



# On the Blended Learning Mode of College Physical Education Under the Background of “Internet+”

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**Abstract.** In recent years, online teaching has become the normal form of college physical education, and the blended learning model that combines online and offline is a new teaching model that adapts to the current environment. The coordination of multiple methods of college physical education teaching under the blended learning model can not only improve the offline traditional physical education classroom, but also highlight the application of information technology in the online teaching process, and the network resource platform provided under the background of Internet+. This paper firstly points out the value of the blended learning model under the background of “Internet+”, and then analyzes the problems that arise during the implementation of the blended learning model under the background of “Internet+”. Finally, corresponding practical measures are proposed to improve the application of blended learning mode in college physical education teaching.

**Keywords:** College physical education · online and offline · blended learning mode · Internet+

## 1 Introduction

In the two major documents “China’s Education Modernization 2035” and “Accelerating the Implementation of Educational Modernization (2018–2022)”, it has been pointed out that it is necessary to integrate information technology into the reform of teaching methods, the optimization of educational governance, and the supply of educational services. and seek to explore new development models of network-based education to expand the coverage of high-quality educational resources. Physical education is an important part of cultivating students’ all-round development of morality, intelligence, body and beauty. Under the background of “Internet+” development, Integrate information technology in college physical education courses, mainly apply audio-visual technology, computer technology and network technology in information technology, and integrate these information technology with teaching design, educational resource development, teaching system platform construction and performance evaluation and processing. The combination of content will ultimately realize the information construction of college physical education courses [1].

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**Table 1.** I Blending Mode Elements

Elements	traditional mode	Blending Mode
Learning Resources	Sports books, physical resources etc.	Chinese University MOOC, Douyin, sports Information Resources, etc.
Learning field	classrooms, teaching spaces	online teaching platform, video conference platform, sports online learning, etc.
Learning subject	students network administrators,	Teachers, students, sports experts, etc.

## 2 Research on the Value of the Blended Learning Mode of College Physical Education Teaching Under the Background of “Internet+”

### 2.1 The Blended Learning Model of College Physical Education Teaching

Blended learning has existed for a long time in traditional teaching, and the current blended learning model is attributed to the combination of teaching and computer-assisted online learning. Blended learning emphasizes both the leading role of teachers and the subject value of students [2]. Since the introduction of network education in 1998, network technology has received great attention in various disciplines. The integrated learning model not only changes the teaching method in traditional teaching, but also should be a mixture of teaching concepts, teaching methods, teaching objectives, teaching resources, teaching fields and other teaching elements. The following are elements of innovation in the blended learning model of college sports (see Table 1).

### 2.2 Innovation of Teaching Concept of Blended Learning Mode

Under the background of “Internet+”, college physical education shouldn’t only be updated in teaching methods and methods, but also should be reformed and innovated from the core level of teaching concepts and teaching thinking. The blended learning model of university physical education follows the guiding ideology of “health first”, implements the fundamental task of “cultivating people with morality”, grasps the overall requirements of comprehensively deepening the curriculum reform, and pays attention to the cultivation of students’ comprehensive quality. Among the three unique teaching objectives, not only the “instrumentality” of knowledge and skill objectives is emphasized, but also the “humanity” of emotional attitudes and values [3]. In the teaching process, we should not only pay attention to the teaching of motor skills, but also pay attention to the growth of students’ mental health. Only a new teaching concept can make students truly change from passive knowledge receivers to active learning explorers, and then gain real changes in physical exercise, and form correct values and outlook on life in the process of sports, so that they have High-quality character and outstanding ability to adapt to life-long development and social needs [4].

### 2.3 Improve the Diversity and Universality of Teaching Methods

The blended learning model is a collaborative teaching between online and offline. Online teaching breaks through the time and place limitations of traditional classrooms and can be carried out anytime, anywhere. Teachers can use network technology to set up a network platform, and they can also share platform resources with the help of the “Undergraduate Teaching Quality and Teaching Reform Project” course resources constructed by the Ministry of Education. Provide students with high-quality and comprehensive educational resources and personalized teaching resource services, including China University MOOC, China Vocational Education MOOC, China University Preliminary Course, Teacher MOOC, and Postgraduate Postgraduate MOOC 5 columns, with resource browsing, search, reorganization, Evaluation, course package import, release, interactive participation, and both “teaching” and “learning” functions [5]. Students can learn and observe independently according to their actual needs, strengthen the learning effect, and adjust the learning progress. Ultimately, teaching students in accordance with their aptitude and achieving differentiated teaching effects.

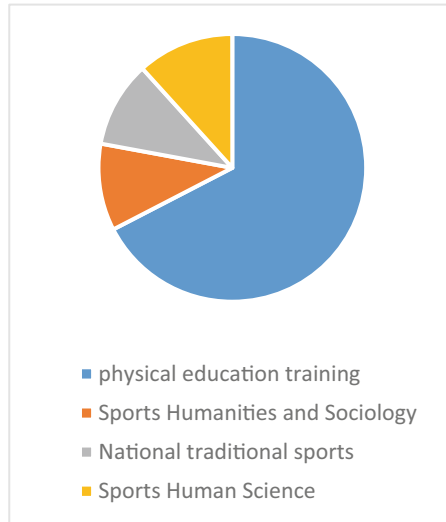
## 3 Development of Related Content Networks in the Blended Learning Model of College Physical Education Under the Background of “Internet+”

The content involved in the online survey of university sports blended learning includes investigating the development of university blended learning, and also includes a comprehensive investigation and understanding of the content of university sports online education [2]. This paper mainly investigates the online teaching content of all physical education courses conducted by ordinary colleges and universities in my country through the “Chinese University MOOC”.

### 3.1 Analysis of Network Distribution of College Physical Education Course Content

To understand the content of sports online teaching, we mainly conduct in-depth investigation and sorting through the investigation of university sports excellent courses. At present, the university MOOC is the most comprehensive online platform with the highest and most comprehensive collection rate of national quality courses. Physical education can be divided into four aspects: sports humanities and sociology, sports human science, physical education training and national traditional sports according to the teaching content (see Fig. 1).

In the construction of high-quality courses, the proportion of physical education and training is as high as 67.4%. The online course content of public physical education is basically a physical practice course, which is directly incorporated into this discipline in the data. The construction of online courses of the three second-level disciplines of sports humanities and sociology, sports human science, and ethnic traditional sports is similar, 10.5%, 11.7%, and 10.4%, respectively.



**Fig. 1.** Distribution of excellent college sports courses

### **3.2 Analysis of the Fusion System of the University Sports Blended Learning Model**

The blended learning model adopts online and offline two-way teaching, and the good integration of online resources and offline teaching can better achieve the teaching goals. Integrate online resources to provide pre-teaching guidance for offline teaching. Teachers can better use the Internet platform to conduct online teaching for college students. The blended learning model under the background of “Internet+” is not simply online and offline cooperation, or making sports knowledge learning and sports practice activities into videos and animations and putting them on the Internet, but finding and excavating the Internet and traditional sports teaching. Advantages, so that the two can play their respective strengths, deeply integrate, and explore a reasonable blended learning model [6].

## **4 The Implementation Strategy of the Blended Learning Mode of College Physical Education Teaching Under the Background of “Internet+”**

### **4.1 Make Full Use of the Support of Information Technology to Build a Network Platform**

In the blended learning model, the important support for the online link is the use of the network resource platform, and the teaching content is designed with learning resources as the center, such as resource acquisition, screening and integration. Under the background of “Internet+”, major sports information websites and MOOCs can provide abundant sports resources for college sports courses. In the early stage of the

construction of the network platform, according to the needs of teaching objectives and students' hobbies, physical quality, learning ability, etc. to obtain and screen. Ensure that the selected physical education resources are interesting and practical, and then integrate the physical resources that lack internal correlation for students to extract and learn.

#### **4.2 Increase the Attention Paid to the Blended Learning Model**

Based on the background of "Internet+", the development trend of colleges and universities in my country, the application of the blended learning model in various disciplines has achieved phased results. In order to achieve a good teaching effect in the reform of college physical education, it is necessary to increase the emphasis on the blended learning model. The level of learning leadership should be combined with the pace of the development of the times, correctly understand and interpret the importance of mixed physical education, to improve the quality of physical education and the cultivation of talents, strengthen the guidance and education of the majority of physical education teachers, so that they can actively use Internet technology to carry out Blending is physical education [7]. At the same time, all relevant functional departments of the school should increase financial and technical support to promote the smooth progress of online and offline teaching.

#### **4.3 Emphasize the Scientific and Comprehensive Nature of the Teaching Evaluation System**

The teaching evaluation under the blended learning model should be more comprehensive and reasonable. On the subject of evaluation, teachers should avoid subjective evaluation, the subject of evaluation should be diversified, and the subject of evaluation should not be limited to teachers. In terms of evaluation methods, the differentiation of students' athletic ability should be fully considered, and formative evaluation should be added to the evaluation mechanism [8].

### **5 Conclusion**

Under the background of the "Internet" era, the application of blended learning mode in college physical education teaching has become a development trend. In the teaching process, the blended learning model is used to reasonably connect the traditional teaching model and network technology, and constantly improve the physical education teaching system and teaching concept, so that the teaching can better meet the individual development needs of students in the Internet age, and improve the quality and level of physical education teaching., explore the available resources of network technology for physical education, and promote the scientific and rational development of university physical education.

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