

Analysis on the Effective "Flipped" Way and Experiential Teaching of College Physical Education

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Abstract: At present, physical education in colleges and universities is mainly based on employment, mainly to cultivate the ability and physical fitness of college students after graduation. However, there are still many problems in the process of college physical education. These problems have an important impact on life style and work attitude for college students, so the primary problem at the moment is to adopt effective strategies to solve related problems in the process of physical education in colleges and universities in a timely manner. This paper analyzes the defects of sports experiential teaching in domestic colleges and universities, discusses the advantages of experiential physical education, and then puts forward the application of experiential teaching strategies in college physical education, in order to improve the quality of physical education in colleges and universities.

1. Introduction

In recent years, domestic education has been constantly reforming, especially in the physical education of higher education institutions. Although many colleges and universities have successively carried out experiential physical education at the present stage, and some achievements have been made in various aspects, the content of theoretical teaching in some colleges and universities still cannot meet the practical needs. The physical education teaching problems in higher education institutions have gradually become prominent, and the sports of colleges and universities have not been fully utilized. The role of teaching, all of the above problems require the attention of domestic universities. Therefore, in order to improve the quality of experiential teaching in colleges and universities, in college physical education, teachers need to encourage students to actively participate in various sports projects as much as possible, and improve the teaching quality of colleges and universities while improving students' enthusiasm for learning. With the deepening of the reform of physical education in colleges and universities in China, the old physical education teaching model has not adapted to the needs of talents in the future social development. The construction of physical education teaching mode is the most important part in the reform of physical education teaching. China's physical education reform will have a positive role in promoting. Compared with other disciplines, physical education has special professional characteristics. The teaching content has both theory and practice. In traditional physical education, teachers must explain the theoretical knowledge of technical movements and demonstrate technical movements in a certain period of time. Explaining and demonstrating take up a lot of time. It is difficult to ensure that both the teaching effect and the physical quality should be improved in a limited classroom time. The emergence of flipping classroom teaching mode provides a way of thinking about the construction of physical education teaching mode. The essence of flipping classroom is to use information technology and computer technology to change the learning environment and realize the model of educational innovation. This model allows students to watch before class. Teaching video or courseware, through classroom teacher-student interaction to solve problems, internalize knowledge, feedback, evaluation, consolidation and improvement after class. Flipping the classroom not only increases the interaction between the students and the teachers, but also makes the students' personalized learning time a new "mixed learning method".

2. Feasibility analysis of the application of flipping classroom in college physical education

Physical education aims to cultivate learners' "lifelong physical education" training ability. Through the teaching process, learners can master the movement techniques and form sports skills. In the teaching of teachers, it is necessary to carry out intuitive teaching of the technical movements taught, that is, through demonstrations, wall charts, videos and other means. The purpose is to enable learners to learn technical movements more intuitively. The emergence of the flipping classroom is catering to the requirements of physical education. Through the teacher's processing and editing of the teaching video, the video of the more standardized and more standard athletes is used as a model teaching resource to make the teaching more intuitive and detailed. At the same time, pre-school learning saves time for teachers to explain and demonstrate in the classroom, increases the time for learners to practice, and increases the density of practice. The content of physical education is mainly specific physical exercises. The acquisition of physical body and the formation of skills require time guarantee. The flipping classroom mode solves this problem better. Liu Wei (2009) believes that the combination of network advantages and actual physical education, the Internet as a teaching transmission system, the dissemination of teaching content for long-distance learners, the use of network characteristics and resources to create a new learning environment, Learning activities that enable education goals to be more effective. According to the survey, since the appearance of the flipping classroom, the flipping classrooms carried out by 10 schools in the United States have achieved good teaching results. At present, the flipping classroom teaching mode is mainly concentrated in the teaching of primary and secondary schools, and has not been found in the teaching of higher education, especially in college physical education. At present, under the background of how to improve the quality and effect of teaching through teaching reform, the emergence of flipping classroom teaching mode is an opportunity for teaching reform. Therefore, it is particularly necessary and urgent to apply the flip classroom teaching mode in college teaching, especially in physical education.

3. The impact of experiential teaching in college sports

Even though in recent years, colleges and universities have carried out experiential education courses, but there are few hardware facilities in physical education. For example, there is still a shortage of sports equipment in the construction of stadiums. The main reason is the lack of funds for sports investment and the recruitment of colleges and universities. Students cause human factors such as the increase in the number of students and some objective factors. Coupled with the lack of perfect sports facilities, this also affects the effectiveness of physical education, leading to physical education can not really meet the needs of students.

From the past surveys, it can be found that the structure of many college physical education courses is relatively simple, often only paying attention to the completion of the teaching plan, and the lack of consideration of actual results. At the same time, many colleges only set up physical education courses in the first year of their freshman and sophomore year. Students in juniors and seniors do not need physical education classes, and there is only one class per week. Such a physical education class arrangement, students are prone to the phenomenon of disconnected knowledge points, coupled with college students usually neglect to exercise, it is prone to sub-health. What's more, some colleges and universities have canceled the physical education curriculum in order to better carry out other curriculum education, which has seriously deteriorated the physical quality of students and seriously hindered the quality education of students.

As far as the development of education in New China is concerned, many people have been hurt because of the examination-oriented teaching. At this stage, domestic education is still the main educational goal of exam-oriented education, and it is difficult to change in a short time. What's more, many students who have passed the primary school exams and the middle school exams will have to face various exams after entering the university. The students will fall into the exam-oriented education in this way, including various levels of tests and grade examinations. In addition, the arrangement of colleges and universities in physical education courses is mainly for

students to cope with various examinations, but does not pay much attention to students' hobbies and interests. At the same time, it ignores the awareness of cultivating students' independent movements. Therefore, college physical education is ineffective, and physical education curriculum is basically perfunctory. In the process of learning, students will not fully integrate into the process of learning, making college physical education less than expected, and thus greatly reducing the quality of college sports.

The teaching of college sports in China is mainly to better accomplish the goal of physical education in colleges and universities. This can not truly realize the main status of students. The relevant laws and regulations in China point out that physical education must put students' physical and mental health The primary position, therefore, in the teaching process, students should be subjective initiative rather than passive learning. However, in many colleges and universities in China, it does not reflect the subjectivity of students, which makes the characteristics of people-oriented teaching not reflected. In such a passive learning environment, students only passively learn, which reduces the quality of physical education.

4. Application-experienced teaching strategies in college physical education

In the physical education teaching in colleges and universities, the operation process is the external performance mode. The operation process in the experiential teaching mode mainly includes five: defining the purpose of teaching, determining the task of teaching; cultivating sports talents, enhancing trust between students; Student psychology enables students to actively cope with various challenges; students exchange with each other and share learning experiences; let students digest knowledge and constantly challenge. Since the experiential teaching mode focuses on the experience and pays attention to the exchange and conversion of various technical movements, before the start of the course, it is necessary to set up the team challenge project and personal training project, and introduce the requirements and rules of the project so that the students can fully grasp Learning points. Secondly, grouping scientifically, conducting group games, fully hoisting students' interest in learning. Again, encourage students to actively participate in the teaching experience. Finally, organize students to actively discuss and communicate, and then share the learning experience, and at the same time, combined with related projects, continuously operate and summarize the project practice, and thus improve the teaching effect.

3.2 To perfect the system of experiential teaching evaluation, we must first establish the standards of scientific evaluation, and clearly understand the goals of college sports experiential teaching, so that the educational goals are consistent with the evaluation objectives. Secondly, it is necessary to expand the evaluation content, in which the evaluation content of college sports needs to pay attention to diversified evaluation, instead of only paying attention to health testing and technical evaluation. In addition, there are many ways to evaluate the teaching process. It is not only a final evaluation and a general evaluation. It also uses a unified standard to measure the student's practices, and uses a summative and diagnostic organic combination of quantitative evaluation methods. . Finally, it is necessary to downplay the selection function, attach great importance to the development of physical education curriculum, students, schools and teachers, highlight the control function and evaluation incentive mechanism, so that the students' ability can be fully exerted.

3.3 Need to improve the quality of teaching staff in college physical education For college physical education, it is necessary to attach great importance to the construction of some young teachers' own qualities, that is, to improve and cultivate the psychological quality, moral quality and professional quality of young teachers. At the same time, it is necessary to strengthen the construction of talent training system in colleges and universities. Schools should encourage young teachers to pursue higher education as much as possible, so that teachers' professional quality and academic level can be effectively improved, and the educational concept is constantly updated, and teachers' teaching ideas are enriched and upgraded. , teaching and research capabilities. In addition, as far as possible, the reward and punishment mechanism and the competition mechanism are added in the process of building the college teachers' group, and more and more physical education teachers are trained.

3.4 Perfecting and perfecting the system of sports experiential teaching needs to improve and improve

the norms and education policies of sports experiential education in China, and at the same time improve various commendation systems, management and evaluation systems in physical education, and experience sports in colleges and universities. Teaching is integrated into the legalization and institutionalized teaching model. At the same time, it is also necessary to establish a management system for physical education in colleges and universities, and strictly implement the handling of teaching accidents, the adjustment system, the open system of public elections and the examination system for preparing lessons, as well as the methods of class assessment, education supervision and information officers. Strengthen the management and supervision of college physical education teaching process.

5. Conclusion

Teaching has gradually attracted people's attention. In traditional physical education, it is usually the teacher who explains or demonstrates one of the projects and exercises, and allows the students to practice independently. This will greatly affect the students' enthusiasm for learning. In order to stimulate students' interest in learning, experiential teaching mode has been widely used in the teaching of college physical education. This teaching mode pays more attention to the main position of students. Teachers guide students to actively participate in physical exercise, while improving students' enthusiasm for learning, Improve the teaching level of college physical education.

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