

The Application of Case Teaching Method on Physical Education

Ying Liu

Taishan University, Tai'an, Shandong, 271000, China

Keywords: Case Teaching, Physical Education, Application Study

Abstract: Case teaching method is a very important teaching method in the classroom. It emphasizes the discussion process in teaching, but does not emphasize the discussion result of case teaching. This greatly expands students' thinking and stimulates students' creativity. Especially for physical education, the implementation of effective case teaching can build a harmonious teacher-student relationship and achieve teaching and learning, which greatly promotes the common progress of teachers and students. Implementing effective case teaching is not only an inevitable requirement of quality education reform, but also a need for students to learn and grow. It is of great significance to promote classroom teaching efficiency.

1. Introduction

The case teaching method creates a relatively real teaching situation, shortens the distance between actual teaching and classroom teaching, and can easily bring students into the teaching situation. Achieving effective case teaching, students' thinking ability, creativity and analytical ability can be greatly improved, which is of great significance for developing their active learning enthusiasm. Physical education is a relatively flexible subject. The requirements for practical skills are relatively high. Case teaching can provide practical situations for specific teaching, which is very important for the promotion of students' comprehensive level.

2. Basic content and characteristics analysis of case teaching method

Case teaching method is a case based teaching. The case is essentially a dilemma of education. There is no specific solution, and teachers play the role of designer and motivator in teaching. The role of encouraging students to actively participate in the discussion. This teaching method has greatly provided the possibility of cultivating students' creative ability, and has fundamentally improved students' understanding of sports learning. The general steps of the case teaching method are several stages, such as student preparation--group discussion--summary stage. In these stages of learning, students can promote the transformation of theoretical knowledge into practical skills, and at the same time greatly enhance Their ability to communicate, which will greatly promote their future growth and development.

The case teaching method has many advantages and functions: First, it highlights the subjectivity of students and encourages students to think independently, so that students can continuously improve their analytical and thinking skills in case discussions, so that they can be in the process of learning. Taking the initiative, this is very important for fundamentally improving the efficiency of teaching. Second, guide students to become knowledge-oriented. Through the practice of case teaching in physical education, the students' practical ability has been greatly improved. This process is the process of transforming theoretical knowledge into practical skills, which is of great significance to enhance the practical value of knowledge. Third, because the case teaching is inseparable from the teaching discussion, the process of case teaching is actually a process of continuously improving communication skills. It is of great significance for improving the distance between teachers and students and achieving two-way communication between teachers and students.

3. The importance of case teaching method for physical education

Case teaching method can achieve effective teacher-student interaction, thus promoting the common progress of teachers and students. In case teaching, teachers are not only teachers but also students. On the one hand, teachers are the masters of the entire teaching, master the teaching process, guide students to think, organize discussion and research, summarize and summarize. On the other hand, through joint research in teaching, not only can you find your weaknesses, but you can also learn a lot of emotional materials from students. It can be seen that in the case teaching process, teachers and students promote and grow together. They are not only the teacher-student relationship in the traditional sense, but also the common learning participants. In this process, both teachers and students can The other side has learned a lot, which has promoted their common progress and development.

In physical education, the teaching of theoretical knowledge is only one aspect, and the most important thing is the improvement of students' practical ability. Only by fundamentally improving students' practical skills and letting them master more practical methods and techniques can they fundamentally mobilize their initiative and learning enthusiasm and develop their potential. The implementation of case teaching method can greatly enhance students' practical ability and operational skills, so that they can consciously establish self-confidence in the process of learning, so that their initiative and enthusiasm can be maximized. Personal growth and progress play a very important role. Through the practice and application of case teaching in the physical education classroom, students can contact and learn a large number of practical social problems, and realize the transformation from theory to practice, which is of great help to the improvement of students' comprehensive ability.

Another advantage of the case teaching method is its vividness and specificity, which greatly enhances the efficiency of classroom teaching. The most important feature of case teaching is its authenticity. Because the teaching content is a concrete example, combined with the image, intuitive and vivid form, it gives people an immersive feeling and is easy to learn and understand. In the case teaching process, classroom practice through group cooperative learning, group discussion, etc., can greatly highlight the authenticity of case teaching, so that students can flexibly use their strengths and strengths to learn. Enhancing their learning ability and learning effect is of great significance and significance for deepening the reform of quality education. In short, the case teaching method has a very important promotion significance for physical education. Only by fundamentally realizing the combination of this teaching method and physical education can we meet the goal of quality education and better promote the cultivation of talents.

4. Implementation of the case teaching method

The implementation of the case teaching method should follow certain implementation links, and timely identify the timing of introducing the case. The case teaching should be closely linked in the physical education classroom. The theory and practice are closely combined to make the whole physical education class active and let the students in the knowledge. Exercise in the ocean.

In the preparation stage of the case, it is necessary to prepare a case with strong logic according to the student's knowledge reserve and interest orientation. The content of the sports case should be targeted, interesting, and feasible. It is possible to design a coherent case in a physical education class. It is necessary to consider the proportion of design case teaching, and the timing of the case. Note the other knowledge content involved in the case and explain it as an extension.

With the continuous updating of teaching techniques, there are more channels to display teaching methods, such as the use of tape recorders, video recorders, slide projectors, projectors, computer multimedia teaching aids to showcase a classic real case, students participate in multiple senses In the classroom teaching environment, it is more helpful for students to learn the sports knowledge behind the case in a more realistic situation.

The analysis of the case plays a leading role in the entire teaching process. According to the

phenomenon reflected in the case, the physical education teacher should propose common problems to guide the students to analyze. The analysis of the case can divide the students into several groups. Each person must analyze and think about the specific situation of the case, and then analyze and think according to each person. The results are summarized in the group. The results of the analysis should not be too singular, and must have certain openness to cultivate the development of students' diffusive thinking.

The discussion of the case plays a crucial role in the entire teaching process. Through the analysis of the case, personal and group views are formed. According to different viewpoints, it is necessary to discuss it, encourage discussion between groups, discuss among students, and encounter incentive discussions. Teachers should be clear-minded and have a good mind. The time of discussion should not exceed the teaching plan and affect the implementation of the follow-up teaching plan. At the same time, the physical education teachers should also grasp the deep integration of horizontal and vertical knowledge in the case teaching, so that there is an extension and center, so that the whole learning process is based on student self-learning. To enhance students' interest in learning.

After the discussion of the case, through the analysis and discussion of the knowledge points involved in the case, the students can further understand the relevant knowledge points. At this time, the students can try to simulate the case and practice. In the process of sports practice, the teacher should While doing the correct guidance, students should look for the strengths and weaknesses of students in the process of learning sports, conduct scientific guidance and help, and make the theory of sports and the practice of sports more closely and closely, so that students can learn new things. Experience the joy of harvesting in the process of knowledge and skills.

On the basis of fully respecting the opinions of students, physical education teachers should give a summary evaluation of the problems and viewpoints involved in the case. It is necessary to encourage and praise students' innovative ideas. Teachers should not only comment on the knowledge points behind the case, but also It is necessary to dig deeper into the content of sports events. For example, if you want students to understand the rules of sports competitions, you can give examples of the failure of athletes in the sports events because they do not understand the rules of sports competitions. Let students understand the rationality and scientificity of the rules through their own thinking and discussion. Finally, with the teacher's correct guidance, students can be a person who abides by the rules in the future study, life and work.

The application of case teaching method in physical education should build a perfect classroom teaching evaluation mechanism. First, the specific evaluation method should be combined with the characteristics of the discipline of sports. Since physical education is a discipline that emphasizes practical skills, when evaluating, it is important to examine the student's case analysis ability, and for those unnecessary theoretical knowledge, the evaluation can be slowed down. Second, ensure the diversity of the evaluation subject. Because the practice of case teaching method in physical education is often achieved through group cooperation, it can be carried out in several ways, such as mutual evaluation, self-evaluation of students, mutual evaluation of teachers and students, etc. This will not only create a harmonious teaching atmosphere, but also implement the most scientific, diverse and personalized evaluation methods. In short, the implementation of a scientific and perfect classroom teaching evaluation mechanism plays a very important role in the practice and development of the case teaching method.

5. Conclusion

The case teaching method plays an important role in physical education. Actively developing case teaching can build a harmonious classroom to a large extent, promote the communication and communication between teachers and students, thus greatly developing students' initiative and creativity, and achieving personal growth. And progress creates conditions. The practice of case teaching method in physical education teaching can greatly highlight the goal of quality education, which is of great significance to the improvement of students' comprehensive ability. Through the practice of case teaching in physical education, students' creativity and imagination have been

greatly improved, which has enhanced students' comprehensive ability in sports and fundamentally deepened the reform of quality education.

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