

Discussion on the Application of Micro-course Mode in College physical Education Teaching

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Keywords: College physical education teaching; Micro-class mode; Application and discussion

Abstract: From the point of view of the use of micro-class mode in the educational industry of our country, although the micro-course has developed very rapidly, it has not been well applied in colleges and universities in our country, and physical education teaching occupies a very important position in university educational activities. Carrying out physical education teaching activities can not only help students to exercise their bodies and enhance their physical quality, but also cultivate students' sports spirit and sense of unity. This paper mainly focuses on the application of micro-course mode in college physical education teaching.

1. An Overview of the Model of Micro-class

1.1 The composition of microlessons

Micro-class refers to the educational digital resources according to a certain cognitive law. Micro-class can save both teachers and students more time, and the main part of micro-class is teaching video. Most microclass videos are very short and concise, including teaching reflection and teacher comments to help students learn microclasses. Different from the traditional teaching mode, micro-class can integrate more teaching resources, and can also put the role of teaching resources to the greatest. It is a kind of teaching resources developed based on a single teaching resource.

1.2 The characteristics of microlessons

1.2.1 Short time

The application of micro-class in the education industry of our country is not very common, and teaching video is one of the important components of micro-class. Generally speaking, microclasses do not exceed 10 minutes, often between 5 minutes and 7 minutes. Because of this form of micro-class, students can learn through piecewise time, and micro-class can focus on teaching difficulties to help students preview and review. Different from the traditional teaching methods, students mainly play a role in consolidating knowledge points.

1.2.2 Less content

Compared with the traditional education and teaching, the micro-class more reflects the teaching difficulties and highlights the teaching theme. The application of the micro-class in the teaching activities can help the students to better master the teaching difficulties, and can also highlight the teaching content of this stage. Compared with the traditional teaching mode, the micro-class has a more concise content, but the role played should not be underestimated, so the micro-class can also be called the micro-classroom.

1.2.3 Vivid teaching situation

Microlessons are mainly the combination of teaching topics and teaching venues, set up as a teaching situation. With the help of micro-class, teachers can integrate more network resources, let students receive more learning information, but also make video more interesting, stimulate students' subjective initiative, but also meet students' learning needs, so that students can learn spontaneously.

2. The Application Strategy of Micro-course Mode in College physical Education Teaching

At present, the use of micro-course mode in our country is not very ideal. In the physical education teaching activities of colleges and universities, the micro-course mode is still in the exploratory stage. This paper mainly summarizes several application strategies of micro-course mode in college physical education teaching.

2.1 Cooperate with other teaching resources

The micro-class model can effectively improve the quality and efficiency of college physical education teaching, and can also improve the current situation of college physical education teaching classroom. However, when teachers really carry out physical education teaching activities, teachers often do not use micro-lessons, because most teachers still lack the awareness of micro-lessons. However, if teachers know how to use micro-lessons and make use of other high-quality teaching resources, they can enhance the quality of physical education teaching to a great extent.

2.2 Combined with the teaching mode of conventional courses

By observing the situation of physical education teaching in colleges and universities in our country, we can see that teachers have not been able to adapt to the micro-class mode, and there are many teachers who do not have the ability to make micro-lessons. The traditional teaching mode still occupies a dominant position in physical education teaching in colleges and universities at the present stage. Teachers should improve their computer application ability and keep up with the pace of the times. When teachers apply micro-class, teachers should also selectively apply it, choose appropriate resources, on the basis of understanding students' learning ability and learning situation, combine the traditional teaching mode to improve the efficiency of physical education teaching.

2.3 Adjust the application mode of micro course according to the actual teaching situation.

Teachers should also take into account the students' learning characteristics and learning level, as well as their own teaching characteristics, and give full play to the role of micro-lessons, but the current physical education in colleges and universities in our country is aimed at the small number of students, so teachers can use micro-lessons to explain the students' learning situation.

3. The Application and implementation of Micro-course in physical Education Teaching in Colleges and Universities

3.1 Combined with the traditional classroom teaching mode

The traditional classroom teaching mode in our country is restricted by many factors, so it is difficult for teachers to fully play the role of physical education teaching. However, in the present stage of physical education teaching in colleges and universities, the traditional teaching mode is the most important teaching mode, so even if teachers want to update the teaching concept, they should also take into account the characteristics of the traditional teaching mode, the traditional teaching mode should not be completely replaced after the emergence of micro-classes, because the traditional teaching mode also has its unique advantages, so teachers should combine the traditional teaching mode. The role of physical education teaching in colleges and universities will be brought into full play. At present, there are not many physical education hours in colleges and universities in our country, so teachers are carrying out physical education teaching. When moving, also should pay attention to the class hours, but because of the class time limit, therefore causes the physical education classroom teaching quality also difficult to obtain the big enhancement. Teachers should apply micro-class mode in the process of physical education teaching activities, because micro-class mode can effectively help teachers save class hours, and micro-class can also improve the shortcomings of traditional teaching classes. According to the actual situation of physical education, teachers should arrange the resources of micro-class reasonably and guide students to study micro-lessons, which cannot only help students to lay a good foundation of sports knowledge, but

also help students to consolidate their sports skills.

3.2 Determination of Application platform

When teachers carry out physical education teaching activities, teachers should use micro-lessons to integrate all kinds of resources, so that students can choose and improve their own knowledge system spontaneously. In this way, the advantages of micro-class have also been reflected, so teachers should upload more micro-class resources, choose the appropriate micro-class platform, so that students through the micro-class platform for micro-learning. When teachers choose micro-class platform, we should first consider the network education platform, because the teaching process of the network education platform is more perfect, and it is a very good learning platform. At the same time, teachers can also use the new media platform to spread and divide the resources of microlessons. Enjoy, because the development of new media is very rapid, through the new media, teachers and students can interact in real time, at the same time, students can also receive more micro-class resources, anytime and anywhere to learn.

3.3 The habit of guiding students to study microlessons in physical Education

In college physical education teaching, in order to be effectively applied, teachers must help students to form the habit of using micro-lessons for physical education. At present, not only teachers lack micro-class consciousness, but also students lack micro-class consciousness. Micro-class can promote students to study spontaneously, micro-class can also help students get rid of their dependence on teachers, and micro-class can help students strengthen their active initiative. When teachers share micro-class resources with students, if students do not learn, it is also a waste of resources. Therefore, teachers must help students develop the habit of using microclasses for physical education, enhance students' awareness of microclasses, and enable students to learn consciously. Xi.

4. Conclusion

In a word, when teachers carry out college physical education teaching, teachers can make use of micro-class, make use of more teaching resources, combine micro-class mode with traditional teaching mode, and when designing micro-class content, teachers should also take into account students' interests and students' learning situation, actively stimulate students' interest in learning and enhance the quality and efficiency of university physical education teaching on the basis of meeting students' learning needs.

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