continue to enrich their online teaching "skill base" based on various fitness apps, such as keep, Chinese university students' catechism platform, fitness bloggers in Jitterbug, etc. During the period of static management in Shanghai, "Liu Jianghong", as a phenomenal netizen fitness blogger, is all over the net, and men, women and children are competing for fitness cards. Its movements are simple and practical, the amount of exercise is moderate, and the required site conditions are simple, which meet the basic conditions of home exercise, and provide a good reference for our college physical education teachers.

3.3. Strengthen the Level of Information Technology of Physical Education Teachers and Update the Existing Knowledge Concept

Teachers in colleges and universities should always maintain the ability to learn and adapt to modern information-based education and teaching modes. Since young teachers have high level of informatization, strong Internet computer skills and fast acceptance of new things, one-to-one support activities for new teachers - retiring teachers can be used for guiding old teachers to use online teaching software for live recording, course setting and homework correction for older teachers. At the same time, online teaching training seminars are carried out within the department. The training content mainly includes the design of online courses, teachers' IT literacy, teachers' classroom organization and management, and the assessment of teachers' training effects.[5] Continuously improve the level of online teaching business ability of college physical education teachers.

3.4. Reasonably Develop Online Education and Teaching Methods and Actively Guide Physical Education Teachers in Innovative Research

Physical education teachers in colleges and universities should continuously strengthen the scientific research work of online teaching and continuously improve the innovative research ability. Each teaching and research department should give full play to its advantages and characteristics, organize regular seminars for teachers, design targeted teaching contents that meet the physical and mental conditions of college students, and exchange and share the experience of online physical education teaching. Due to the special nature of online physical education classes, some of the lectures can be adjusted appropriately, for example, using online multimedia software to give full play to the advantages of online teaching: interspersed with about 2 sections of physical education general theory classes in a whole semester, the Popularize general knowledge of sports in a theoretical + practical way, such as: scientific prevention and treatment of sports injuries, reasonable supplementation of sports nutrition, how to lose weight scientifically and effectively, how to gain muscle efficiently for boys, etc. The teaching means is a combination of recorded and live broadcast, a combination of prescribed courses + optional courses, such as the requirement to design 2-4 online live classes and practice, physical education teachers can choose the form of instruction within a certain range, to a certain extent to give teachers the power of choice, the purpose is to take care of veteran teachers or teachers who are not applicable to online teaching. Design physical fitness

challenges, such as push-up challenge, sit-up challenge, etc., to stimulate students' interest in participating in exercises and increase classroom interactivity, and give appropriate awards to the top finishers and give students an appropriate amount of extra points in the classroom participation link in teaching evaluation.

4. Conclusion

With the continuous development of information technology, the online teaching mode will gradually be used as an auxiliary teaching method in the daily teaching process. The future teaching in colleges and universities will be conducted in the way of offline teaching mainly and online teaching as a supplement, and the organic combination of the two will complement each other. To give full play to the advantages of online physical education teaching, strengthen the degree of physical education teachers' awareness of online teaching and continuously improve online teaching ability. It is necessary to make students the main body and mobilize various competent departments, teachers and students to form a multi-level linkage to effectively improve the quality of online sports teaching. In the actual operation process, we should also eliminate the problems of formalism, one standard and two sets of programs, and do a good job of supervision and management to guarantee the effective and implementation of online physical education.

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