

Application of "O2O" Teaching Mode in Competitive Martial Arts Routine Course from the Perspective of "Internet Plus"

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Abstract—In recent years, the O2O teaching mode based on Internet thinking has become the only way for university curriculum reform. In order to understand the use of O2O teaching mode in college competitive martial arts courses, further reform and development of college competitive martial arts courses are promoted. In this paper, methods of literature research, field investigation, logic analysis and so on are used to study the current situation of the o2o teaching mode in the competitive martial arts curriculum. At the same time, it analyzes the obstacles to the implementation of the o2o teaching mode. Finally, it puts forward some measures to improve the teaching effect of competitive martial arts routine, such as the curriculum design of o2o teaching mode and the establishment of the information teaching management mechanism.

Keywords—*Internet Plus; Competitive Wushu Course; O2o teaching mode*

I. INTRODUCTION

The "Internet Plus" strategy is one of the four suggestions that Ma Huateng, the representative of NPC (National People's Congress) as well as Tencent's chairman of the board of directors and CEO, put forward to the NPC this year. Ma Huateng explained that the "Internet Plus" strategy is using the Internet platform and information and communication technologies, integrating the Internet with various industries, including traditional industries, and finally creating a new ecology in the new field. On July 4, 2015, Premier Li Keqiang proposed in his report on the work of government of the two sessions that we should draw up an action plan for the "Internet Plus", which means that the "Internet Plus" has risen to a national strategic level.[1] In October 2015, "Internet Plus Education" was taken as a theme in the 15th Forum on Innovation and Development of Education Informatization in China. This forum integrated the modern information technology with the education comprehensively, and it played a leading role in the innovation of educational ideas and modes.[2]

Therefore, this paper takes the o2o teaching mode of Competitive Wushu Course as the research core. In order to promote the application and popularization of "o2o" teaching mode in Competitive Wushu Course, this paper is to find out the rational teaching mode of competitive Wushu routine "o2o"

course through understanding the current situation of Competitive Wushu Course in colleges and universities and analyzing and appraising it objectively.[3]

II. THE CURRENT SITUATION OF COMPETITIVE WUSHU COURSE

The Competitive Wushu Course is a professional course of martial arts and traditional ethnic sports in colleges and universities. With strong practicality, many teaching contents and few teaching hours, the syllabus covers most of the boxing types, equipment and competition rules in the martial arts routines. Most of the students majoring in martial arts and traditional ethnic sports come from martial arts schools, sports schools or full-time high schools. Some students receiving martial arts training since childhood have a good master of it. While some students have not received martial arts training until junior high schools or high schools, and the level of martial arts is relatively weak, which leads to a phenomenon that the students' basic martial arts skills are uneven after entering the school. Therefore, there are two poles of students' comprehension ability and receptive ability in the process of teaching. Students who have made rapid progress can basically master the technical essentials as long as they study it once. But, students with poor levels need to practice again and again to master the technical essentials initially. As a result, the students who have a good foundation appear to be inert, and the students who have a poor foundation have become unconfident and afraid of practicing. The teaching effect is not ideal.

However, it was found that at the beginning of entering the university, students' interest in professional classes was very strong in the process of classroom teaching. When the class was over, some students with a poor foundation would stay in the training hall to practice on their own. Some students also recorded the content taught in the classroom through their mobile phones to study it again and again. For these students, the amount of four hours of training a week is far from keeping up with the content of the class and raising the level of technology. So the emergence of the o2o teaching model conforms to the needs of independent learning, breakthrough in advance, after-school tutoring and so on. It is beneficial for students with weak foundation to improve their enthusiasm and initiative, so as to reach the best learning effect. At the same

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time, it is beneficial to the communication and interaction between students and between teachers and students.

III. THE APPLICATION OF O2O TEACHING MODE IN COMPETITIVE WUSHU COURSE

With the help of the popular mobile learning professional platform, Superstar Learning, the competitive martial arts routine course is established. [4]The class and students will be imported into the platform from the students bank. Teachers can learn relevant learning materials, such as PPT, video, pictures, etc., through the Superstar Learning designed courses. Students can watch and preview via Superstar Learning Mobile APP before classes, such as the three ways of primary long fist, primary knife, primary sword, primary cudgel, the first set of international competition series, the rules of martial arts competition, and so on. Students can learn by themselves by watching videos and courseware and they can save much of the classroom time by studying in advance. Therefore, limited time in the classroom can be set in the routine attack characteristics and students' physical qualities, such as flexibility, movement difficulty, traditional boxing equipment practice or a detailed explanation of the competition rules. After class, the teacher can also set up a bulletin board and publish the course information on it, so that students can understand the key points and difficulties of the learning content in the process of self-study. Through Superstar Learning, teachers can also observe students' learning dynamics and training progress at all times. After learning a routine, teacher can carry out online testing activities so that students can publish their self-taught routines to class groups through short videos. Through the teacher's examination and classmates' mutual evaluations, students will further consolidate and expand knowledge and skills.

As a kind of class form, the teaching mode of competitive Wushu routine o2o has formed a set of complete hybrid learning chain, that is, on-line and offline combined teaching. By completing the basic teaching of competitive Wushu routine on the platform of Superstar Learning, and combining mutual evaluation, students and teachers can communicate closely and the weak students can deepen the understanding of the self-study content. Credits can also be obtained from both online and offline learning sections. Credits can be distributed at 1:2 (Superstar Learning: classroom teaching). Students complete the learning tasks assigned by teachers through Superstar Learning, and get the corresponding results through tests. Combined with offline classroom performance and learning effects, they can acquire a comprehensive result. For teachers, the rise of the o2o teaching mode is a kind of self-improvement. On the one hand, it will urge teachers to break the traditional teaching mode and constantly improve the content of teaching, teaching methods, and so on. On the other hand, they should learn new teaching skills, such as online lectures, answering questions, course content design and production, etc.

Before Class	
Teachers	Students
Creating courses	Autonomic learning
Answering questions	Online communication
Online test	Accepting test
Network platform	

In Class	
Teachers	Students
Supplementary teaching	Improving oneself
Tutoring	Class discussion
Skill training	Skill improvement
Classroom teaching	

After Class	
Teachers	Students
Testing	Showing results
Overall evaluation	Passing test
Modification and perfection	Extended learning
Network platform	

IV. OBSTACLES TO THE IMPLEMENTATION OF THE O2O TEACHING MODE

A. *The Contradiction between the Traditional Teaching Model and the New One*

In the traditional teaching mode, students passively accept the knowledge taught by teachers. Objectively there is no independent thinking space in their minds, and if there is, it is a kind of thinking following the teachers. Teachers in the classroom only complete the task of "teaching", but there is no method of students' "learning". During this process, a phenomenon that teachers and students stand in the opposite side so that teachers feel exhausted and students are tired of learning is formed. In the new teaching mode, students combine online learning with the traditional teaching mode and learn from each other, which help to promote their enthusiasm and initiative. However, under the influence of the traditional teaching mode, whether the teachers have interest and enthusiasm to the new teaching method of information technology and network management? Whether or not they can abandon the traditional teaching methods and adapt to the new teaching mode with new ideas? These are what teachers need to overcome. Therefore, both teachers and students should change their thoughts, actively seek their own position and responsibilities in the new teaching mode, overcome the stereotype and give full play to their enthusiasm.

B. *The Conflict between the Traditional Teaching System and the New Model*

The traditional teaching mode has a set of perfect teaching management system matching with it, such as syllabus, teaching content, teaching effect evaluation method, course assessment method, and so on. The emergence of the new teaching mode will inevitably break the traditional management system. In this process, the new teaching mode will often have conflicts and contradictions with the traditional system, resulting in the premature collapse of the new teaching model. If teachers design online teaching courses through the new teaching mode, and carry out web-based classroom

teaching through the platform, then how can the workload of teachers be approved and distributed? Therefore, it is difficult for the traditional teaching management system to merge with the new teaching mode in a short period of time. It needs the management department further emancipates the mind and reinforces to carry on the teaching reform.

V. THE MEASURES OF IMPLEMENTING THE O2O TEACHING MODE IN THE COURSE OF COMPETITIVE WUSHU ROUTINE

A. *The Curriculum Design of O2o Teaching Mode of Competitive Wushu Routine*

The key to measuring a lesson lies in its design. In order to do the o2o teaching mode well, we need to apply the preparatory work to the extracurricular time, to study its teaching characteristics, to highlight the teaching methods, to do the teaching design well, and to design the syllabus, the teaching standard, the teaching progress and the learning method according to the students at different levels. Besides, we need to highlight the initiative and diversity of the curriculum. Teachers convey their teaching content to students by means of "task-driven method" based on Superstar Learning. Through chat tools such as WeChat group, QQ group, email and so on, teachers can interact with students at close range, so that students can improve their skills in any place and at any time. In classroom teaching, the students are the main body and the teacher is the leading factor. The interactive link of the classroom needs to be strengthened. The teaching and practice should be combined synchronously by adopting the teaching mode of "project-oriented and task-driven". The o2o teaching mode has basically realized the students' initiative and exploratory learning method, which can't be compared with the traditional teaching model.

B. *Implementing o2o Teaching Mode and Perfecting Information Teaching Management Mechanism*

With the rapid development of internet information technology, students' access to knowledge has become diverse, which is different from the previous way of learning through books or simply relying on teachers. Students can obtain any professional knowledge they want to find through the internet. The multi-way of acquiring knowledge makes the traditional education mode of teachers thin and stressful. How can teachers connect with the general environment and how to lead students to acquire knowledge? This is what teachers need to explore, and at the same time, the school management departments should attach importance to it. They should

formulate an information-based teaching management mechanism and a systematic teaching reform technology training plan, provide a platform for young teachers' information-based teaching and provide informationalization technical training assistance. For example, they can hold some training courses timely on PPT application, image production, video production technology, multimedia courseware making technology, network operation technology, photography technology, web-making course, Mooc, micro-class and so on. Besides, they can also organize regularly relevant information technology competition to promote reform and improve teaching.

VI. CONCLUSION

The course of competitive Wushu adopts the mode of both online and offline courses, which can't only improve the students' participation and enthusiasm, but also improve the students' creativity. In order to realize the application of the o2o teaching mode of the competitive martial arts course, in the process of the implementation of the o2o teaching mode, we should overcome the contradiction and conflict with the traditional teaching mode, make a good course design of the o2o teaching mode of competitive Wushu routine, and perfect the information teaching management mechanism and so on. The teaching reform of competitive Wushu course based on o2o teaching mode is the only way to promote the integration of internet application and university theory teaching as well as to deepen the teaching reform of traditional curriculum teaching system in colleges and universities in the new period.

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