

Research on the Significance of on-line and off-line Blended Teaching in Promoting Classroom Teaching

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Abstract

By using the methods of literature, Mathematical Statistics and comparative analysis, this paper makes a comparative study on the effect of online and offline mixed teaching mode on the classroom teaching of sports anatomy. The results show that the students who use online-offline hybrid teaching mode have better performance than those who use traditional teaching mode. On-line and off-line mixed teaching mode can promote the change of students' learning attitude and improve their enthusiasm in learning sports anatomy. It is worth popularizing and applying in the teaching of other courses in the future.

Keywords

On-line and off-line blended teaching; Sports Anatomy; Meaning.

1. Introduction

The construction and application of online courses has become an important measure in the reform of teaching informationization in colleges and universities. How to apply online courses to realize the innovation of traditional teaching mode has become the focus problem under the background of information-based teaching. In recent years, colleges and universities have launched moocs, SPOC, pan-asian network teaching and information-based teaching practices supported by various online course platforms. Whether by means of open online courses or self-built private online courses, teachers have carried out extensive exploration of new forms of teaching applications. Moreover, with the deepening of practice and the deep reflection and rational return of online teaching, teachers have realized more and more clearly that online and offline blended teaching is the mainstream application model and future trend of online education.

Blended teaching combines the advantages of online teaching and traditional teaching: online and offline teaching. Through the organic combination of the two forms of teaching organization, the combination of learning environment, learning resources and learning style can be fully realized. It can lead the learner's learning from shallow to deep to deep learning. Blended learning has the following characteristics: 1. Using "online" and "offline" two ways to carry out teaching; 2. "Online" teaching is to rely on Chinese universities Moke Network Teaching Platform, pan-ya network teaching platform, such as watching video, completion of homework, online examinations. 3. "offline" teaching is the traditional teaching. "face-to-face" teaching method has prominent advantages; "face-to--face" teaching method makes students and teachers "interactive" strong, "experience" far stronger than online, easier to ensure the quality of teaching.

2. Subjects

The research object is "sport anatomy" class mixed teaching of 2018, 2019 and 2019 sports training majors.

3. Research Methodology

3.1 Comparative Analysis

3.2 Mathematical statistics

SPSS13.0 software was used for statistical processing and t-test of related data.

3.3 Documentation

Consult the literature related to the paper.

4. Results and Analysis

On-line and off-line blended teaching combines the advantages of traditional teaching mode and MOOC teaching mode, promotes the rationality of teaching, and is a new teaching mode. Offline teaching is mainly based on traditional teaching. Teachers carry out classroom teaching according to students' questions. At the end of the classroom teaching, the use of online platform advantages, upload related learning courseware and learning video. Before the beginning of the class, teachers have established an online platform for homework and Examination Paper Library; We set up provincial-level online open courses have more than 1000 homework library, more than 30 sets of test paper library. It is convenient for students to study independently and stimulates students' interest in learning. Online teaching is a high integration of teaching and Information Technology, based on cloud computing, building an online education platform, pooling resources advantages. It provides full coverage of campus and off-campus, classroom and dormitory, and helps to enhance students' interest in learning, focusing on online and offline learning, thus improving the quality of teaching.

4.1. On-line and Off-line Mixed Teaching Can Promote the Change of the Roles of Teachers and Students

Traditional classroom teaching has many advantages, but it also has disadvantages. For example: teacher-centered, textbook-centered, standardized, light innovation, board-based teaching, time-consuming, laborious, small information capacity, the form of information display is relatively monotonous, inflexible. It is not conducive to improving the overall quality of teachers, broadening the horizons of teachers and students, broadening the scope of knowledge, fostering students' ability to learn independently, and improving teaching efficiency. On-line and off-line mixed teaching is to take students as the main body, change students in the past "passive" learning, for students now "active" learning. The requirements for teachers have also been raised. Teachers need to prepare carefully before class, especially in discussion classes. Teachers should prepare carefully before class and design discussion questions, which are not too easy. In the traditional teaching, the teacher leads the students, and the students revolve around the teacher. This kind of teaching method, "the teacher speaks, the student listens", causes the student to be in the passive state. Through the use of "on-line and off-line" hybrid teaching method reform, Change Students' learning concept; "passive" learning, into students "active" learning. It enables teachers and students to create a first-class curriculum with the goal of "renewing ideas, improving classrooms, strengthening teachers, activating classrooms, keeping students busy, tightening the system, heating up teaching and making everyone active", based on this to deepen the understanding and grasp of textbook knowledge.

4.2. It Can Provide Teachers and Students with More Communication Opportunities and Dialogue Platform

Online and offline mixed teaching can provide a variety of platforms, facilitate communication between teachers and students. Offline classroom teaching platform, teachers and students can face-to-face communication, the effect came quickly and timely. Pan-ya network teaching platform of various forms of teaching interaction, such as: Selection, rush to answer, check-in,

voting, class practice, topic discussion, notice, grading and so on; These interactive ways, facilitate the interaction between teachers and students, students can answer questions in a timely manner. Chinese University MOOC Network Teaching Platform, it involves, the influence is big, the class elects the student number to be many, between the teacher and the student, between the student and the student can exchange.

4.3. It Improves the Utilization Rate of Teaching Resources

According to the national standard of first-class curriculum construction, there are 26 videos in the course of sports anatomy, there are 24 courseware, 1 syllabus and teaching plan, 21 chapter tests, 10 sets of homework, more than 1000 questions and 50 sets of papers, etc, it can meet the needs of on-line and off-line mixed teaching in the province's sports colleges and universities.

At present, the course "sports anatomy" has been fully run for two periods on the MOOC platform of Chinese universities, with 14174 students choosing courses nationwide, an average of 7000 students per period. In the Super Star Network Teaching Platform has been run for seven periods, a total of 2,387 students elective courses. Each year in Jiangxi Province, nearly 2,000 students from four colleges and universities (Jiangxi Normal University, normal school, Jiangxi Science and Technology Normal University and Jiangxi Vocational and Technical College of Tourism, commerce and trade) are using the online resources of these courses to study sports anatomy through the Super Star study pass. The Utilization Ratio of curriculum and teaching resources has been promoted better.

4.4. Promote the Teaching Reform, Improve the Status of the Curriculum.

Document {2018}2, "the Ministry of Education's opinions on speeding up the construction of high-level undergraduate education and comprehensively improving the ability of personnel training," points out the importance of deepening the understanding of the construction of high-level undergraduate education. Building an educational powerhouse is a fundamental project of the Chinese Dream; the need for higher education, scientific knowledge and talented people is more urgent than ever before. The undergraduate education is the most important foundation to improve the quality of higher education, and the undergraduate education is the root. It is proposed that "the teaching reform should be deepened around stimulating students' learning interest and potential", "promote a revolution in classroom teaching", "Student Development as the center, promoting learning revolution through teaching reform", "continuously improve the quality of classroom teaching", "actively guide students to self-management, active learning, stimulate the desire for knowledge, improve learning efficiency, enhance the ability of independent learning."

Finally, the goal of cultivating talents in universities should be realized in the teaching process, and then the stipulation of innovative teaching to the teaching process is put forward: Let students learn from their hearts and rebuild their educational subjectivity. Specifically speaking, we should let every student study from the heart, let every student become the inner happy and quiet person, which is the basic pursuit of university innovative teaching theory, and is also the symbol of the success of higher education. Different from the traditional teaching centered on "Knowledge Logic", the university creative teaching centered on "individual logic". Through knowledge learning, classroom teaching can enhance students' sense of acquisition in learning, take the communication between teachers and students and the direction of students' development as the basic index to measure the quality of teaching, so that students' subjectivity is respected, students grow up freely and become possible. With the progress of the times and science and technology, two direct changes have taken place in college education and teaching, namely, the re-examination of advanced knowledge and the re-construction of the status of teachers and students. In this context, four principles of innovative teaching in universities are put forward: Democracy Principle, Extension Principle, Exploratory Principle and Participatory Principle; Another implication is that innovative teaching in

universities must lead students to carry out "deep learning". In order to promote the development of creative teaching better in practice, we use "divided classroom teaching method", "overturned classroom teaching method", "group discussion teaching method" in the course of "sports anatomy".

With the deepening of the teaching reform of sports anatomy, the status of sports anatomy has also been promoted, The course of sports anatomy is gradually upgraded from a college-level top-quality course to a college-level top-quality online open course and a provincial-level top-quality online open course.

4.5. It Has Promoted the Reform of Student Assessment and Evaluation System

The school has issued the Jiangxi Normal University for Undergraduate Education Curriculum Examination Reform Program, implemented the undergraduate education curriculum examination reform, strengthened the study process management, strengthened the process examination, consummated the student study process appraisal system, The examination will run through the whole course of the course teaching, realize the transformation from the low-level ability examination to the high-level ability examination, and stress the examination of the students'ability of analyzing and solving problems, practicing and innovating, etc. .

In the past, the assessment of students'course results was mainly based on the final examination results, which ignored the students'learning process. Today, online and offline blended learning has diluted final exam results, improved students'process learning, and stimulated students' enthusiasm and initiative in learning, as a result, students' academic performance and learning efficiency have improved.

4.6. It Promotes the "Ideological and Political Construction" of the Curriculum

At the 2016 National Conference on Ideological and political work in colleges and universities, General Secretary Xi Jinping stressed that ideological and political work should run through the whole process of education and teaching, thus initiating the pace of reform of the "course ideological and political work" in China's higher education. Under the guidance of ideological and Political Education, combined with the teaching content of sports anatomy, and according to the characteristics of students, the students are taught ideological and political education from time to time. Carrying forward positive energy; completing the self-identity Education of socialist core values. Let students identify with the theory, system and value of socialism with Chinese characteristics in the new era, and understand the core values of socialism; To understand the national conditions and social conditions, safeguard national interests, have the responsibility to promote national rejuvenation and social progress; To cultivate students' awareness of the strategic overall situation of China's future; to train students' ability to think about the development goals of human society from the complex and changeable objective reality; and to train students to be guided by the shared concept, understand the current economic and social needs to work in the direction.

5. Conclusions and Recommendations

5.1 On-line and off-line mixed teaching can promote the change of the roles of teachers and students

5.2 It can stimulate the enthusiasm and initiative of the students, and at the same time, it can improve the learning efficiency.

5.3 Online and offline blended teaching provides teachers and students with more communication opportunities and dialogue platform.

5.4 On-line and off-line mixed teaching improves the utilization ratio of teaching resources.

5.5 On-line and off-line hybrid teaching promotes the teaching reform and promotes the course status.

5.6 It has promoted the reform of student assessment and evaluation system.

5.7 Promote the course of "ideological and political construction."

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