

Research on Teaching Reform of University Sports under the Background of MOOC

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Abstract: With the development of science and technology, MOOC has become an inevitable trend of the times and social progress. University physical education is an important part of higher education. As an auxiliary and supplementary course for physical education, MOOC has a significant promoting role. The combination of MOOC and university physical education can implement policy of physical education, enhance efficiency of physical education and realize individualization of physical education. This paper gives the key points of university physical education reform under the background of MOOC to provide some references for relevant researchers.

1. Introduction

The information age is changing people's lives. The application of the admiration for lessons in education indicates that education has stepped out of the industrial civilization and entered the information age [1]. It has become a hot topic in academic circles. In practice, lectures and academic exchanges with the theme of MOOC have emerged one after another. Various media have been scrambling to introduce MOOC. In addition, the formation of a coalition of colleges and universities and basic education, the micro-videos, flipped classes, etc. in primary and secondary schools are in full swing. In this coming education reform, physical education in China is unlikely to be unaffected by this trend. The development of MOOC will benefit from the development and application of computer technology and network information technology. The course itself will use the Internet as a carrier, so that curriculum inspiration has a richer source. The enthusiasm can be stimulated, teaching evaluation and timely feedback, teaching interaction between teachers and students can be effectively achieved. The main contents of the study are the course of its own development and the development of the Internet, the impact of the course on Education under the background, the study of the course teaching in different disciplines, the recognition and effect of the course teaching, and the economic pioneering mode of the course teaching. At present, many colleges and universities in China have begun to invest in the construction of admiration courses. With the development of self-taught admiration courses, college education is also facing the opportunity of reform and development. College physical education is a compulsory course in Chinese universities. Under the background of the emergence of the admiration for courses, how to adapt to the network course and how to combine the two to improve the teaching quality of college physical education is one of the important problems to be solved urgently in college physical education. The reform of traditional teaching methods is necessary, but it needs to proceed from the actual situation of college physical education, combine online and offline teaching organically, and provide certain reference for promoting the reform of college physical education [2].

2. Significance of MOOC to Teaching Reform of University Sports

2.1 Implement Policy of Physical Education.

Traditional physical education teaching generally does not attach importance to the explanation of theoretical knowledge, which makes students lack active learning motivation for physical exercise,

resulting in poor self-learning ability of students, and the teaching content of contemporary college physical education curriculum does not conform to the actual production of social sports content. Influenced by many factors, such as the strength and teaching venues, many physical exercises cannot be realized in the curriculum. Because the concept of exam-oriented education is deeply rooted in the hearts of the people nowadays, teachers and students often only carry out teaching activities for exam-oriented projects. Therefore, teachers can not only see the short-term goals in teaching, should be combined with the lifelong impact of sports on students, adjust the teaching objectives, methods and means. In reality, most of the health courses are mere formalities, but they are not well-known. Outdoor classes which could not be attended due to the influence of rain, snow, wind and sand, fog and haze should teach sports and health related knowledge indoors. In reality, they are changed to self-study classes or other cultural classes. It is an indisputable fact that the lack of health education cannot be monitored and assessed, which ultimately leads to the lack of physical education curriculum for students. In the context of the course, experts and teachers from relevant disciplines make health knowledge points into micro-videos. Students learn a knowledge point and answer certain questions. Students learn and test the next knowledge point in turn. The computer will automatically record the learning time and test accuracy of each knowledge point, and the whole learning process and results will be effectively monitored [3].

2.2 Enhance Efficiency of Physical Education.

The flipped classroom under the Mu class platform makes efficient use of classroom time in physical education and improves teaching efficiency. In the traditional physical education, some external objective factors have restricted the quality of physical education and the improvement of teaching efficiency. On the one hand, because many sports skills in physical education are coherent and complex, artificially unable to decompose or pause, inevitably lead to some students cannot establish a clear concept of movement, students in the case of seemingly understand or not understand, can only follow the feeling of imitation, prone to erroneous concepts or actions. On the other hand, large class teaching is the crux of the current basic education in our country, but also an important factor affecting the quality and efficiency of physical education teaching. Therefore, no matter what kind of queue the teacher takes or what kind of demonstration the students cannot see or hear clearly, the learning effect will be affected. On the one hand, no matter how complex the technology is, micro-video can be displayed through pictures, text, sound, image intuition and image. Students can control and adjust their learning progress according to their own foundation, and can also pause and play back and watch it again and again, in an all-round and multi-dimensional way. On the other hand, although it has a far more than dozens of students in the class, but the large-scale learning is online learning, to a certain extent, one-to-one learning, which effectively avoids the disadvantages of traditional large class teaching. In addition, online learning can be carried out anywhere, thus effectively avoiding the outdoor learning by light, wind direction and other objective factors. In a word, the teaching mode of admiring lessons can solve the negative influence of external environment on the teaching effect of physical education, and improve the quality and efficiency of physical education teaching [4].

2.3 Realize Individualization of Physical Education.

The traditional teaching content of university sports is relatively old. Nowadays, the teaching of physical education in most colleges and universities mainly focuses on the teaching and learning of physical knowledge. The technical movements and methods taught to students are monotonous and boring from beginning to end. Most schools are based on the evaluation of skills and qualities, teaching evaluation is single, ignoring the individual differences of students. College physical education teaching is also subject to the limitations of teachers, venues and equipment, such as some ball games, there is not enough playground. It cannot guarantee each student a ball. The increasing demand of students is in contradiction with the reality, which leads to the low enthusiasm of some college students in sports learning and affects the teaching effect of college physical education. To be exact, physical education in many schools has not yet formed a scientific and systematic teaching

system, the teaching content of various stages is lack of scientific and effective cohesion, and seldom according to the actual situation of students to develop unique teaching content. In the physical education teaching of class teaching system, PE teachers have to face all the students with the same progress and content. It is difficult to teach students in accordance with their aptitude, which makes it difficult for students with weak physical education foundation to learn and keep up with the teaching progress. Talent and potential cannot be improved to the greatest extent. Mu class provides the best platform for solving individual differences in physical education teaching. Under the teaching mode of Mu Course, students can choose different progress micro-videos according to their own basis, and study in accordance with their own way and rhythm to achieve personalized teaching. In the classroom, PE teachers take one-to-one and targeted guidance according to the actual situation of sports skills, and implement differential teaching, so as to maximize the development of each student on the original basis.

3. Key Points of Teaching Reform of University Sports under the Background of MOOC

3.1 Establish Teaching Team.

With the advancement of information construction in Colleges and universities, advanced network hardware and software provide a flexible network teaching platform for physical education teaching, which overcomes the traditional teaching problems such as absence from classes due to participating in competitions and training, or unable to attend classes due to venues and time conflicts. Physical education teachers should give full play to the advantages of the network in teaching, set up the teaching team of physical education represented by the lecturer, perfect the network teaching content and network curriculum system through comprehensive resources, let students obtain the most abundant and cutting-edge sports teaching content, encourage students to study independently and explore independently to be more open. Psychology to participate in network learning and interaction, mobilize their enthusiasm and interest in physical education curriculum learning, promote the reform of physical education curriculum. With the advancement of information construction in universities, the network teaching platform of college physical education is built based on the concept of admiring courses, and the teaching space and time are expanded. Subject groups and teaching and research departments should set up PE teaching teams represented by lecturers, perfect the network teaching content and network curriculum system, let students obtain the most abundant and cutting-edge PE teaching content, encourage students to study independently and explore independently, so as to participate in network learning and interaction with a more open mind and mobilize their bodies. Enthusiasm and interest in learning courses. Teams work together to actively answer questions raised by students on the Internet platform and solve puzzles online and offline to overcome problems in traditional teaching that students miss classes because of participating in competitions and training, or because of stadiums, time conflicts and shortage of teachers. In order to carry out better physical education, teachers and students in Colleges and universities must update the existing teaching concepts, and promote the combination of admiration and college physical education.

3.2 Develop Teaching Resources.

Physical education courses in Colleges and universities include theoretical courses and technical courses, teaching venues can be divided into indoor and outdoor, network teaching methods are different. Theoretical courses such as sports training, sports physiology, sports anatomy and other courses mainly teach basic theoretical knowledge. The development of this kind of course website resources mainly focus on the development of sports skills in the course of writing and pictures as the main technical courses such as ball, gymnastics, martial arts and other courses. The course website resources should be animation, micro-video lessons. Mainly. Based on the concept of "Mu Course", the teaching resources of physical education are developed separately, and the network teaching mode is innovated through the production, storage and dissemination of relevant sports video. The students are allowed to actively participate in the study and discussion of physical education courses,

and get rid of the limitations of traditional teaching time and venues. For students to learn at anytime and anywhere, to overcome site conflicts and other issues. The change of teaching concept is the precondition of teaching reform and the precondition of realizing network teaching under the background of MOOC. For College PE teachers, under the background of MOOC, actively changing teaching concepts and innovating teaching methods can improve the teaching level of PE courses. Physical education teachers through the production, storage, dissemination of relevant sports videos to innovate network teaching methods, so that students actively participate in the study and discussion of physical education courses, get rid of the limitations of traditional teaching time and venues. Physical education teachers should make great efforts to create a real learning situation in the network teaching design, show the exploring process of solving the problem, guide the students of physical education major to learn from various ways, increase the interaction between students and teachers, and improve the quality of physical education teaching. The teaching advantage of Mu class platform provides an opportunity for the reform of physical education teaching in universities. MOE has the advantages of being open, large-scale, comprehensive and systematic. Through the development and production of physical education curriculum can be divided into physical education curriculum and teaching content set time in about 10 minutes of a video clip.

3.3 Expand Teaching Channels.

The advantage of the teaching model is that it is open and large-scale, and can realize online, offline, anytime and anywhere teaching and learning. Under the background of MOOC, PE teachers in Colleges and universities can release the developed teaching resources through the network platform, and students can learn by using various information devices such as smart phones, tablets and so on. PE teachers should study independently through the network, expand their knowledge, cultivate the ability of information acquisition, information analysis and information processing, and improve their own information literacy. To be able to help students solve various problems, we should not only have broad and solid professional knowledge, master the basic theory and skills of related disciplines, but also dare to challenge new technologies, and dare to explore advanced information technology platform. Physical education teachers should make great efforts to create a real learning situation in the design of network teaching, expand the teaching methods of physical education, guide students of physical education major to learn from various ways, and improve the quality of physical education teaching. At present, the MOOC curriculum in foreign countries has a higher degree of development, while achieving certain teaching results, in the work of physical education has a certain experience. At the same time, our colleges and universities should carry out the reform of MOOC curriculum with a flexible attitude. We should carry out the flexible curriculum according to our own development and the current situation of the development of sports curriculum. At the same time, in the course of development, attention should be paid to feedback on physical education curriculum, through the students' intuitive feelings to enhance the construction of network curriculum results.

4. Conclusion

University physical education curriculum has the characteristics of practical discipline. As a kind of supplement, the teaching model of MOOC is a good supplement to the teaching of college physical education, and cannot replace the traditional teaching of physical education. Under the background of Mu class, the teaching of college physical education takes learning as the main body to improve students' ability of independent learning. Physical education teachers should follow the pace of the times, innovate teaching model to improve the quality and effect of physical education.

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