

Exploration on the Blended Learning Mode Of Physical Education Teaching In Colleges and Universities Under the Background of Internet +

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Abstract: Exploration on the blended learning mode of physical education teaching in colleges and universities under the background of Internet + is studied in this manuscript. We should organize various activities for students to observe classes or focus on teaching and training, so that physical education teachers can raise their awareness, popularize traditional national physical education teaching methods, and truly inherit and spread the cultural treasures of our country. For example, Skinner's procedural approach to the teaching, Skinner found through experiments. Animal behavior can be formed using the method of gradual reinforcement of operant conditioning reflexes. This paper gives the novel ideas regarding the blended learning mode of physical education teaching in colleges and universities under the background of Internet +.

Keywords: Internet +; blended learning; physical education; teaching; colleges and universities

1. INTRODUCTION

The new teaching mode is based on deduction, which shows that the changes in teaching theory and research methods are mostly based on some modern theoretical frameworks. On the basis of the framework, and through deductive reasoning, the corresponding teaching mode is then derived. Therefore, the development of teaching practices to a new level will promote the development of advanced teaching models.

For example, Skinner's procedural approach to the teaching, Skinner found through experiments. Animal behavior can be formed using the method of gradual reinforcement of operant conditioning reflexes. Physical education is an activity in which students are directly involved in teaching and learning with their bodies. activities, which will basically take place outdoors with the teaching practices.

How can we make students enjoy the hard, repetitive How to make students enjoy physical education in the process of hard and repeated practice? To get the improvement of quality. It is necessary to strengthen ideological education, to strengthen motivational motivational teaching evaluation, and to do everything possible to make students gain the success of the experience, so that they have a strong interest, and can To make students "happy with suffering". From the perspective of self-organization theory, physical education is obviously not a simple system under the deterministic scientific view, and the nonlinear relationship among its internal elements is interrelated and mutually supported, which makes it show obvious complexity characteristics. Chaos research reflects on and interprets the physical education system [1-4].

The aim is to gain a deeper understanding of the complexity in physical education and to explore a purpose of this study is to understand the complexity of the physical education and to explore a way to use this complexity to then drive physical education to a higher level of the purpose of this study is to gain insight into the complexity of physical education and to explore a path that uses this complexity to drive the physical

education to higher levels of self-organized evolution. In the figure 1, the scenario is defined.



Figure. 1 The Physical Education
(<https://blog.petrieflom.law.harvard.edu/2021/12/14/physical-activity-and-physical-education-after-the-cal200-litigation/>)

2. THE PROPOSED METHODOLOGY

2.1 The Internet and Sports

The teaching mode under the new situation of online teaching not only conforms to the spirit of the "Outline" of the Ministry of Education, but also has good teaching effects. We will use scientific methods to then investigate, analyze and study the application of Internet teaching in physical education.

Currently, we are facing with listed challenges [5-8].

(1) The realization of network teaching of college sports must depend on the education network, but in the process of actual network teaching, schools have not paid enough attention to the construction of sports network. Colleges and universities, as the units with the highest degree of the Internet penetration, will inevitably change the way of learning, life style and way of thinking of students in the process of using the Internet, and sports, as an important subject, will also be affected.

(2) Since the construction of the Internet teaching model requires the use of various hardware and software facilities, this process consumes a lot of cost and funds. Colleges and

universities are limited by funds, and their investment in the online physical education teaching is insufficient.

Therefore, we believe that mobile Internet learning refers to a learning method that makes use of the modern digital communication devices (such as smart phones, mobile phones, handheld computers, etc.) to let learners get rid of time and space limitations and learn anytime and anywhere, so as to achieve personalized learning and the lifelong learning. We should then follow listed aspects.

(1) Teachers should let students understand the importance of participating in sports learning, form good scientific values, and make effective plans for sports learning: fully affirm the role of the Internet in teaching, and then correctly analyze the problems in the process of sports online teaching.

(2) The establishment of a sports teaching website requires the cooperation and cooperation of professional teachers from multiple projects, and strive to enrich the teaching content according to the design requirements of the website.

(3) Pay attention to the collection and arrangement of new technologies, new knowledge, and new methods, and update the teaching content and information provided in a timely manner.

(4) At the same time, in the era of mobile Internet, the evaluation method of teachers' physical education is no longer mainly oral and written, but mainly digital. Teachers reflect students' recent learning conditions through the network platform, and students can check them out at any time. The evaluation related to oneself breaks through the limitation of the classroom communication, and teachers can quickly give answers to students' doubts, which makes it easier to help students learn physical education.

2.2 The Exploration on the Blended Learning Mode of Physical Education Teaching

In the process of physical education, we should pay attention to the personality and characteristics of students, make good use of emotional teaching methods, and combine them with various teaching methods to give full play to the role of the emotional teaching. Physical education is a way to break the limitations of the classroom. To organize physical education from a long-term perspective. Through the corresponding sports knowledge system, the cultivation of various emotions and emotions, improve students' awareness of the sports, and make students become a positive person.

Actively participate in the main body of sports activities, and develop a good awareness and habit of lifelong sports is essential for the development. Based on hybrid intelligence Based on the theory of hybrid intelligence, the school-based curriculum is developed for the purpose of focusing on the physical education and cultural connotations of the curriculum cultural connotation, adapting the curriculum content to new developments and new achievements, mainly including the main contents of curriculum include: linguistic intelligence, logical and mathematical intelligence, interpersonal content, physical intelligence, and the visual intelligence, the physical intelligence, visual intelligence. Hence, we consider the list of the aspects for analysis.

(1) In sports, any one is produced under a specific national cultural background, produced in a certain historical stage, developed in the process of historical development, gradually developed and matured, and has the core national style and

national style of the nation. style, which is an integral part of the national traditional culture.

(2) The concept of inevitability has a profound impact on physical education, and it pushes the understanding of the laws of physical knowledge or skill system to the only center of physical education. For physical education teachers who hold traditional concepts, these laws are objective, inherent, and cannot be changed or created. The only thing students need to do is to try to understand and learn these laws and to guide physical education life according to them.

3. CONCLUSION

Exploration on the blended learning mode of the physical education teaching in the colleges and universities under the background of the Internet + is studied in this manuscript. Carrying out ethnic traditional physical education in schools, on the one hand, can enrich the education system of school physical education, effectively enhance students' physique, on the other hand, it can also carry forward national culture and cultivate students' national consciousness, national spirit and patriotism. In the next stage of the study, the further discussions will be conducted.

4. REFERENCES

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