

Research on the Teaching Management Model of “Flipped Sports Classroom” on The Basis of WeChat Platform

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Abstract: Currently, great changes have taken place in our daily life along with the constant development of global scientific and information technology. So it is very essential for us to achieve the development of human beings in the information era. And the development of our teaching cause under the background of “Internet plus” has been an issue we must think about carefully. This paper mainly analyzed current situation of college sports teaching and aimed at integrating WeChat platform with it to realize the design and purpose of flipped sports classroom.

1. Introduction

With the constant development of Internet technology recent years, human beings have entered a information society, and we have been essential parts in the era of “Internet plus”. New times background has brought traditional teaching with great challenges and new opportunities. We can integrate traditional teaching with Internet to make our classrooms more lively and free, which can also make students more enthusiastic about learning. Online teaching platform and office have been significant for college teaching. It can be seen that more information technologies will be introduced into future college education to help teaching get better results.

Among various network platforms, nobody can ignore WeChat that has rapidly changed our daily life. It replaced previous text messages and phone, beat a series of social software, and eventually becomes vital for us. Besides, WeChat is something that can maintain relationships among people, such as enjoying happiness with families, keeping in touch with friends and negotiate business with commercial partners. Also, people can share what happened in their life through WeChat Moments, greatly shortening the distance between people. Now, some learning software are trying to use this platform to teach. Users should accomplish the daily scheduled task by sharing in the Moments. It is helpful to their learning.

In addition to these above advantages, we cannot neglect the number of WeChat users. In China, there have been 900 million active users each month, and a lot of third-part platforms have entered the WeChat through official accounts and mini programs. All of these advantages are what we should apply into our teaching management model.

2. Current situation of college sports teaching

Chinese college sports teaching has a rather long history of development. In 2011, it was required that sports teaching should pay attention to every student’s development demands and achieve individualized teaching. In reality, however, lack of teaching staff and equipments has resulted in our horrible sports teaching, let alone students’ promotion of physical and moral quality. Meanwhile, old teaching model fails to match with modern technology. As a result, students find the sports class too dull and gradually lose interest and attention in it. And what students learn in such an old teaching model is just about basic theory, not through practical teaching. The sports teaching reform requires that students should receive the fundamental sports knowledge in class, and spontaneously use related physical skills and knowledge after class. In short, sports teaching should be covered both in and after class. Some problems existing in our sports teaching are as follows:

2.1 Insufficient emphasis on sports teaching

Lack of importance attached to sports teaching exists every stage of sports teaching, no matter in the stage of compulsory education or higher education. And this phenomenon comes from schools to teachers and students. Schools hardly put resources and energy in sports teaching, so there are numerous disadvantaged problems, such as sports teachers' lower salary and rather old sports equipments. As for those teachers, they are not enthusiastic about their own work due to lower salary, and they fail to make effective innovation with teaching contents, just teaching some basic sports knowledge. And students are likely to ask for leave or lose interest in exercise because of larger academic burden, which is bad for the teaching effect. It is exactly the insufficient attention that exerts a negative impact on our sports teaching.

2.2 Backward sports teaching methods

In generally, we are more likely to teach students some basic theoretical knowledge outdoors and make them conclude experiences in their own practice and instruct practical action. The traditional model fails to help students understand standard movements of some sports activities, causing their misunderstanding with some skillful movements and increasing the risk of being hurt in real exercise. In such an era with rapidly growing information and Internet technology, sports teaching with few applications of modern technological means cannot effectively instruct students.

2.3 Obscure training objectives of sports teaching

Our sports teaching is to satisfy the fundamental policies of national quality education, aiming at training students to become talents with overall development and contribute to the development of socialist cause. But the purpose is too broad in the real teaching, and the result is that we have no specific training objectives or requirements to specifically train students. And this problem makes our sports teaching have no starting point. Therefore, teachers usually teach students basic theory and then let them have free activities, failing to teach based on students' demands. In order to change this situation, we are supposed to formulate detailed teaching objectives and systems according to requirements of teaching syllabus, and make our sports teaching organized, which can not only inspire students' learning interest but greatly improve teaching effect.

3. Meaning of flipped classroom and its integration with sports teaching

Flipped classroom model is obviously different from traditional one that is teachers-oriented and students are just responsible for receiving knowledge. While in the flipped classroom, students are the principal parts of reaching and they have to finish their studies with their positive learning. It can effectively stimulate students' learning interest and subjective initiative, and make themselves become the director of learning and have independent thinking^[1].

The origin and development of flipped classroom model is close with the advent of Internet era where students can easily search related teaching videos on Internet, consolidate what they have learned after class and flexibly use knowledge. Students are truly given the study initiative and opportunity to master their own learning. In addition, the time proportion in class and after class can be effectively adjusted, namely, students learn basic theories after class, but discuss and solve existing problems in class, greatly improving class effects.

In the previous teaching model, students also had access to video teaching, but it is not enough available in our teaching due to its long time span, obscure content arrangements and test for students' exam preparation. However, all these problems can be solved with the development of information technology, which makes the flipped classroom teaching come into use.

In China, there have been some scholars researching the integration of flipped classroom and sports teaching, mainly aiming at the methods, and pros and cons. These researches are still on the layer of theory, few of which refer to its practical integration. In some related literatures, we can see from students' sports grades that flipped classroom model has exerted a positive impact on students' physical qualities and spirits, which is of great benefit to their future healthy work and adaptation to

new environment. In addition, teachers and students have exchanged their positions, and students become the learning director, while teachers are responsible for leading the right learning direction and solving problems students meet in the exercise^[2].

Flipped classroom makes it possible to effectively continue our sports teaching, manifests its functions and lays a solid foundation for the later integration.

4. Methods of WeChat platform constructing teaching management models for sports flipped classroom

It is necessary to respect students' principal status in the construction of flipped sports classroom based on WeChat platform. We must guarantee that students can truly learn physical knowledge not superficially. So management models of sports teaching must be made new design.

4.1 Make new design with classroom contents

The principal status of students in learning is emphasized in our flipped classroom model. But due to the difference between physical teaching and cultural courses, students should preview the key and difficult points on the WeChat platform to ensure the class effect. Teachers' teaching videos should also make explicit explanation with some problems in the theory learning to help students gain a better understanding.

Before class, sports teachers are supposed to have a rough mastering with each student's physical quality and give individualized teaching and guarantee the proper degree of exercise according to requirements of sports teaching. Teachers should also take the difference of students' understanding abilities into consideration and have detailed explanation with some obscure knowledge. Meanwhile, teachers should set up rules for the activity time in sports class to ensure students' practice with theoretical knowledge and effectively avoid injury. In this way, students can have deeper understanding with sports teaching before class and in class, and have more enthusiasm about learning. The sports teaching result will certainly be better.

4.2 Evaluate teaching effect after class with WeChat platform

After class, teachers can upload teaching videos to the WeChat platform, which is convenient for students to review what they have learnt in class and conclude experience in repeated learning^[3]. At the same time, students can communicate exercise experience though WeChat and grow up with each other. What's more, students should test their physical qualities every semester, which needs the WeChat platform to supervise their exercise and physical condition. And they can monitor their own physical conditions on WeChat, timely adjust their situation and improve their physical qualities.

4.3 Design teaching based on students' psychology

Students learning in colleges are mostly adults, having their intrinsic thoughts and behaviors, and flexible thinking. And they have no interest in dull theoretical knowledge. Most importantly, students passively accepted knowledge before they entered colleges, so they lack certain awareness and ability of autonomous learning. It is a challenge for them to suddenly change the teaching model.

Thus, teachers are supposed to have a better mastering with students' psychology, fully inspire their enthusiasm and ensure the time and quality of theoretical learning after class. And as for the content design before class, teachers should pay attention to the difficulty level, and mark the key points for students' better previewing. If the contents of teaching video is too difficult, students will reduce their learning enthusiasm, which is not good for the development of later teaching work. But on the contrary, students will fail to effectively learn the difficult points. Besides, when students are exercising in class, teachers should timely instruct and correct them, deepen students' right understanding with theoretical knowledge and improve our sports teaching effect.

5. Conclusion

At present, global scientific and information technology are experiencing rapid development. Our sports teaching also conforms to the development trend of the era, which means transforming traditional class model, applying flipped classroom model to sports teaching and carry out sports teaching with the platform of WeChat^[4]. In order to realize these goals, we should be aware of the backward teaching methods, single means and insufficient emphasis, and then design teaching contents, assess and supervise students through WeChat, truly improve the function of sports teaching, and train new talents for the development of socialist cause.

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