

# Research on the Necessity of Using Blended Teaching Mode in Physical Education in Colleges and Universities

Fuchu Song

Hubei University of Police, Wuhan 430034, China

2332953998@qq.com

**Abstract.** The necessity of applying the blended teaching mode in college physical education teaching is discussed from four aspects: the needs of changes in the information age, the needs of educational informatization reform, the needs of learning and innovative talents training, and the needs of physical education itself. Explanation and discussion. It is inevitable that education informatization will change education and promote education. The use of blended teaching in college physical education requires the transformation of educational thinking and educational concepts, and through teaching reform, to give full play to their respective advantages and learn from each other's strengths, in order to truly solve the problems in the process of physical education teaching. The problem.

**Keywords:** Blended Teaching; Education Informatization; College Sports; Online.

## 1. Introduction

With the development of information technology and the reform of teaching methods, the blended teaching model has realized the organic combination of online teaching activities (online) and traditional classroom teaching activities (offline). The application of blended teaching mode in college physical education is also an imperative reform.

## 2. The Changing Needs of the Era of Intelligent Information

In the era of intelligent informationization, the emergence of terms such as computer, Internet, mobile network, artificial intelligence, sensor technology, mobile terminal, etc., integration, intelligence, innovation, and integration have become the keywords of social development. All of this information shows that the fourth industrial revolution will surpass the previous three technological revolutions in terms of speed, scale and impact. The educational revolution is a comprehensive change in the educational system caused by information technology represented by computers and the Internet. In particular, computers and mobile terminal devices that are almost ubiquitous in people's daily life have brought earth-shaking opportunities to education. The revolutionary impact of information technology on education is becoming more and more obvious, especially since 2015, Premier Li Keqiang proposed the concept of "Internet +", which provided the educational field with a source of power for reform, and then a new concept of "Internet + education" emerged. Concepts, all kinds of new resources, new technologies, new platforms, and new ideas are cited in education and teaching. In 2019, the National People's Congress included "Developing Internet + Education and Promoting High-quality Resource Sharing" in the government work report.

The development of information-based teaching tools, the speed-up and convenience of the network, provide a direct material guarantee for the reform of the teaching field, which is in line with the development trend of the times and is valuable. The deepening of intelligent information technology in education and teaching is constantly updating educational concepts, making educational concepts from closed to open, from single to multiple, and from one-size-fits-all to personalized.

The blended teaching mode is a new concept, new method, and new model, which is an educational and teaching form that adapts to the development of social informatization, and has the characteristics of diversification, individualization, and intelligence. Blended learning is not about technology per se, it is about a shift in a student-centred, individualized instructional model that ensures each

student's learning success. In the blended teaching model, educational services are gradually transformed from the original supplier-driven to the learner-driven, and the needs of learners are more concerned by education, and the quality of education and teaching is constantly adjusted and improved according to students' feedback on education and teaching. Blended teaching can help teachers make full use of information-based teaching resources to carry out teaching, enrich teaching content, improve teaching effects, and shorten the distance between teachers and students. The relationship between teachers and friends makes the classroom atmosphere more harmonious, and students enjoy learning while enjoying the fun. Also learned scientific and cultural knowledge. For example, the current popular flipped classroom, smart education, MOOC, etc. are all hybrid teaching models that flexibly use information-based teaching tools, and they inject new sources into education. In today's advocacy of educational informatization teaching reform, the introduction of blended teaching mode in physical education is a beneficial exploration, which can not only effectively solve the shortcomings of traditional physical education, but also help to improve the quality of physical education.

### **3. The Need for Education Informatization Reform**

The state has formulated and issued many documents for the reform of educational informatization, which provides policy incentives and guarantees for accelerating the reform of educational informatization. For example, in 2012, the Ministry of Education issued the "Ten-Year Development Plan for Education Informatization (2011-2020)", and on April 13, 2015, the Ministry of Education issued "Opinions on Strengthening the Construction, Application and Management of Online Open Courses in Colleges and Universities". It is necessary to promote the deep integration of information technology and education and teaching, especially the application of information technology in higher education, strengthen the construction of online courses, actively promote teaching reform, and advocate the application of information technology to update education and teaching concepts, reform teaching methods, improve education and teaching quality, and cultivate innovation. talents, etc. On February 27, 2014, General Secretary Xi Jinping emphasized at the first meeting of the Central Cyber Security and Informatization Leading Group that "without informatization, there will be no modernization". The "Education Informatization 2.0 Action Plan" issued in April 2018 also clearly stated that leading the modernization of education with the support of educational informatization is a strategic choice for my country's education reform and development in the new era, and is of great significance for building a strong country in education and human resources. .

The national level has attached great importance to this, and has formulated many guiding documents on the reform of educational informatization. The significance of educational informatization is just as President Xi Jinping emphasized that without informatization, there will be no modernization. Actively promoting the integration and innovation of information technology and education is a common cause of mankind. major issues facing.

College physical education teaching should seize the opportunity and integrate into the reform atmosphere. As a front-line teacher, we must actively understand the spirit of the national documents, actively use informatization teaching, integrate informatization into physical education classrooms, actively carry out teaching reform, boldly innovate the construction of physical education online courses, and organically combine online courses with traditional courses.

### **4. The Need for the Cultivation of Learning and Innovative Talents**

Talent is inseparable from education, and education needs to cultivate innovative talents. In 2010, Article 32 of the "National Education Reform and Development Outline (2010-2020)" promulgated by the state pointed out: "It is necessary to innovate the talent training model, deepen the reform of education and teaching, innovate the teaching and teaching methods, explore a variety of training methods, focus on The combination of learning and thinking advocates heuristic, inquiry-based,

discussion-based, and participatory teaching to help students learn to learn.” On May 23, 2015, Chinese President Xi Jinping pointed out in his opening congratulatory speech of the first International Conference on Educational Informatization: "To build a learning society where everyone can learn, can learn everywhere, and can learn from time to time, cultivate a large number of innovative talents, and actively promote The integration and innovative development of information technology and education is a major issue faced by mankind.” In traditional teaching, the content of school curriculum includes knowledge and understanding of a series of subject areas, practice and process skills, etc., which is a relatively stable entity and can be assured It has been passed down from generation to generation, with little change, and most of the teachers' teaching time is still on how to help students realize the memory, repetition or simple description of knowledge, that is, shallow learning activities. However, higher-order thinking activities such as "application, analysis, evaluation and creation" that focus on the comprehensive application of knowledge and creative problem solving have not received enough attention in current classroom teaching. However, opinions and theories develop and change, and new discoveries and inventions overturn previous perceptions of fact. Constant changes in our understanding of the world, as well as changing work patterns, mean a greater emphasis on developing lifelong learning skills.

Blended teaching requires physical education teachers to transform from traditional teachers of physical education knowledge and skills to developers of digital online courses for college sports, and organizers and answerers of online learning [6]. Teachers become the organizers of teaching activities, no longer the absolute leader of learning, no longer blindly instill sports knowledge and skills to students, but guide students to learn, promote students' comprehensive development of independent learning, cooperative learning, inquiry learning, and even Become a participant in student learning. For example, the learning mode of flipped classroom has changed from "teaching first, then learning" to "learning first, then teaching", breaking the fixed and process-based course learning mode, and students' autonomous learning and collaborative learning ability have been greatly exercised; From blindly accepting knowledge to understanding and creating, students can conduct independent and personalized learning through the powerful teaching resource information base of the online teaching platform. Enter the master class from anywhere. Therefore, how to monitor and guide students' learning ability and tendency, and emphasize how students learn, is particularly important. Blended teaching teachers can also break through the limitations of time and space, provide guidance according to the knowledge and technical characteristics of different students, teach students in accordance with their aptitude, and dynamically adjust teaching content and methods according to students' individual characteristics and learning needs, so as to meet the needs of different students to the greatest extent. To meet the learning needs of students, provide personalized learning services for students, and truly achieve personalized teaching with students as the main body.

## **5. The Need for the Characteristics of the Discipline Itself**

There are similarities and differences between physical education classes and other classes. Teachers not only need to communicate and explain verbally, but also need to demonstrate and demonstrate their actions in person. The cognition of technical movements needs to be explained and demonstrated, especially the movement demonstrations must be standard. Teachers can achieve the expected teaching effect by explaining, demonstrating and helping students to practice repeatedly. Everything has advantages and disadvantages, and traditional teaching and information-based teaching are no exception. From the perspective of physical education teaching different from other curriculum teaching, physical education is not limited to classroom teaching, but also includes extracurricular physical education. In the teaching process, different students will have different problems. In addition, the students' ability to correct mistakes by themselves is not high. If there is no timely guidance from teachers, they have been practicing and using wrong actions. Over time, they will develop bad or even wrong actions. Action habit. Physical education classes pay more attention to the visual communication between students and teachers. The online learning platform

provides students with a large number of learning resources. Students can understand the scientific knowledge and action essentials of sports according to their own level, anytime and anywhere. The visual communication between students and teachers is rarely considered, and it is impossible to realize the physical education classroom. The actual effect of that kind of teaching. Therefore, it is an inevitable trend to mix online and offline physical education.

Physical education is a highly practical subject, only the theoretical knowledge of physical education can be arranged in the classroom using multimedia teaching, and the main part of the practical teaching place is outdoors or indoor gymnasium, it is not suitable to use similar classroom teaching in the daily teaching process. Multimedia teaching equipment. Smartphones have become the most effective online learning tools in physical education classes. The blended teaching element is no longer a simple explanation and demonstration, but gradually integrates knowledge, resources, information, data, etc., and presents it organically in the form of text, language, pictures, and videos. Video viewing in blended teaching can enhance students' technical cognition and facilitate the formation of technical actions. Video is not limited by time and space, and can be played slowly and repeatedly, which is more conducive to students' learning and review. In addition, the learning of sports theoretical knowledge can be learned online outside the classroom, which can greatly save the time required for teachers to explain in physical education classes, and give students more classroom practice time, thereby increasing the practice density, improving teaching effects, and enhancing students' physical fitness. .

Blended teaching is more conducive to procedural evaluation. Through the log data of learning behavior on the online teaching platform, combined with teaching content browsing, student activity, learning investment time, participation in problem discussions, and after-school homework completion, analysis and evaluation are carried out. Students in blended teaching can communicate and discuss with teachers and peers anytime, anywhere, and there will be no embarrassing situation in which traditional after-school students can't find teachers at all or it is difficult to find teachers to answer questions and guide them.

## 6. Conclusion

No matter from the pace of history or the trend of the times, the informatization of education changes and promotes education in an unstoppable manner. This is not accidental, but a necessity. College physical education adopts blended teaching, which reasonably and effectively combines traditional teaching and online teaching, rather than simply adding the two, nor directly introducing information, network, technology, etc. into the classroom. To truly realize the blended teaching of college physical education, it is necessary to change educational ideas and concepts, carry out teaching reforms, scientific analysis and practical tests, and give full play to the advantages of both traditional classrooms and online classrooms. function and achieve goals.

## References

- [1] Zhu Jiyuan. 2016 Davos: Facing the Fourth Industrial Revolution [N]. Jiefang Daily, 2016-01-20 (004).
- [2] Hu Quintai, Liu Liqing, Zheng Kai. The new pattern of smart education under the background of Industrial Revolution 4.0 [J]. China Electrochemical Education, 2019, 386: 1-8.
- [3] Wang Aichun. Construction and implementation of a blended teaching model for physical education courses [J]. Journal of Hengshui University, 2017, 19(4): 30-33.
- [4] The Central People's Government of the People's Republic of China. The Ministry of Education issued the Opinions on Strengthening the Construction, Application and Management of Online Open Courses in Colleges and Universities [EB/OL]. [http://www.gov.cn/xinwen/2015-04/28/content\\_2854089.htm](http://www.gov.cn/xinwen/2015-04/28/content_2854089.htm), 2015-04-28.
- [5] Liu Zhaohui. Research on "Network and Tradition" Blended Physical Education Teaching Integrating National Quality Course Resources [J]. Journal of Nanjing Institute of Physical Education (Natural Science Edition), 2016, 15(6): 102-106.

- [6] Dai Jianhui. Analysis of Structural Elements in Blended Teaching of College Physical Education Courses [J]. Contemporary Sports Science and Technology, 2017, 16(7): 160-161.
- [7] Fang Ya. Research on the trend of sports informatization in colleges and universities [D]. Nanjing: Nanjing Normal University, 2006: 13-14.