Research on the Construction and Teaching Mode of College Sports MOOC Platform

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Abstract. Aim to study the construction and teaching mode of colleague sports MOOC platform. Method through the literature analysis method and inductive method to summarize the design and teaching mode of college sports MOOC platform. Conclusion is MOOC is a new type of teaching mode, and its importance is also becoming increasingly prominent. All colleges and universities should firmly grasp the development opportunities brought by the network era and then deepen the reform of college sports majors. The birth of MOOC provides a new model for the effective implementation of the reform of the sports major. Also, this model is the breakthrough point of the reform of college sports majors. Under the background of "Internet +", MOOC is integrated with the physical education of colleges and universities, and the two complement each other. This is very helpful to the optimization of physical education teaching mode and the improvement of the utilization rate of physical education teaching resources, and further promotes the deepening of physical education reform in colleges and universities.

In recent years, China has made great achievements in the development of the Internet. In this context, the theme of "Internet + education" has been born. However, although it has received a lot of attention, the impact on physical education is not great enough. Lots of schools are still self-sufficient and unwilling to change the traditional teaching mode. This has made it difficult to achieve the desired effect in physical education. Teaching enthusiasm is lost, students cannot get the exercise they deserved. This phenomenon, which is called "point water type" and "putting sheep type", frequently appears in college physical education teaching, and has brought a negative impact on students' physical and mental qualities. Therefore, under such a status quo, teachers should actively carry out teaching reforms, strengthen their ability to apply new media and information technology, and constantly explore innovations in the teaching process to find new ways to improve teaching efficiency.

The emergence and development of large-scale online open courses are inseparable from the popularity of the Internet. It is a web-based open course with a very large scale. The English abbreviation is MOOC, and it is usually called "2. 0" online education. It specifically refers to the individual or an organization recording the teaching process into a video purposefully, and then publishing it on the Internet to enable people to learn online, while the learners can communicate and discuss difficult questions with the instructors online to promote a wider spread of knowledge. However, as sports course has certain special characteristics compared with other courses which this makes MOOC cannot directly replace traditional physical education. The mix of physical education and the Internet is not as simple as addition. It requires Internet platform and information technology to maximize the key role of the Internet in optimizing the allocation of sports resources, and then realize the deep integration of traditional physical education and MOOC teaching.

The wisdom teaching platform of school sports based on MOOC mode

Combining physical education with MOOC is a new type of teaching chain, which is online learning with "question" as the core and offline interaction mode with "task" as the core. While achieving high-quality teaching, it also helps students to consolidate and feedback knowledge after class. It can

be seen from the "MOOC" and the integration model of physical education teaching that the complete teaching process is specifically divided into the following four steps:

①   Design and production of MOOC video

The teacher firstly arranges reasonable teaching content according to the teaching plan and the characteristics of students, and carefully breaks down the complete teaching content into various learning priorities, carefully explains, and finds suitable and excellent teaching resources and materials, and produces MOOC videos for learners to watch. In the process of watching videos and learning independently, it is very prone for students to the phenomenon of "cognitive overload". The existence of this phenomenon has severely hampered the students' enthusiasm for learning Therefore, teachers need to make teaching videos based on cognitive load capacity。Try to select reasonable teaching content, and avoid complicated and incomprehensible irrelevant information in the video. Meanwhile, teachers can take the way of turning abstract knowledge into graphics to help learners learn, and make reminders when telling important content, so that learners can improve their cognitive load and promote learning efficiency.

②   Students learn online – centered on "problems"

For students, they can freely select the time and place of the study before the teacher conducts the next face-to-face class。According to their own learning tasks, they can selectively watch the corresponding teaching videos on the designated MOOC platform. In the process of learning video, record the incomprehensible knowledge or problems encountered during the learning process. Simultaneously complete the questions set by the teacher and the test exercises related to the transferred knowledge on the network. For the mistakes and problems that have been encountered before, students can find out the answers by watching videos again. If they still can't understand, they can also exchange ideas with teachers and classmates online, and share their learning experience with everyone to better master the knowledge they learnt.

③   Teachers' face-to-face teaching - centered on "task"

To enhance the learner's passion for learning, teachers often adopt a task-driven approach when they formally attend classes in the classroom, that is, the "task" as the core. As the leader of the teaching process, the teacher drives the students to explore and communicate knowledge, thus promoting the enthusiasm and teamwork ability of students to learn independently. Teachers should firstly supplement the lectures on the difficult problems encountered by students in online learning, then feedback and evaluate students' online learning. Then, according to the teaching objectives and key points in the curriculum design, and taking into the progress of the students' online learning to divide students into multiple groups, giving students a difficult task of inquiry. Each group of members performs a reasonable division of labor, communicate, discuss and analyze until the right decision is made. This completes the task efficiently and exercises the teamwork ability of the students. After conducting online learning, exchanging discussions, and jointly completing group inquiry tasks, students should demonstrate learning outcomes depend on their own tasks. The teacher makes comprehensive evaluations of the students by analyzing the performance of them in various aspects, such as classroom performance, learning outcomes, enthusiasm for exchanges, and theoretical test scores.

④   Knowledge practice and consolidation after class

After completing the online and offline mixed study, students can basically grasp the key points and difficulties of the teaching content, and clearly understand the formation process of some technical actions. However, motor skills have a certain specialty, it must be practiced frequently to achieve the real automation. Therefore, after completing the task of unit teaching, students must repeatedly practice the motor skills and consolidate their knowledge after class. In the final technical examination, the teacher will make a summative evaluation of each student in combination with the previous comprehensive evaluation to achieve good or excellent grades in the course assessment.

Suggestions on the Construction of MOOC and College Sports Teaching Integration Mode under the Background of "Internet +"

① Increase publicity and optimize teachers' teaching philosophy

First of all, to strengthen the publicity of the MOOC and colleges and universities in the integration of physical education teaching, that can be carried out by means of school broadcasts, school newspapers, online platforms, bulletin boards, etc. Promote students to use new learning concepts and create a good atmosphere through publicity；The second is to do a good job of MOOC training for teachers and optimize the teaching philosophy of teachers. The functional department in charge of education should conduct more training related to MOOC courses, including MOOC design, production, material collection, etc. Training can not only improve the quality and level of MOOC production of teachers, but also enhance the teaching effect of MOOC and physical education integration mode of colleges and universities, then promote the in-depth development of physical education reform；It is easier for teachers to accept this teaching mode and arouse the enthusiasm of teachers to use and promote this teaching mode to realize the informatization and modernization of sports education.

②Establish a special MOOC platform for college sports education

Currently, no"special" MOOC platform for college sports education has been established in China. Therefore, we must combine the characteristics of college sports majors to establish a "dedicated" MOOC platform as soon as possible. Or use the form of cooperation to introduce high-quality open class videos related to college sports majors on the MOOC platform, and actively apply them to teaching practice to improve the overall quality of teaching.

③Systematic design of college physical education teaching process

Establishing college physical education MOOC team, guided by "problems", conducting online communication learning, answering questions and doubts；Take the "task" as the guide for offline feedback and evaluation, and then let the two merge together. With this kind of mutual integration teaching mode, the key points and important skills of college physical education curriculum are split and reorganized, and the teaching tasks, time allocation, online interactive topics, offline communication modes, evaluation measures and other content of college physical education curriculum are redesigned. Integrate the logical relationship between the comprehensive teaching elements, scientifically design and produce MOOC videos, improve the quality of class communication, interaction, evaluation, feedback and other contents. Besides, it is also recommended to add online test discussion and answer questions on the MOOC platform to form an online and offline integrated teaching mode.

⑤ Special emphasis on the support services of teachers

First, as a teacher, we must actively guide students to take the initiative to learn. The second is to guide students to use MOOC scientifically, such as how to grasp the key points in the MOOC course, how to ask the teacher, how to study the technical actions according to the teacher's answer. These learning processes will help students develop good habits of active learning and help them improve their ability of independent learning.

In the process of learning the MOOC course, learners may not understand some points, they can use the platform at any time or ask the teacher in the discussion area. After answering the questions, teachers need to communicate with the learners to see if they have really understood. If not, teachers need to answer or guide in a different way, reduce the difficulty and help learners understand and remember. In the meanwhile, teachers must constantly reflect and innovate, and continue to improve their MOOC production level.

⑤Improve the evaluation mechanism of the whole process of "online + offline" learning

Teaching evaluation is a form of feedback on the learning situation of students' physical education curriculum. In the teaching practice of college sports majors, the use of MOOC requires a

corresponding evaluation mechanism as a support. Improve the evaluation mechanism of the whole process of "online + offline" learning. The mechanism should include all aspects of the subject, measures and content of the evaluation, thoroughly change the previous summative evaluation, attach the importance to the evaluation of the daily learning process, and focus on the evaluation of students' exploration ability, cooperation ability, coordination ability, independent learning ability, daily progress, etc. With the evaluation mechanism of "online + offline" learning process, the students' theoretical knowledge and professional skills are assessed, Combine the frequency, initiative, activity and participation of students using the MOOC platform, rationally improve the evaluation mechanism of the whole process of "online + offline" learning. This evaluation mechanism can also feedback students' emotions and attitudes towards learning, pay attention to students' daily learning process, improve their physical and mental qualities, and cultivate and enhance students' self-learning and social abilities.

Conclusion

MOOC is a new type of teaching mode, and its importance is also becoming increasingly prominent. All colleges and universities should firmly grasp the development opportunities brought by the network era and deepen the reform of college sports majors. The birth of MOOC provides a new model for the effective implementation of the reform of sports major. In the meanwhile, this model is also a breakthrough point in the reform of college sports majors. Under the background of "Internet +", MOOC is integrated with the physical education of colleges and universities, and the two complement each other. This is very helpful to the optimization of physical education teaching mode and the improvement of the utilization rate of physical education teaching resources, and further promotes in-depth study of physical education reform in colleges and universities.

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