

Research on the Construction of Online and Offline Hybrid Individualized Teaching Model in Volleyball Courses

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Abstract—At present, the new teaching mode of Internet combined education has become the demand of both the teaching and learning in the new era. The teaching of volleyball courses must break through the shackles of traditional teaching mode, fully utilize the online and offline mixed teaching, and highlight the characteristics of students' individualized learning. Based on the analysis of the current volleyball course teaching problems, this paper improves the overall design of the teaching model, excavates and produces online teaching resources, conducts self-study before class, and summarizes students' technical learning effects and individualized characteristics. To realize the online personalized learning feedback, adjust the design and organization of offline teaching, and pay attention to the two-way process evaluation of students, and make a detailed analysis of the realization of the teaching mode.

Keywords—Volleyball Course Online and Offline Hybrid Personalized Teaching Construction

I. PROBLEMS IN THE CURRENT TEACHING OF VOLLEYBALL COURSES

The traditional physical education teaching mode has been the mainstream mode of physical education in Chinese schools for a long time. It is centered on teachers and emphasizes knowledge transfer but ignores the cultivation of students' subject status and ability. This kind of teaching mode cannot be combined with the network technology and platform to split the solidified teaching content, so that the student-centered personalized teaching cannot be realized, and there are problems affecting the teaching quality. With the rapid development of online education, the educational structure of colleges and universities is continuously optimized, which provides a broad space for development of college sports. As an important part of college education, volleyball course teaching is also involved in the process of online education as a teaching platform. In the reform of college education, physical education aims to train students to master technology to improve physical quality. For the student group, the individualized difference of self-learning ability determines the difficulty of learning and mastering technology, relying only on practice. Teaching is difficult to meet the individual needs of students. Through researching and constructing, the online and offline hybrid individualized teaching mode of volleyball course, using the network teaching platform reasonably to design relevant online teaching resources, basing on individualization, according to students' different cognitive abilities, acquiring the learning needs of individual skills, thus playing a positive role in improving the teaching quality of the course

II. CONSTRUCTION OF ONLINE AND OFFLINE HYBRID PERSONALIZED TEACHING MODE

A. Improve the Overall Framework Design of the Teaching Model

The main content of the overall framework of this teaching model research is divided into two aspects: online teaching platform construction and offline teaching reform. The construction of the online teaching platform is mainly carried out in four aspects: sports project content, auxiliary tools, resource construction and module design. The content of the sports program is related to the teaching of the course, and it is a comprehensive online and offline resource. Auxiliary tools include processing tools, communication tools, and visualization tools. These tools help online platforms to provide more resources, which facilitate students to conduct online communication and learning, and gradually guide students to adapt to individualized teaching modes and develop independent learning ability.

Resource construction includes static and dynamic materials, existing text materials and online resources as the basis for platform resource construction, and then adjust or increase relevant according to the individual needs of students. Teachers combine resource construction elements with offline teaching and scientifically build a richer resource library.

The module design is aimed at teaching resource management, interactive communication, examination and test, etc. and realizes the development of teaching to respect the individualized knowledge appeal of students, realizes self-worth and share knowledge.

Offline teaching can use flipping classroom, group collaboration, inquiry learning, etc., combining with the individualized situation of students in the process of skill learning, focusing on practical teaching-group, discussion-collaborative exercises; teachers can also formulate corresponding learning plans according to students' own learning ability and implement them into specific practical teaching.

B. Mining and Producing Online Teaching Resources

The content of online teaching resources is related to the main sports items, including volleyball theory knowledge, syllabus, teaching content, and sports rules. Through the processing and processing of the auxiliary tools, the relevant video and text resources can be adapted to the characteristics of the current students' learning needs. Resource construction is the focus of the online teaching platform, including text materials related to volleyball course teaching, teaching courseware, micro-course teaching videos, practice method videos, technical decomposition short videos, student personalized technology diagnosis videos, volleyball game videos, homework questions, case display and analysis. Through the mining of relevant resources on the Internet and the integration of diverse resources, students can acquire a broader range of knowledge.

On the basis of finishing the teaching content, complete the technical and tactical video recording of volleyball and optimize the production. At the same time, the resources needed for the online teaching platform are integrated. The online and offline hybrid personalized teaching mode combines the advantages of traditional teaching methods with the advantages of online teaching with online teaching as the background, and takes the development of open distance education as the background; By using online teaching resources platform, we can form a relatively perfect online learning system, and then form a variety of learning modes coexisting, with open self-learning as the leading factor, and constantly improve the construction of teaching resources such as characteristic videos.

C. Self-Study Before Class in sports related knowledge

In the design of the overall framework, self-study before class is an effective way for students to understand volleyball. Students can use the multimedia resources of the online platform to more clearly understand the syllabus, teaching content and teaching organization methods. On the online teaching resource platform, students use the existing technical and tactical teaching videos to learn ahead of time, and participate in online discussion and communication, or present valuable questions or personalized needs to teachers, so as to systematically summarize. The problem of self-study before class is preliminarily completed, and the preparation for the corresponding offline practical teaching content is initially completed. The teacher synchronizes the self-study and practice exercises of the online and offline students before class, and organizes the students to conduct collaborative and inquiry-based personalized teaching in the next stage. After the pre-class self-study part of the sports related knowledge, teachers should adopt cooperative exploration methods in practice teaching to enable students to gain more experience in self-learning knowledge exchange and mutual assistance to improve their skills and tactics.

D. Summarize Students' Technical Learning Effects and Individualized Characteristics

The learning of online teaching resources is ultimately for offline practical teaching services. The fundamental goal of the practice of such a hybrid personalized teaching model is to fully focus on the academic situation. This includes students' understanding of the course, their familiarity with volleyball, what skills and tactics are difficult for students to learn, and the comprehensive performance of students' online and offline learning. From the perspective of teaching, the effect of practical practice, what problems exist, and the specific implementation of homework after class are the key points for teachers to summarize and analyze. In addition, the two-way feedback of online and offline learning activities can truly represent the individualized characteristics of student learning. The general analysis of this information is the characteristic of this teaching research.

E. Realize Online Personalized Learning Feedback

The direct goal of online resource platform is to achieve feedback from students' autonomous learning and related situations. First, complete the construction and organization of online teaching resources, rationally design the platform module, highlight the effective records of text, video and other materials browsing and learning, and create a comment area and an interactive area. Increasing the role of the interactive link is to make the project a link between teachers and students and play an active role in practical teaching. Teachers also need to continuously improve the level of application of information technology. On the basis of analyzing the individualized learning situation of students, we should make full use of the online platform for teaching and learning exchanges.

F. Adjusting the Design and Organization of Offline Teaching

In the final analysis, technical and tactical learning of sports is the process by which students constantly improve their own level through practice, whereas, The effective teaching of technical movements cannot be fully reflected through the simplification of offline teaching. It must be completed in line with the assistance of online resource platforms. The opening of teaching resources. Through literature review, it is found that most of the research on sports curriculum reform on Internet multimedia resources is limited to the improvement of the construction of online platforms, ignoring the leading role of offline teaching. The focus of this teaching model research is to fully integrate the feedback of online and offline teaching and learning, including the students' mastery of practical teaching combined with the learning content of online related content after class, to more accurately adjust the teaching of offline teaching. Content and progress. Combined with the characteristics of students' individualized sports requirements, under the principle of learning the rules of sports skills and tactics, the authors comprehensively discover the characteristics and deficiencies of students' online and offline hybridized individualized practices, and timely adjust the design and method organization of offline teaching.

G. Pay Attention to the Two-Way Process Evaluation of Individual Students

Process evaluation is an important part of effective feedback online and offline hybrid teaching. Through the two-way approach of practical teaching and online resource learning to implement the evaluation operation, teachers should also observe

and timely summarize the concrete reflections of students in practice teaching. The problem, combined with feedback from the online platform to improve the accuracy of the process evaluation. This will help students to discover their own technical mastery and deficiencies in a timely manner, strengthen the monitoring and adjustment of self-learning progress, increase their enthusiasm, and help teachers to continuously obtain teaching feedback information through online and offline two-way process evaluation. To understand the individualized needs of students in more detail, to adjust the teaching content and methods in a targeted manner; in the end, it can increase the two-way communication opportunities between teachers and students, and stimulate students' enthusiasm for learning. Therefore, it's necessary to pay attention to the two-way process evaluation of individual students thus to promote the improvement of teaching effects.

III. ANALYSIS CONCLUSION

The construction of online and offline hybrid personalized teaching mode of volleyball course focuses on two aspects: one is the construction of online resource platform, which includes not only conventional teaching materials, but also accurate technical decomposition short videos based on the personalized characteristics and problems of the teaching objects in the process of two-way learning, and even the other is the construction of online resource platform. It is the pertinent and individualized influence material of technical action correction; it puts forward higher ability requirements for college physical education teachers in the new era of education; secondly, the dialogue between teachers and students in offline practice teaching is more direct, how to increase online learning communication and feedback of problems, and teachers should also collect information to make a summary. Timely adjust the teaching content and the corresponding teaching methods. Therefore, the study of this teaching mode not only creates new value of physical education in Colleges and universities, but also faces many challenges in the implementation process. Only by daring to try, actively summarizing and constantly improving, can we complete the effective reform of volleyball course teaching.

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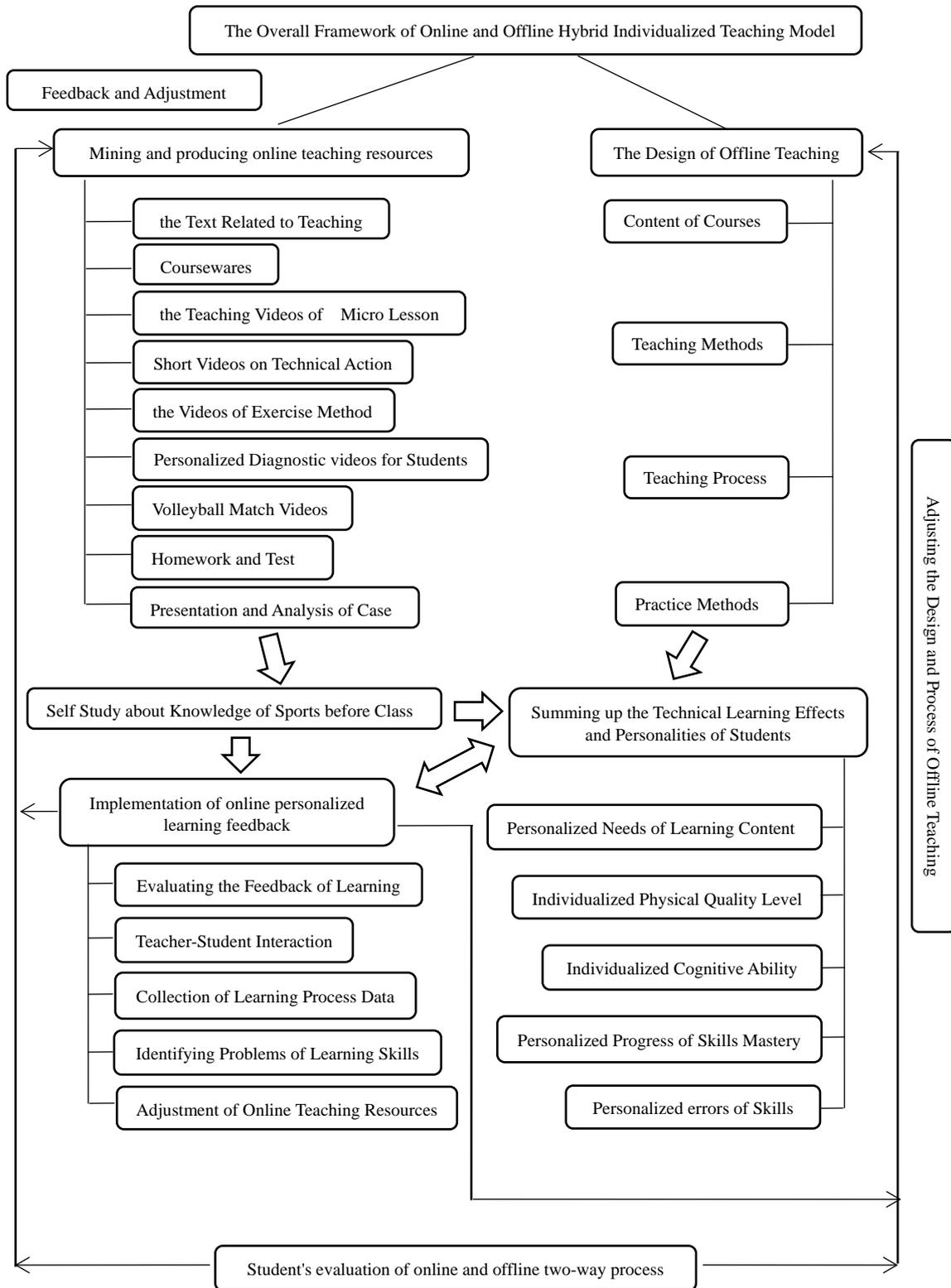


Fig.1. Online and offline hybrid personalized teaching mode construction diagram