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Practice and Reflection on Online Teaching of Public Physical Education in Colleges and Universities under COVID-19

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Abstract: *The unexpected outbreak of COVID-19 has brought serious threat to China, but at the same time, it also makes the traditional public physical education in colleges and universities face the challenges and opportunities brought by online teaching. Colleges and universities should set up the guiding concept of "health first", increase health education, attach importance to physical training; Improve the online teaching system of physical education, scientifically design the content of courses, develop high-quality online courses; Improve the online teaching mechanism of physical education, encourage the construction of teaching teams, carry out teaching reform research; Build an online management system of physical education, strengthen supervision, give full play to the common education of home schools, and promote health.*

Keywords: *COVID-19; Higher education; Public physical education; Online teaching*

Introduction

At the beginning of the spring of 2020, the great public health incident triggered by COVID-19 suddenly posed a great challenge to Chinese education system. Colleges and universities have postponed the start of school, and the normal teaching plan has also been greatly affected. At the same time, the Ministry of Education issued the "Guiding Opinions on the Organization and Management of Online Teaching in Universities during the Prevention and Control of the Epidemic" and "Guiding Opinions on Public Physical Education under Normalized Epidemic Prevention and Control", requiring "teaching and learning without stopping". College public sports is the core content of college sports work (Xiang, 2016). In this extraordinary period, as the main means to enhance students' physique, college public sports teaching is also facing severe challenges brought by online teaching.In view of the actual situation of online teaching of physical education in East China University of Political Science and Law, through the methods of literature review, expert interview and questionnaire survey, this paper analyzes and reflects on the related problems and the reasons behind the problems in online teaching of Public Physical Education in colleges and universities, in order to improve the quality and level of online teaching of Public Physical Education in colleges and universities, and improve the online teaching system and system of physical education in colleges and universities Mechanism provides theoretical reference.

Problems in Online Teaching of Public Physical Education in Colleges and Universities

Online Course System Needs to be Improved

During the epidemic period, in order to improve the students' immunity and self-discipline, East China University of Political Science and Law launched the College Public Physical Education Course "Scientific Fitness for Home Epidemic Prevention", which mainly includes eight-section brocade exercise, 24 Style Tai Chi and mass fitness exercises. After a semester of practical teaching, the students have a good response, but there are still the following problems.

1. Single Course Form

According to the survey, 70.86% of the students reported that the content of the course was single, which overemphasized skill learning and ignored the guidance of sports health related theoretical knowledge. Since the outbreak of Covid-19, the health of the whole nation is a topic of common concern. The popularization of health related theoretical knowledge is the important basis for improving body immunity. However, the "Scientific Fitness for Home Epidemic Prevention" focuses on the guidance of exercise behavior and ignores the cultivation of scientific exercise theory literacy to a certain extent.

2. Boring Course Content

50.71% of the students think that although the course is suitable for home exercise, Taijiquan, Eight paragraphs of Jin and other traditional sports of the Chinese nation are not suitable for all student groups. At the same time, 60.23% of the students think that the degree of participation in the course is not high. Most of the students only complete the classroom task, and the classroom performance is not active and involved. Another 49.38% of the students thought that part of the demonstration videos were monotonous and unclear, which affected the students' repeated observation.

3. Vague Course Outline

The study found that 55.62% of students felt that the inability to understand the curriculum or curriculum was too simple and the standard was unclear throughout the semester's online learning process. The curriculum is an implementation plan for curriculum teaching, which includes elements such as curriculum description, reading materials, learning activities, scoring criteria, teaching plans, etc (Guo, 2016). Online teaching as a rapid response to the outbreak, but online teaching in terms of time and space, are different from the traditional physical education classroom, college sports departments are more difficult to redesign or plan a set of completely suitable for online teaching curriculum in a short period of time, most colleges or teachers based on traditional curriculum experience, direct application or slight modification, that is, the use of online teaching.

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Online Teaching Skills Need to be Improved

Online teaching is different from the traditional classroom, especially for the experience based physical education courses, the requirements of teachers' online teaching skills are also paid special attention:

1. Hardware and Software Constraints

According to the survey, 65.91% of the teachers reported that the platform was not used smoothly and the software was not used skillfully. Due to the epidemic situation, most colleges and universities across the country adopt the online teaching mode, which leads to a sharp increase in the number of users of the platform. For a time, the network jams and video playback is not smooth, which seriously affects the smooth development of online teaching. At the same time, there are many functions such as "sign in", "homework" and "rush to answer" in the app of Xuetong. At the beginning of online teaching, many teachers can't master them in time, which leads to the failure of synchronization of teacher-student interaction and affects the teaching effect to a certain extent.

2. Low Information Literacy

Online teaching is a teaching form relying on Internet information technology, which puts forward higher requirements for teachers, especially for physical education teachers. The survey found that 50.31% of the students thought that the course materials displayed by teachers, such as PPT and demonstration video, were not comprehensive and attractive. The lack of attractive curriculum content and curriculum design, to a certain extent, leads to students' low enthusiasm for participation and poor learning effect. In addition, most teachers equate online courses with copying offline courses to the network mechanically, thus ignoring the teaching design, image, voice, intonation and other elements of online courses. At the same time, through the feedback of teachers' questions about online teaching, it shows that 80.12% of teachers reflect that it is difficult to monitor students' learning status remotely in the process of online teaching practice.

Online Teaching Management Needs to be Strengthened

Scientific and perfect teaching management system is the key guarantee of Public Physical Education in Colleges and universities. However, with the hasty appearance of the online course, there are many problems in the process of practical teaching, mainly as follows:

1. Disordered Management of Online Classroom

Because there is no relevant online course teaching management rules and regulations, many teachers reflect that the online course teaching content and examination content have deviation in the online teaching process, which leads to the increase of students' assessment difficulty. At the same time, due to many factors (software use, network environment, etc.), it is difficult to achieve unified control and constraint in the process of students' learning, which is unfair in the assessment stage.

2. Displaced Online Teaching Evaluation

In the process of this online teaching practice, teachers of East China University of Political Science and Law mainly adopt the teaching method of recording and broadcasting combined with live broadcast to teach online. Due to the lack of relevant performance evaluation system, it is impossible to objectively and accurately evaluate the teaching workload of teachers who use live teaching or use video or borrow MOOC website resources for teaching.

Reflection on Online Teaching of Public Physical Education in Colleges and Universities

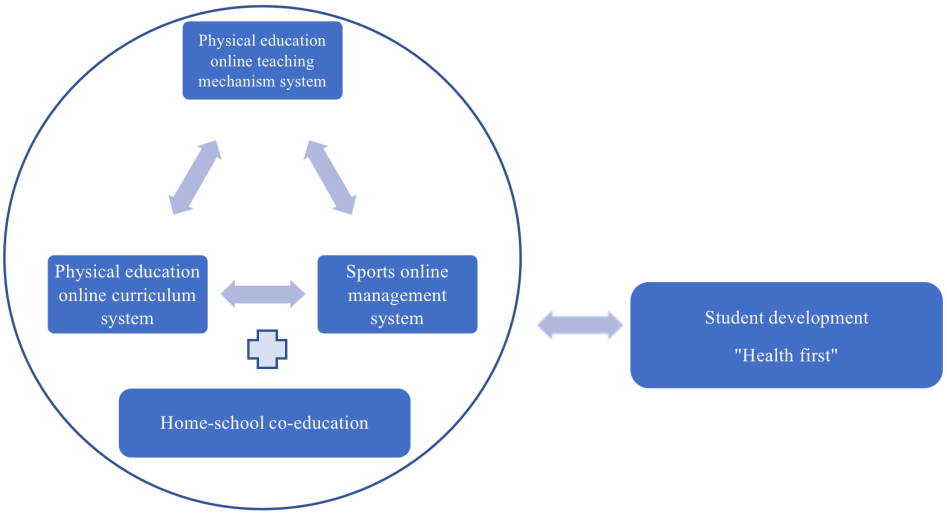

Figure 1. Reflections on the online teaching of public sports in colleges and universities

Establish the Educational Concept of "Health First"

General Secretary Xi Jinping pointed out at the National Education Conference in September 2018 that the concept of "Health First" education should be established, while physical education in colleges and universities should aim at enhancing students' physical fitness and improving their skill level, so as to cultivate the materials that can be built for the all-round development of moral, intellectual and physical beauty and labor (2018). During the epidemic prevention and control, we should accurately grasp and understand the guiding ideology of the national "stop learning", optimize the online learning environment, and improve the content of online learning. Physical education is the best way to make up for the lack of health education during the prevention and control of the new crown epidemic. Physical education and health education teaches exactly how to form good living habits, if through scientific exercise, reasonable diet to improve the body's immunity and so on. In the traditional physical education classes, which attached great importance to practical practice in the past, the former "talk on paper" will become an important guarantee for the theoretical guidance practice (Yan, 2020).

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Improve the Online Curriculum System for Physical Education

Physical education online teaching course content is different from the previous skills-based practice, and during the epidemic most of the home environment, more attention should be paid to physical training. Teachers should combine students' interests and abilities to design exercises related to strength, flexibility, cardio endurance, coordination and sensitivity (Zhang, Qin, Zhang & Zeng, 2020). At the same time, combined with the characteristics of students, adaptation, scientific design, to meet the actual needs of students.

In addition, during the epidemic prevention and control, physical education online courses should also focus on physical and mental health, sports participation, sports and health theory knowledge, such as physical and mental health classes, can arrange eight sections of jin, five birds, tai chi and other fitness qigong; It can not only improve students' physical education level, but also meet the needs of online physical education curriculum diversification, personalization and so on (Jiang, 2020).

Improve the Online Teaching Mechanism of Physical Education

Perfecting the teaching mechanism of science is the core element of public physical education teaching in colleges and universities. Online physical education teaching in the early stage of practice, gradually towards stability, teachers are also from the initial unfamiliar, slowly transition to the use of live broadcast, skilled use of the platform, increase interaction, etc. , forming a two-way promotion of teachers and students online teaching path.In order to ensure the quality of online physical education teaching, we should play the role of teachers' team, carry out teachers' information skills training, optimize teaching design, and realize the educational reform from "teacher-centered" to "student-centered". (1) To encourage teachers to carry out research on online teaching reform, schools should create conditions for teachers to carry out teaching research on problems (Jin, 2015); (2) In the process of online teaching. There are many online course links, including lectures, teaching assistants, curriculum, video editing, sound effects and other professionals to work together, can play a team collaboration function, the role of teachers to lead, to create one or two quality online physical education courses (Dong, 2020); (3) To promote learning. Actively carry out the "cloud competition" to build a home exercise competition platform, to promote learning, to promote training, and strive to improve the physical and mental health of students.

Build an Online Management System for Sports

Standardized and efficient online teaching management system is the key guarantee of public physical education online teaching in colleges and universities. The administrative function of school teaching should strengthen supervision and form a long-term mechanism. Such as the introduction of teachers online teaching norms, teaching processes and teaching manuals and other normative, operational guidelines or rules and regulations for front-line teachers to better carry out online teaching work to provide guidance.

Give full Play to Home-School Co-education and Promote Health

During the outbreak, students live at home online learning, and now television, games, the Internet and so on a wide variety, which requires parents to do a good job of guidance and supervision. (1) Students should take the initiative to overcome the difficulties of home learning and increase the subjectivity of learning. Such as: take the initiative to guide the family scientific exercise, or invite family members to exercise together. (2) The school regularly organizes the "Family Mobilization" physical fitness challenge to create a home exercise atmosphere. (3) Improve family communication and enhance family intimacy. In the face of the new crown epidemic, a major social public health event, the family should develop a code of conduct and clear role responsibilities, for college students to create a favorable environment for home physical exercise, enhance the family's overall resilience to the epidemic (Zhang, 2020).

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