

Research on Improving the Teaching Effect of College Physical Education with Wechat

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Keywords: Wechat teaching; Traditional teaching; Physical education teaching; Physique; College physical education

Abstract: This paper chooses physique Class 1 and Class 2 of 2018 public elective course of Sichuan Agricultural University as the research objects, and adopts traditional teaching method and Wechat teaching method respectively. It can be seen from the comparison of teaching results that the teaching mode of Wechat platform can better aim at the differences among students, take the development of students as the subjects, and improve the initiative of students' learning. In this way, students' enthusiasm and interest in learning can be mobilized, so as to achieve better learning effect and enhance the effectiveness of the curriculum. Health first, lifelong physical education is the main goal of college physical education. The physique course not only meets the physiological and psychological needs of modern and contemporary students, but also plays a unique role in the comprehensive quality of college students. The physique education of Wechat mode can better show the teaching objectives and significance of college physical education.

Introduction

WeChat is a free application launched by Tencent on January 21, 2011 to provide instant messaging services for intelligent terminals. Users can "shake" and scan QR code to add friends and pay attention to the public platforms, publish texts and pictures or articles to share in the circle of friends, and comment or like friends' dynamics. Wechat has been established for more than 8 years. Since its birth, WeChat seems to be a darling, and it is popular among everyone. As an indispensable social communication tool, college students are the largest group of WeChat users. At present, more and more college students are using WeChat for communication and learning, and they have integrated WeChat into an important part of their study and life. With the optimization of the Internet and the popularization of mobile intelligent devices, using WeChat for physical education is an innovative attempt. It breaks the limitation of time and space, and meanwhile, it can better mobilize students' enthusiasm for learning, and then better promote the development of students' physique and health level. Sichuan Agricultural University is the key construction university of "211 Project" and the national "double first-class" construction university. Its research object has certain representative significance and research value, which can contribute to the teaching objectives and significance of public sports construction in colleges and universities.

Research Objects and Methods

Research Objects. In this paper, 30 students in physique Class 1 are selected as traditional teaching experimental class and 30 students in Class 2 are selected as Wechat teaching experimental class of 2018 public elective course of Sichuan Agricultural University.

Research Methods

(1) Documentation

This paper provides important theoretical basis for the research of this paper by consulting CNKI, World-wide database and relevant literature materials of school library.

(2)Experiment

In this study, 2 sample classes are used for comparative experiment, with 2 class hours per week and a total of 32 class hours.

(3)Questionnaire

At the end of the semester, 60 questionnaires are distributed to students in 2 classes, with a 100% recovery rate, so as to understand the differences in students' cognitive ability, aesthetic awareness, physical fitness awareness and physical quality indicators.

(4)Mathematical statistics

The test data are processed by Spss statistical software to draw related charts.

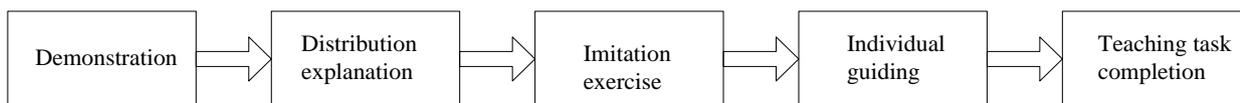
Results and Analysis

The characteristics of the teaching mode of the WeChat physique classroom: teachers upload teaching video resources; students learn independently; teachers provide individualized guidance; students review independently and repeatedly; teachers and students learn and exchange experience in class.

The advantages of the teaching mode of the WeChat physique classroom: improving the enthusiasm and initiative of students to learn independently and improve learning efficiency.

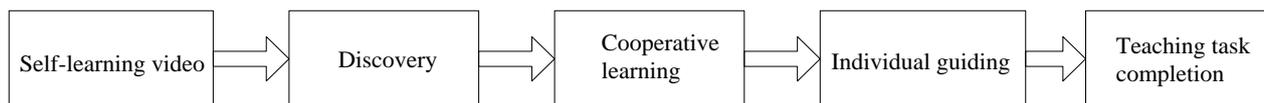
Comparison of Two Teaching Modes.

Table 1 Traditional Classroom Teaching Programming for Physique Class 1 of Traditional Teaching



Traditional physique teaching arranges two class hours per week, and the traditional teaching mode is dominated by teachers, while students learn the movement mechanically and have little chance to speak out. However, only relying on 90 minutes of physical education is difficult for students to fully master sports skills and achieve the effect of enhancing physical fitness. The traditional physical education teaching depends on teachers' demonstration and students' imitation. However, the technical movements of many sports are inherently complex, and the teachers' demonstration has limitations, so it is difficult for students to master in the class. Students need a lot of repetitive exercises after class, ask for the detailed movements, mistakes that are easy to make, key points, etc. of these sports, so as to truly master the technical essentials. However, due to the limited energy of PE teachers, it is difficult to solve the problem of extra-curricular guidance. Such teaching situation leads students to cope with physical education teaching carelessly, "dawdle credits", and teachers are difficult to achieve targeted analysis and teaching.

Table 2 Wechat Classroom Teaching Programming of Wechat Public Platform Teaching Mode of Elective Physique Class 2



Students can pay attention to the WeChat public accounts by scanning QR codes and searching for the public numbers. Before class, PE teachers design relevant teaching video according to the teaching content and upload it to WeChat platform, and set up physique skills teaching and theoretical teaching. Among them, the teaching of physique skills is mainly based on movement video and practice methods., and students can learn relevant skills before class by watching video. Theoretical teaching is mainly to upload the selected contents of electronic journals and magazines related to physique shaping and aesthetic improvement, so as to improve students' theoretical level, aesthetic ability and sports literacy. Experiments in classroom teaching require students to preview

the teaching contents and to prepare new knowledge in advance. In class, students watch and learn teaching video through the network platform, and teachers conduct individualized auxiliary teaching guidance, comment, demonstrate, and teaches students according to their aptitude. After class, students can review the content of each lesson on the Wechat public platform, and carry out innovative learning exercises. This can improve the enthusiasm and initiative of students and improve their learning efficiency.

At the end of the semester, questionnaires are sent to the two elective classes to understand the students' understanding of physical education and their feelings of participation, as can be seen in the Table.

Table 3 Comparative Analysis Table of Cognition and Subjective Feelings of Physique between Class 1 of Traditional Teaching and Class 2 of Wechat Teaching

content	Percentage of population	Physique Class 1 of Traditional Teaching	Physique Class 2 of Wechat Teaching
		Percentage of identity/%	Percentage of identity/%
Physical exercise, Physique improvement, health improvement and self-confidence enhancement		75.1	94
More graceful of body posture than before class		57.6	88.2
Improvement of aesthetic ability		51.2	92.3
Physical coordination, beautiful shape and movement		70.9	93.5
Continuing to learn and pay attention to body shaping		51. 5	95.6
Enhancement of sports fitness awareness		54. 2	93.1

Through the comparison, it is found that the two elective classes have played a positive role in the cognition of physique lessons, physical exercise methods, aesthetic improvement, continuing to pay attention to and learn the methods of physique shaping, and physical fitness awareness. However, the students in physique Class 2 of Wechat platform teaching are more active and excellent in terms of cognition and subjective feelings, especially, in the aspects of students' aesthetic ability and continuing learning of physical content. The reason is that the traditional physical education is mainly teacher-led, with teachers' demonstration and students' imitation. Teachers can more easily grasp the progress of the class, but not good to the development of students' personality. The mutual learning between students cannot be reflected in teaching. Due to the individual differences of students, the teaching implementation based on WeChat can improve students' learning initiative, better focus on students' development, motivate students' learning enthusiasm and interest, and thus achieve better learning effect.

Table 4. The comparison table 4 of average scores of physical quality test after class of traditional teaching physique Class 1 and 2 of WeChat teaching

class	project	Sitting-body forward bend (cm)	Sit-ups (number)	Standing long jump (meter)	Vital capacity (milliliter)	50 meters (seconds)	800 meters (seconds)
Physique Class 1 of traditional teaching		16. 1	25	1. 65	1900	8.9	270
Physique Class 2 of Wechat teaching		18.3	29	1. 78	2100	8.1	250

Through the difference of the average scores of physical quality of the above two elective classes under different teaching modes, we can draw the following conclusions: The physical quality indicators of physique Class 2 of WeChat teaching are better, and the display of flexibility quality is also very good. Flexibility quality is of great significance to the healthy development of female college students. It can help female college students to shape a good body posture, and has a good role in correcting and improving bad posture, such as chest bending, hunchback and bad walking posture. Therefore, the introduction of WeChat into college students' physique elective course will be better to the completion of the tasks and teaching objectives of college physique elective course.

Summary

The advantages of physique elective teaching in the college physical education under WeChat platform.

Previewing before class and going deep into class to help teaching. College physique elective course is a rather practical course, which is mainly based on teachers' movement explanation and demonstration, and students' mastery of the key points of each movement through imitation. However, when teachers explain and demonstrate the movements in class, students only have the visual impression, leaving the students not enough time to practice by themselves. After class, when students recall the movements by themselves, they will forget some of them, or even have no impression, and have no idea what the next movement will be, which are normal reflection of learning new movements in sports. Although many students consult their teachers, there is only one teacher who is busy with work, so there will be a phenomenon that teachers have no time to teach and students wait for a long time without any result. The consistency and logicity of the sports technology in college physical education are very strong, and the difficulty is also gradually rising, the step-by-step progress also makes students tired to deal with. Based on the above situation, it is particularly necessary to introduce micro-classroom in college physical education teaching. WeChat's video auxiliary teaching breaks down the classroom into parts so that students can learn more actively.

Introducing WeChat into classroom, student-oriented, and guiding students' practice. It is not enough for college physique elective course to only use classroom teaching time, and students need to spend time reviewing after class. The physique teaching of the WeChat platform is student-centered, and students implement learning through repetitive processes. This student-oriented teaching mode can give full play to the initiative of college students to learn, and inhibit the brain from being over-saturated and oppressed. Self-learning, independent thinking, hands-on practice, can motivate students to fully take the initiative to learn. In order to strengthen students practice ability, some classic courseware resources can be made into micro-courses and released to the physique WeChat teaching platform, which is helpful to students' observation.

Seeking the gap, grasping the dynamics, and adjusting the teaching progress. WeChat platform can reflect the learning situation of students. Students' learning problems on the platform can also be timely understood and captured by teachers. For differences among students, teachers can treat them differently and make up for them immediately. The content in class can be made into courseware resources and sent to WeChat, and students can watch it after class, so that PE teachers can adjust teaching methods purposefully.

The significance of physical education on WeChat platform to college physical education.

Improving the enthusiasm of college students to learn sports and influencing their interest in sports . In the process of obtaining WeChat information, participating in sports activities and publishing interactive experience on WeChat platform, they can all influence college students' interest in sports participation. On WeChat, students' sports participation is not only a traditional physical activity participation, but also can be displayed through WeChat platform. For example, on Wechat, students can pay attention to sports-related Wechat public numbers, click to read relevant sports information, publish sports-related comments, and participate in discussing sports-related topics. Albert Einstein once said, "If the enthusiasm of students is stimulated, the school's provided

work will be accepted as a gift. " Interest is the best teacher, and learning interest can effectively induce learning motivation and strengthen learning power force. The appearance of the WeChat public platform of college physical education has effectively enriched the students' sports curriculum and provided active and corresponding guidance for students' extracurricular activities. With the deepening of physical education teaching in colleges, it makes up for the disadvantages of the traditional physical education courses in colleges that are scarce and boring. Teachers and students can further discuss and communicate the content of physical education courses through WeChat public platform of college physical education. Students can actively express their thoughts and suggestions on the content of physical education, and teachers can further understand the students' ideas and desires for sports. In physical education, colleges and universities build WeChat public platform to teach students extracurricular physical education, which is convenient and efficient. At the same time, WeChat platform has the advantages of being simple and fast, rich in content, interactive in class, easy and effective. This can effectively stimulate students' enthusiasm and cultivate their interest in learning sports knowledge, improve their learning efficiency, enrich the teaching content of physical education, and promote the smooth development of college physical education curriculum activities.

Continuously cultivating and strengthening students' health awareness. Nowadays, WeChat has become a convenient way for mass communication, and its convenient operation has been welcomed and loved by teachers and students. When students acquire knowledge through WeChat, it is economical, practical, convenient, and labor-saving. More importantly, there are no limits to the acquisition of knowledge. The WeChat public platform of college physical education teaching can release relevant sports information to students. This can help them to establish a healthy concept, a correct concept of fitness, to publicize the importance of physical exercise for physical health, cultivate their sports and health awareness, establish a healthy sports life concept, and a lifelong sports fitness awareness. For students, they can choose sports knowledge that they are interested in and choose and accept information they like. In the traditional classroom, when teachers teach sports knowledge, students are in the process of passive acceptance, but with Wechat, it can make up for the imperfect passive acceptance of students in the teaching process. Students can choose sports knowledge independently, which is good to arouse students' enthusiasm for learning sports knowledge, and they are easier to understand and absorb the knowledge, and their skills can also be greatly improved.

Continuously enriching the content and form of college physical education. The traditional model of physical education for college students is that teachers teach in class. Due to the lack of physical education classes and the boring knowledge of sports theory, students' enthusiasm for learning is greatly reduced. Nowadays, colleges and universities intervene in WeChat to teach sports-related theoretical knowledge, guide college students to learn related sports movements and techniques, correct wrong movements, and solve problems in sports learning. The content and form of sports information sent by colleges through Wechat public platform should be rich and novel, and the content should be selected suitable for students to read and the information should be closest to students' real life. Through information transmission, group chat, send and online teaching and other forms of extracurricular physical education for students, it can make the content of college physical education present a colorful situation.

Actively creating a healthy atmosphere of college sports culture. Colleges can design sports columns on Wechat, update current sports news, disseminate positive and healthy sports spirit, exchange ideas and interact with students, and guide students to establish correct and positive and healthy sports concepts. Moreover, colleges can create interactive columns on Wechat, so that students can actively speak on the platform and actively discuss healthy sports concepts, which is good to create a positive and healthy sports cultural atmosphere in colleges. In this positive and healthy cultural atmosphere, students' enthusiasm for physical exercise and their physical exercise ability can be improved.

Conclusion

Most of the present college physical education courses are rich and specialized, and students can choose sports courses freely according to their hobbies and specialties, which should be said this is a great progress in higher education and college physical education. With the network media era covering the learning space of college students and the continuous improvement of the quality requirements of talents in modern society, teaching and learning need the joint efforts of both teachers and students. On the one hand, it requires teachers to continuously improve their own conditions and quality, and on the other hand, it also requires students to actively cooperate and improve their participation in sports. Only when the two form an effective interaction, the development of college physical education can be colorful and wonderful. The model of Wechat physique teaching has proved the gratifying effect of physical education teaching, which has important reference for the establishment of student-oriented physical education teaching mode in college physical education class. It enables students to become the masters of classroom teaching, allows students to walk out of the classroom into the physical fitness classroom, and lets them to get more rich sports experience through the college physical education. Thus, it ultimately improves the physical quality of students, realizes the value of life, makes them ready for a better future life, and improves their self-confidence for the happy life.

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