

# Practice Research on "Rotation Classroom" Teaching Mode of Aerobics Course in "Internet Plus" Era

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**Keywords:** Internet plus, aerobics course, rotation classroom, teaching mode

**Abstract.** This study in Bohai university aerobics course as an example, detailed introduction Internet plus age rotation classroom the connotation, emphasis on the development of aerobics lesson for MOOC online learning platform to implement the significance of "rotation classroom". At the same time, from the curriculum teaching goal, teaching content reform and teaching platform construction of aerobics curriculum implementation "rotation classroom teaching mode of" research practice. Aims to further implement the "rotation classroom" teaching pattern reform school requirements, fast to improve students' professional skills and independent learning ability, gradually strengthen students' social adaptation ability and the professional competitive power comprehensively promote the realization of the training objective of applied talents in colleges and universities.

## Introduction

"Internet plus" is the innovation of Internet 2.0 development new form, new forms, evolution of the Internet form and new form of the economic and social development. "Internet plus" is the Internet thinking further practice of the results, it represents a kind of advanced productivity the economy has the evolution of the form. Thereby giving impetus to the vitality of social economic entity to reform, innovation and development is to provide broad network platform. Information technology as an important carrier of "Internet plus" era, has injected new vitality and vigor for the modern education, the revolutionary influence on the development of modern education [1]. The ministry of education promulgated the "development plan of education informatization decade (2011-2020)," pointed out that education informationization promoting education modernization is a strategic choice for the development of education enterprise in our country, to promote the wider high quality education resources sharing, information technology and education to promote teaching depth fusion, realize the education thought, idea, method and means all-round innovation [2]. How to make the information technology can play a bigger role, is an important task to the current education workers. For class is one of the effective ways to solve this problem. For class (MOOC, MassiveOpen Online Course) this term is in 2008 by the Canadian scholar Dave Cormier with Bryan Alexander, is a way of video recording and transmission, with students as the main body in the service, at the same time the public oriented "massive open Online courses" [3]. With the traditional network curriculum based on a campus network or local area network (LAN), compared with characteristics of openness, flexibility, large scale, will be moved to the online classroom teaching activities, and truly realize the "turn the classroom" and network resource sharing.

## Interpretation on "Rotation Classroom" Teaching Mode in "Internet Plus" Era

"Rotation classroom" is a new type of teaching mode, it is divided into several parts to curriculum, clearly a number of small targets, students use core knowledge points in the process of preparing teachers to preview before class, class on the content of deepening, under the guidance of teachers in the training of the knowledge transfer. "Rotation classroom" teaching mode can't develop smoothly without modern information technology is the important guarantee of: need to have the

environment of information technology support, is to have the modern education technology of hardware and software support, and both teachers and students need to be able to skillfully operate the computer and the Internet, especially need teachers for the students to provide rich digital network education resource as much as possible; Teacher has higher education technology ability and higher information literacy, especially for the spread of information retrieval, processing and expression skills and application ability; Need students have higher ability of autonomous learning, students use rotation mode of network resources need to play a great role in autonomous learning activities. Therefore, under the Internet plus age rotation classroom teaching mode, is the lesson for MOOC the formation of a complete network curriculum system, using digital learning platform before class (free online learning platform or network location) electronic courseware and teaching plans, micro video tutorials, related monographic study site for students of various teaching resources, so as to promote the students' ability of autonomous learning.

### **Significance on Development of Online Learning Platform for MOOC Aerobics Course**

From the perspective of the concept and characteristics of longed for teaching, for teaching the teaching mode in calisthenics teaching is a very active role. To a certain extent, it can make up for the shortcomings of traditional teaching enhance the scientific, systemic and diversity of aerobics course, selectivity and interest, to achieve "integration" class inside and outside of aerobics curriculum. To meet the needs of the majority of students of the aerobics, improve the quality of teaching.

(1) For class type online learning platform to provide rich learning resources. By online learning platform for class type MOOC can be traditional way of teaching in the teaching plans, such as PPT, video and other curriculum resources on the sharing and exchange platform for class and students, lets the student in the traditional classroom can have enough resources for learning, also can cultivate students' innovation ability and self-study ability, make up for the inadequacy of traditional teaching theory and knowledge content [4]. At the same time, the calisthenics courses with the help of mu class platform, so that the students physical exercise and study extends to outside of the classroom, expand the student's learning content and learning time, provide more learning content and resources for students.

(2) For class type online learning platform to make up for the disadvantages of traditional single teaching methods. In view of the traditional teaching method in the teaching method is unitary, longed for type MOOC online learning platform teaching can also provide abundant teaching methods. It can provide general text, the formal document, the essence of notes, visual images, dynamic pictures or video, video, software, etc., it can even provide interactive games. For class can most reflect the initiative of students, longed for teaching idea determines the status of students in the learning process, the main body evolution to active and free learning, teachers' leading by evolution for the mentor, is advantageous to the interaction and communication between students and teachers, through online question and answer, discussion, homework and other forms, beneficial to the improvement of the students overall level [5].

(3) For online learning platform innovation of the aerobics lesson type teaching mode and teaching method. Longed for aerobics class type MOOC online learning platform of network course teaching, it gives full play to the teachers' leading and the students' role. Created a relaxed learning environment, create a vivid, lively learning atmosphere, pays attention to individuation and diversification of teaching methods. The combination of online and offline teaching and promoting the between teachers and students, students is of multilateral mutual activities. Improved the students enthusiasm and interest in learning, maximize students' creative [6]. Pay attention to the students to participate in calisthenics study method and training method, the direction improved the students' self-study, the practice ability and innovation ability.

## **Practice Conception on Full Implementation of "Rotation Classroom" Teaching Mode**

Aerobics course "rotation classroom teaching model of" full implementation of the practice idea is as follows:

(1) Establish the aerobics "turn the classroom" teaching goal. Aerobics course is a required degree in Bohai university' social sports specialty classes, a total of 330 hours and 22 credits, start time of the first semester to the fourth semester. This course in the social sports instruction and management professional training scheme occupies an extremely important role in the credit system, is to develop social sports instructors, fitness club coach, the main channel of the aerobics primary and secondary school teachers. This course includes theory class teaching, motor skill learning and practice ability training of three parts. Through learning of this course and training students in moral, intellectual, physical, the United States to get comprehensive development, systematically master aerobics basic theory, basic knowledge and basic skills, training with fitness guidance, teaching, competition organization, the referee and management of the basic ability to work. At the same time, also can improve the body function and physical quality and improve body shape; Cultivate aesthetic consciousness and comprehensive quality to enhance students' professional ability to compete.

(2) Introduction lesson for education idea, with small class try carrier for teaching reform for the teaching. In recent years, the Bohai university, in the process of aerobics courses introduce mu class education concept, based on micro class teaching carrier, play micro class "short, small, fine, boring" features, will be fully rational utilization of teaching resources, and realize the depth of the information technology and curriculum integration. At the same time, also attempts to turn the classroom teaching methods, the application and popularization of online learning, mobile learning and increasing demand in learning style, make university sports professional course is more and more flexible, convenient and efficient. Students can be extended knowledge domain, discipline frontier development information, sports skill level has improved significantly. At the same time, more perfect teaching auxiliary appliance, make full use of modern teaching means such as video, slide, multimedia teaching.

(3) Establish a lesson for online learning platform and micro course resources. 2014 bohai university aerobics course all network learning resources have been established for class type MOOC platform for online learning resources, aerobics project learning website. Study site includes professional courses, professional ability, teaching cultivation, club information, training, practice instance, industry trends and online consulting function module, specific content as shown in Fig. 1. In addition, after the athletics aerobics course in 2015 participated in the second session of national university (undergraduate) micro teaching competition heats in Liaoning province, the third prize of outstanding achievements, and then build a rich curriculum resources in micro.

(4) "Before class, in class" in the full implementation of "rotation classroom" teaching mode. "Turn the classroom" teaching pattern in the process of the athletics aerobics teaching has been implemented for years, significantly improve student movement skills, increasing employment ability, through the lesson before class, the introduction of information technology for students' independent activities, specific implementation process as shown in Fig. 2.

Before class, make full use of online learning platform for class type resources provide the foundation for students' autonomous learning and the expansion of resources. Before class, the teacher must through the establishment of a network backup all kinds of teaching resources for students, common type of teaching resources there are reference books, electronic courseware and teaching plans, micro video tutorials, related project learning website. Through aerobics learning website and the performance of aerobics video and teaching video, the core content in micro video resources to prepare (teachers according to each class of classroom goals provide students with a number of (1-2) a small video, each micro video introduces a knowledge point only). To the learning task before class, after the completion of resources to explicitly tell the students, and students' self-study, statistical learning situation of students, especially the problems existing in the learning process, arrange some practice before class content. In this process, students should fully

understand the learning tasks assigned by teachers, learning the teacher prepared micro video content, have the ability to students can browse the extension of resources. After the students to summarize their knowledge as well as the existing problems, and it will feedback the problem to the teacher.

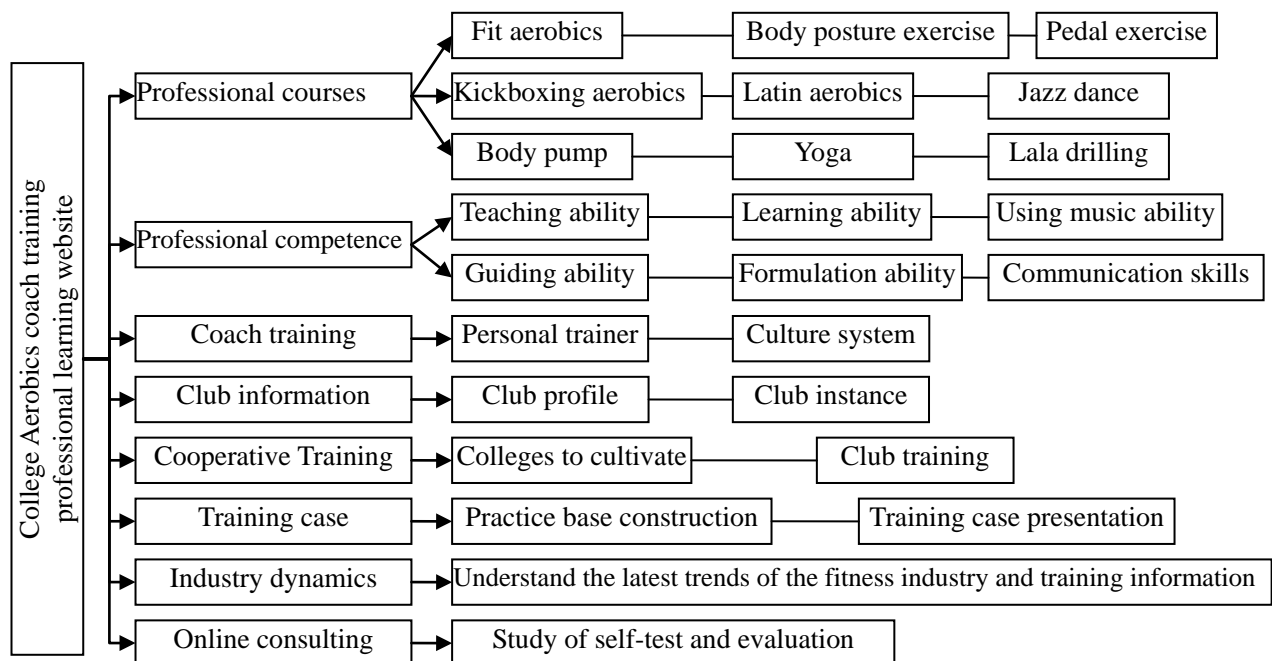


Fig.1. Module schematic diagram on college Aerobics coach training professional learning website

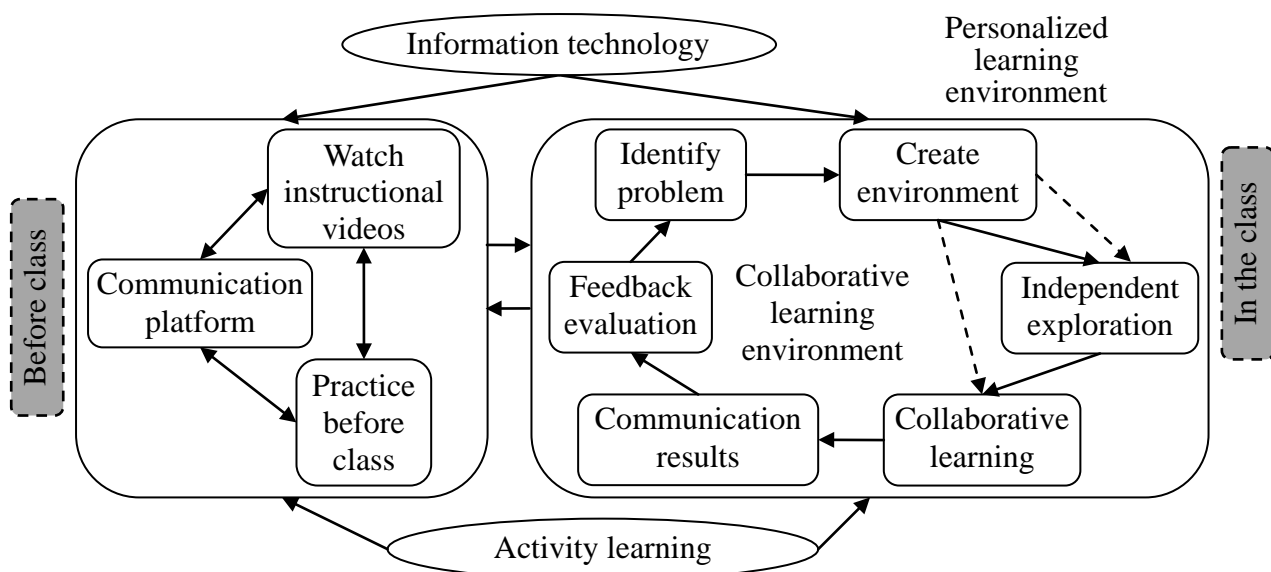


Fig.2. The implementation process of "turning classroom" teaching mode

Tutorial, by identifying problems, create an environment to inspire students to learn independently. Then, by teachers to create a collaborative learning environment, organize students to new knowledge in the form of group work in aerobics content of collaborative learning. Students can make full use of this period of time to discuss the problems encountered in the process of autonomous learning, or according to the teacher's task is published their views. The final results of each group of aerobics learning content display and communication, group of students on behalf of the summary results in the process of harvest and have solved the difficult point. After the teacher in each group will focus on problems and issues of key knowledge focuses on, comb systematically the knowledge of the whole class, summarizes the process of study. The last part of the curriculum, the teacher must from the student individuals, groups and the overall point of view, to evaluate the

overall course, attaches great importance to the evaluation of the diversity and fairness, to encourage [7], teachers guide students in after-school review, at the same time, teachers should pay attention to guide students to actively explore the cultivation of the spirit of collaboration and communication, in imperceptible to improve students' self-study ability and problem solving ability. Realize the whole course of reasonable feedback.

## Conclusion

"Internet plus" is that "Internet and various traditional industries" makes use of information communication technology and the Internet platform, the Internet and traditional industries to depth of fusion and create new development. This study introduce mu class concept, from the teaching goal, teaching content reform, teaching platform construction, class and class of medium, aerobics lesson for MOOC e-learning platform of "rotation classroom teaching mode" into practice. To accelerate the process of the modernization of physical education teaching reform, improve students' professional skills and independent learning ability to promote the depth of the education of information technology in teaching.

## Acknowledgement

This work is supported by Teaching reform research project in Bohai university (BDJG-15-YB-B-020): Research on Construction of Multivariate Evaluation System for Aerobics in Teaching Mode of Rotational Classroom.

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