

## Research on the Cultivation of Students' Theory and Practical Ability in Gymnastics Courses of College Physical Education Majors Based on OBE Concept

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**Abstract.** OBE concept is one of the top three concepts of professional certification in China. With the gradual advancement of the professional certification of the teacher class, the implementation of the cooperative training model of the theory and practice of gymnastics teaching is the trend of the times. Based on this, this paper combines the current situation of physical education work in higher normal colleges and universities, and puts forward a practical and innovative ability training strategy, aiming at strengthening the comprehensive quality of physical education students.

### Introduction

OBE (Outcome based education), which is output-oriented education. The basic idea is that the goal of instructional design and teaching implementation is the learning outcomes that students achieve through the educational process. OBE concept is one of the three concepts of professional certification in China and plays an important guiding role in professional certification of teachers. Gymnastics course is the core course of physical education major in colleges and universities, and it is the key course for the cultivation of teachers' comprehensive ability in physical education. To this end, it is imperative to actively promote the reform of gymnastics teaching and cultivate the ability of gymnastics teaching theory and practice in physical education majors.

#### Basic Requirements and Strategies for Cultivating Teaching Design Ability.

Teaching design refers to setting the stage teaching objectives according to the syllabus and the overall quality of the students, then compiling a complete teaching process, adopting reasonable teaching methods and finally formulating the teaching plan.

##### 1.1 The Basic Requirements for Gymnastics Teaching Design

###### 1) Clear Teaching Objectives

When clarifying the purpose of the staged teaching or the teaching purpose of a particular technical project, it is necessary to systematically analyze the teaching objectives, specific items and processes set by the gymnastics syllabus and teaching materials, and take this as a benchmark to comprehensively consider the overall quality of the students and determine Development of technical teaching and ability in one teaching unit and project.

###### 2) Preferred Teaching Content

To ensure that students can quickly grasp the technical points and laws in a limited time, the prerequisite is to rationally adjust the teaching content of gymnastics, highlighting the primary and secondary. In this regard, teachers should study the gymnastics syllabus, teaching materials and professional counseling publications thoroughly to clarify the teaching objectives of gymnastics courses and understand the basic content.

###### 3) Adjust Teaching Process

On the basis of the preferred teaching content, teachers need to actively adjust the teaching process, and then focus on the proportion of class hours and the coordination of each link to ensure the rationality and standardization of technical action teaching.

###### 4) Select Reasonable Teaching Method

In the process of technical action teaching, it is necessary to accurately grasp the technical characteristics of the action and clarify the difficulties. Take the decomposition teaching method after the comprehensive consideration of the order of these problems.

### **The Feasibility Strategy of the Design Ability of Training Gymnastics Teaching.**

#### **1) The Comprehensive and Systematic Research of Teaching Materials**

Studying gymnastics teaching materials is the key link in classroom teaching design. Teachers should learn more about the main content system and basic characteristics of teaching materials. Clarify the difficulty of teaching and adopt the best treatment strategy.

#### **2) Overall Design**

The overall design of gymnastics teaching covers the design of each course, including teaching tasks, teaching difficulties, course structure, teaching process, auxiliary props and safety protection measures, etc. The overall design should be based on completing single design, deepening students' rational cognition and accumulating emotional experience. In addition, teachers should focus on cultivating the overall design ability of students to achieve the purpose of standardization of instructional design.

### **Basic Requirements and Strategies for Cultivating Teaching Abilities**

Writing teaching plan is a work that combines language skills and expression skills. At the same time, it is also an important part of cultivating the theoretical and practical ability of students majoring in physical education.

#### **Basic Requirements for the Preparation of Gymnastics Teaching Plans.**

##### **1) Clear the Purpose of Writing a Teaching Plan**

The teaching plan must meet the basic requirements of the syllabus. Generally speaking, the common problem in the preparation of teaching programs for physical education students is the lack of purpose. So, teachers should pay attention to this link and give necessary guidance and help for students.

##### **2) Writing a Teaching Plan with Plans**

The planning of the teaching plan refers to refining the teaching process and basic content of each technical movement in the plans, while it also requires rationally allocating time and selecting the teaching strategy. In the process of writing a lesson plan, the integrity, the standardization and the order of the content should be guaranteed as much as possible.

##### **3) Ensure the Scientific Rationality of the Content of the Lesson Plan**

The scientific rationality of the teaching content refers to ensuring the accurate analysis of the theoretical analysis of the technical movements and the core principles, and conforms to the basic requirements of the human body function training and teaching system. And the language of the lesson plan should be concise and clear, and the writing should be neat.

#### **The Feasibility Strategy for Cultivating the Ability of Writing Gymnastics Teaching Plan.**

Special exercises for writing lesson plans should focus on the format and content of the lesson plans, and then use simple language, accurate terminology, and standard drawings. In the process of compiling gymnastics lesson plans, it requires adjusting the font and size appropriately except focusing on the main teaching methods. Different color handwriting can be used to highlight key content. After completing the lesson plans, targeted simulation teaching should be used to verify the accuracy of the lesson plans and correct errors in a timely manner.

### **Basic Requirements and Strategies for Developing Visual Presentation Skills**

In the process of gymnastics teaching, visual demonstration is one of the basic skills necessary for physical education teachers. The visual demonstration mainly includes simulation actions, demo image wall charts and audio-visual methods. Among them, the simulation action is with the high application frequency.

#### **Basic Requirements for Visual Demonstration of Gymnastics.**

##### **1) Clear the purpose of Visual Demonstration**

In the gymnastics teaching session, the form and characteristics of visual demonstrations of different technical actions are essentially different. To this end, in the process of applying some

form of practice, the purpose of the demonstration should be clearly combined with the teaching situation.

#### 2) Strengthen Sensory and Perceptual Participation

We all know that gymnastics techniques are quite complex and require unconventional spatial position movement and fast conversion. Students should cooperate with the senses and perception to improve the sensitivity of the response.

#### 3) Ensure the Correctness of the Visual Presentation

Simulated action is the most direct way to ensure that students can master the technical essentials. That's why teacher's action demonstration must be accurate and in place. Students should be guaranteed to master the movement rules quickly through the reciprocal correction.

#### 4) Use the Teaching Method of Action Decomposition

In the visual demonstration teaching, coherent teaching and decomposition teaching play different roles. Usually, physical education teachers need to demonstrate technical movements in a continuous manner so that students can master the movement characteristics. Also, the decomposition teaching method can be taken to let the students observe the details one by one and strengthen the quality of the demonstration teaching.

#### Feasibility Strategy for Cultivating Visual Demonstration Ability of Gymnastics.

In the visual demonstration of gymnastics, the application frequency is quite high. The key to cultivating students' ability in this aspect is to master the technical movements and exercise the demonstration skills in a proficient and standardized manner. In addition, the use of demo wall charts, props, multimedia and some other methods can give full play to the specific advantages of intuitive teaching as well.

### **Basic Requirements and Strategies for Cultivating Language Organization and Expression Skills**

In the process of gymnastics teaching, language expression is a necessary condition for teaching and guiding students to master technical essentials. In the meanwhile, the level of language expression is also a key indicator to measure the comprehensive teaching ability of physical education teachers. Language expressions mainly include statements, tips, instructions, passwords and corrections, etc.

#### **Basic Requirements for Language Organization and Expression.**

##### 1) Language Expression Should be Accurate, Clear and Concise

The accuracy of language expression means that in the process of gymnastics teaching, teachers should ensure the accuracy of theoretical concepts, judgments and logical reasoning. Clearness refers to the theory and core principles of analyzing technical movements when presenting technical actions. Conciseness means that the language should be concise and clear. Highlighting the primary and secondary, grasp the key points and use the terminology flexibly.

##### 2) Language Expression Should Pay Attention to Control the Rhythm

In the process of gymnastics teaching, the language expression of the teacher must be prioritized. Teacher should control the speed and rhythm to ensure that students can quickly obtain information and adjust emotions.

##### 3) The Inspiring of Language Expression

The inspiring language of the teacher can stimulate students' thinking, mobilize their subjective initiative, and then play a correct guiding role and deepen their understanding of technical movements.

#### **The Feasibility Strategy for Cultivating Language Organization and Expression Ability.**

##### 1) Question Training

In the daily teaching work, teachers should adopt the method of asking questions and focus on cultivating students' organization and expression ability of language. In the process of gymnastics teaching, questions should focus on the sense of hierarchy, highlight the key points and guide the academics with plans. Normally, question training mainly includes guiding questions, inquiring

questions and intensive questions according to functional differences.

## 2) Trial Training

The trial training is based on questions, and encourages students to teach lectures in the near stage of graduation. Before the trial teaching, the teacher should pre-define the trial teaching process and the basic content, let the students prepare the lesson plans in advance and conduct the rotation test after the unified review of the teacher. The main content of the trial teaching is to command and dispatch the team. Through objective evaluation, the defects of each student are clarified, so as to improve the ability of trial teaching and lay the foundation for adapting to the position.

## **Basic Requirements and Strategies for Cultivating Technical Observation Capabilities**

In the gymnastics teaching, combined with the teaching content, it is essential to adopt an intuitive teaching method to organize the action demonstration. This method allows students to consciously observe technical movements and quickly master the essentials.

### **Basic Requirements for the Observation of Gymnastic Technology.**

The observation of gymnastic movement technology mainly includes the following two aspects: The first one is to analyze and observe the demonstration movements and practice movements in the teaching practice training. The second is to observe gymnastics techniques through props, flip charts and performances.

Observe the accuracy of the position. If the position and angle of observation are not suitable, students will not be able to see the complete action flow and cannot grasp the technical points.

On the basis of ensuring the accuracy of the observation position and angle, it is necessary to control the observation distance. Normally, the observation distance between the support jump action and the instrument use skill should be controlled within the range of 3-5 meters in gymnastics teaching. At different stages of gymnastics teaching, due to the differences in technical movements, sometimes, it is necessary to observe complete movements, and sometimes it is necessary to decompose technical movements one by one.

### **The Feasibility Strategy for Cultivating Gymnastic Technique Observation Ability.**

#### 1) Coherent Observation

Coherent observation refers to guiding students to observe the entire technical movement demonstration process to ensure that students could form a completed concept.

#### 2) Decomposition Observation

Decomposition observation refers to the action of decomposing technical actions into various standards to urge students to grasp the in-position rate of movements. And ensure the overall movement quality after cyclic training.

#### 3) Comparative Observation

In the teaching process of gymnastics, using contrast observation is helpful to attract students' attention and guide them to think independently, and finally let them develop a good habit of thinking on the basis of mastering the essentials of technical action.

## **Basic Requirements and Strategies for Developing Protective and Helping Skills**

Offering the necessary help and providing safety protection is not only an important measure for gymnastics teaching, but also a necessary skill for students majoring in physical education. A brief introduction to this aspect is given as below.

### **Basic Requirements for Protection and Help.**

#### 1) Enhance Responsibility

In the help and protection operation, teachers should give students sufficient patience and devote themselves to the teaching. There must be no negligence to ensure the safety of the students.

#### 2) Proficiency in Technical Movements

Mastering technical movements is the necessary foundation for protection and help. The basic

characteristics and standard requirements of each gymnastics technical project are different. Teachers should ensure the basic safety of the practitioners according to individual differences and maximize the safety of training.

### 3) Master the Professional Skills of Protection and Help

Position, strategy and timing are the three essential elements in gymnastics teaching. The specific strategy is to divide the students into different groups. In the course of practice, the team members should be assisted and cared for each other to ensure personal safety. Also, should pay attention to the force, direction and action area.

#### **Precautions for Applying Protection and Help.**

##### 1) Clear Space Station, Flexible and Smooth shift

In the process of gymnastics teaching, we must give full play to the practical role of protection and help. After a large amount of practical teaching accumulation, we can know that only by mastering the regularity of different gymnastics technical projects, clearing the space station and flexibly shifting, can we ensure protection and help to exert practical effects.

##### 2) Accurately Control the Timing and Level of Assistance

In the gymnastics teaching, accurately controlling the timing of protection and help and controlling the degree of guidance and assistance are necessary conditions for ensuring students master the technical essentials. Under normal circumstances, for beginners, it is often necessary to increase the guidance intensity appropriately. As the skill level jumps, the assistance is gradually withdrawn to ensure that it gradually masters the technical essentials.

##### 3) Timely DE protection Under the Premise of Ensuring Accurate Parts

In the process of gymnastics practice teaching, choosing the timing of separation from protection is the key to ensuring students quickly master the technical essentials and ensure personal safety. Leaving protection too early will increase the personal safety hazards and cause unnecessary accidental injuries. But too late can lead to excessive dependence and reduce the efficiency of training.

## **Conclusion**

Combined with the above, it can be seen that gymnastics teaching is a process in which teachers teach theoretical knowledge, cultivate professional skills and train willpower. It is the key link in the training process of physical education teachers in primary and middle schools, and is an important indicator point for professional certification of physical education majors. In the actual gymnastics teaching process, teachers should follow the basic principles of words and deeds, deeply explore the basic essentials of technical movements, and take targeted teaching methods for the overall quality of students to comprehensively improve the level of physical education. And then strengthen students' mastery of gymnastics knowledge and improve their gymnastics teaching skills for further improvement.

## **Acknowledgement**

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