

# The Construction of the Second Classroom Model of College Physical Education Based on WeChat Platform

Xin Wei

Xincheng Street 2888, Jilin Agricultural University, Changchun, Jilin Province 130118, PR China  
Department of Sports and Teaching, Jilin Agricultural University

1005488505@qq.com

**Keywords:** WeChat platform; College and universities; Second classroom

**Abstract.** The study was analyzed the using advantage of information transmission platform on WeChat platform, which is given for students to learn and exercise actively through using WeChat and feedback the students' learning and exercise in time. The combination of the first class, the second class and extracurricular sports activities will be realized, which is promoting the students' physical condition. The scope of the research covers the application of WeChat platform and the second class of physical education in ordinary colleges and universities. In order to construct a new mode of the second class of physical education based on the WeChat platform whose aim is promoting the reform of the physical education teaching in colleges and universities to the informatization direction.

## Preface

In recent years, China's youth physical fitness test results show that physical health of college students decreased year by year, obesity, myopia more and more groups, which situation is worrying. The main reason is the limited time of physical education teaching, teaching content is mainly to teach students sports health knowledge and sports skills, and once a week classroom teaching to improve the physical health of students is difficult to achieve. Through the creation of second sports class extend the teaching of the first class, the characteristics of second sports class of flexibility and diversity, highlight the subjectivity of students, to the development of students as the center, letting the students according to their own interests and hobbies sports autonomous learning and training to select the favorite. WIFI network in the campus full coverage of colleges and universities, the use of smart phones between students through the WeChat platform for the transmission and exchange of information, the use of micro-communication platform to facilitate the advantages of communication and exchange of knowledge on students' second classroom knowledge dissemination, supervision and management of the students' independent learning and training in scientific guidance and under effective supervision, and constantly improve the level of health. WeChat platform will be inevitably brought great changes in the form of college students' physical education when the construction of the second classroom model of college physical education was completed.

## WeChat and Mobile Learning Platform

With the development of the network, some forms of teaching and learning have been formed. Such as short message service system, mobile teaching environment and online course teaching have achieved very good results. As a kind of mobile terminal software, WeChat has physical education in physical education of people's life. It provides a new platform and application innovation space for education of people's life and study. It has been developed physical education rapidly and widely used in our country. At present, the study of WeChat is still in the exploratory stage, and it lacks the system analysis and design principles of WeChat learning support function, for the study of teaching by using the WeChat platform also needs further in-depth study. It has become a key issue on how to integrate the WeChat platform seamlessly into the daily teaching of teachers to achieve WeChat public platform to use the normalization .

## **Physical Education and the Second Class of Physical Education**

The second class of physical education is outside the classroom teaching activities in the school, under the unified organization and management of the school, aimed at all students to enhance student physical fitness, stimulating students to participating in sports enthusiasm, cultivating students lifelong sports habits and enriching students after school cultural life of all kinds of healthy and progressive sports activities; The indispensable organic part of the education system in colleges and universities is to build the second classroom as an independent class so as to complement the first class and to construct a solid and solid platform of quality education. Colleges and universities should carry out a variety of activities in the second classroom to cultivate students a good habit of physical exercise, and constantly enhance the physical fitness of college students to achieve good academic performance, but also have good health, mental health and good social adaptation. At present, physical education classroom teaching in colleges and universities always pays attention to the cultivation of knowledge and skills, while neglecting the effect of students 'classroom exercises. Students' extracurricular sports activities are not fully included in physical education teaching. To construct a new type of physical education of physical education second class model to change the instruction and monitor of students' physical exercise in physical education teaching in colleges and universities will have a far-reaching impact on college physical education teaching.

## **WeChat Platform and the Physical Education Second Class**

With the deepening of educational reform, the focus of physical education has gradually returned to its process of physical education, and physical education in colleges and universities is to promote physical and mental health for the purpose of the goal. However, neither the reform of physical education or the continuous improvement of physical education in colleges and universities does not fundamentally improve the physical health of students and solve the bottleneck of college physical education. "Health first" guiding ideology of the proposed and implemented in college physical education pay more attention to the health of college students. How to improve and improve the physical fitness of college students, physical and mental health of college students has become a top priority in the reform of physical education. In this study, the current WeChat platform that students are keen to communicate is studied deeply, trying to make WeChat become a platform for students to carry out mobile learning in the second classroom. Using the advantage of micro-information platform to transmit information, the WeChat platform used as the advantages of the flexible, short and precise information timely that can accurate delivery to each student, so that students through the WeChat platform for independent learning and exercise, and timely feedback on student learning and exercise, The platform can also help the students to carry out the extracurricular physical exercise scientifically, realize the organic combination of the first class, the second class and the extracurricular sports activities, and promote the improvement of the students' physical condition. The construction of in-depth research and practice by means of information on the WeChat platform in colleges and universities of the second class, the WeChat platform used in ordinary university physical education second class, in order to build the WeChat platform as the carrier of college physical education second class model and practice research on this model. This study explores the effect of this model on college students 'self-regulated learning and physical fitness and motor skills, as well as their ability to cultivate students' interest in sports and lifelong sports and improve their self-training ability and habit of participating in sports and fitness regularly. Through the construction of WeChat platform promote to the healthy development of the second class of ordinary colleges and universities at the same time and promote to the reform of college physical education to information technology direction.

## **The Feasibility and Key Problems to be solved in the Construction of the Second Classroom of Physical Education in Universities Based on WeChat platform**

**The Feasibility of the Construction of the Second Classroom Model of College Physical Education Based on WeChat platform.** 2016 Tencent announced the performance report of WeChat, which is not just a mobile phone application. It has become the representative of China's electronic revolution, covering more than 90% of smart phones, and become an indispensable daily life tools. As of the end of the first quarter of 2016, WeChat's monthly active users has reached 549 million, covering more than more than and 200 countries, more than 20 languages. Age, the average age of WeChat's users is only 26-year-old, however, 97.7% of users in the 50 years of age and 86.2% of users between 18 and 36 years old. Based on the above data that we can find WeChat users in China, many students in the popularity of the considerable are suitable for the second classroom physical education project construction. In addition, WeChat public service platform is one of the main function module of WeChat, which is the new function basis of WeChat in the Tencent Inc, through this platform, individuals and businesses can create a WeChat public number, sending text, pictures, audio, video, text message five content categories, the total number of WeChat public the account of the brand has more than 8 million, the number of mobile applications docking more than 85000, nearly 80% users on WeChat public number. In the use of WeChat public numbers, the number of users concerned about the main purpose of the public is to obtain information 41.1%, followed by the convenience of life 13.7% and learning 36.9%. At present, WeChat public platform can support PC, mobile Internet page login and can bind private accounts for mass information with a high rate of arrival. WeChat public platform application conditions are very relaxed, so that each adult can apply and the construction of college sports second classroom model will rely more on WeChat public number, the service number of their own features and corresponding free links, greatly reducing the Operating costs, improve stability and reduce the risk of self-built APP to bring a variety of unstable factors. In addition, we can make full use of the statistical function of WeChat's public platform to view the growth of the number of users in any time period, cancel attention and user attributes and other statistics; View the statistics of the effect of sending text messages in any time frame, including the number of people served, the number of readers and the number of forwarders and other analysis; View the statistics of the messages sent by the user, including the number of messages sent, the number of such analysis. In the construction of the second class of physical education, the combination of WeChat group, WeChat public number or WeChat service number can be used to send different teaching contents according to the needs of different student groups, which will not result in waste of resources and teaching effectiveness.

**The Key to the Construction of the Second Classroom Model of College Physical Education with the WeChat Platform as the Carrier is the Establishment of the WeChat Platform and the Effective Combination of the WeChat Platform and the Second Class of Physical Education.** (1) Construction of WeChat Platform. The application of WeChat number through the public account for WeChat to build WeChat platform, the establishment of their own campus culture is in line with the WeChat group, WeChat public and WeChat service number, Physical education classroom corresponding graphic, system, video and other teaching documents, regularly send students to teaching information, The WeChat platform to upload information mainly in the micro class and graphic form, using micro class and text is small, easy to use facilitates sharing of the students, and very good to fit the needs of learners, enhance the availability of resources and practicality. Micro-information platform to upload the main micro-text and graphics in the form of the use of micro-class and graphic short and pithy, easy to use and other characteristics conducive to the sharing of students, and very good fit learner needs, enhancing the applicability of resources and practicality. Students scan the two-dimensional code through the phone to enter the WeChat platform to become the mobile side of the WeChat platform, WeChat platform to share information; The effective combination of WeChat platform and the second class of physical education can take full advantage of the WeChat platform for the sharing of resources and information dissemination to facilitate the characteristics of students to change the traditional learning methods, students through the WeChat platform to provide class teaching content, objectives, methods and other information

resources for autonomous learning and physical exercise. And in the WeChat platform between teachers and students, students can communicate at any time, so that the second class teaching extended to the leisure time of extra-curricular students, so that the sports class, the second class teaching and students close physical activity up, so that the first class teaching more concise and effective, the second class teaching to promote students extracurricular physical exercise, and constantly through the student's health. Students can use the message to communicate with the manager or the teacher, the teacher can focus on the screening of the questions and answers, improving communication efficiency. Teachers can according to different grades, different gender, different factors such as the classification of college students, targeted to send the relevant teaching documents, teaching students in accordance with their aptitude. The first class teaching, the second teaching and students' extracurricular sports activities closely together to reduce the class for some cumbersome technical action demonstration to spend a longer time to make class teaching more concise and effective.

## Reference

- [1] Zi Hao, Hao Jing-jing. Application of WetChat public platform in the field of education in colleges and universities [J]. China Education Informatization Fundamental Education, 2013 (2): 78-81.
- [2] Yang Ling, Wang Yingfeng, Liu Minglin, Cao Qiuwen. Analysis of the application of WeChat in the field of education [J]. Journal of Jixi University, 15 (2): 5-8.
- [3] Huang Qiang. Implementation of Flip-down Classroom Based on WetChat Platform [J]. Educational Information Technology, 2014 (5): 24-26
- [4] Liu Yu-ting. Application of WetChat platform in mobile learning [J] .Journal of Software (Education), 2013 (10): 91-93.
- [5] Wang Ping. Research on Support Function and Design Principle of WeChat Mobile Learning [J] .Journal of Distance Education, 2013,6 (12): 34-41
- [6] Chen Rong. Construction and implementation of the 42 mode of College Physical Education [J]. Journal of Beijing Sport University, 2009, 30 (6): 813-816
- [7] Jiang Xinguo. The Enlightenment of American sports education model on the reform of school physical education curriculum in China [J]. Journal of Shanghai Institute of Physical Education, 2007, 31 (1): 82-85
- [8] Jiang Hongyu. The Application of Micro Letter Platform in the Promotion of Sunshine Sports in Colleges and Universities [J]. Sports Vision, 2015, 5 (3): 235-236
- [9] Tanya Elias. Universal Instructional Design Principles for Mobile Learning[J]. The International Review of Research in Open and Learning, 2011, (2):143-156.
- [10] Armstrong, V., Curran, S. Developing a Collaborative Model of Research Using Digital Video[J]. Computers & Education, 2006, 46:336-347.
- [11] Yu-Liang Ting. Using Mobile Technologies to Create Interwoven Learning Interactions: An Intuitive Design and its Evaluation [J]. Computers & Education, 2013(1):1-13.