

## Analysis of Volleyball Teaching Mode Based on Online Teaching Platform

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**Abstract:** as One of the Current Three Major Ball Projects, Volleyball Has Always Been a Key Project in College Physical Education. It Has a Very Positive Role in Improving College Students' Sports Skills and Promoting the Coordinated Development of College Students' Physical and Mental Qualities. Because the Volleyball Teaching and Training in the Field Requirements Are Relatively Low, the Equipment Requirements for Volleyball Training Are Relatively Loose, Not So Strict, So Colleges and Universities for Volleyball Teaching Work is Also Relatively Important. Volleyball Teaching Plays an Important Role in Improving Students' Physical Quality and Training Students' Quality, and Universities Have Been Studying Ways to Emphasize the Improvement of Volleyball Teaching Mode. in the Era of the Internet, One-to-One Personalized Education Based on Online Education Platform Has Developed Rapidly, the Curriculum System Has Been Continuously Improved, and the Classroom Mode Has Become Increasingly Humanized. Online One-to-One Teaching Has Become a New Teaching and Learning Method. on the Basis of Analyzing the Main Disadvantages of the Traditional Teaching Mode of Volleyball in Colleges and Universities, This Paper Analyzes the Volleyball Teaching Mode Based on the Online Teaching Platform, and Probes into the Effective Strategies for Innovating the Volleyball Teaching Mode and Creating the College Physical Education Class.

### 1. Introduction

Volleyball Teaching is Relatively Common in Physical Education Teaching in High-Level Colleges and Universities, Mainly Because Volleyball Can Not Only Improve Students' Physical Quality, But Also Effectively Enhance Students' Team Cooperation Ability and Positive Enterprising Consciousness [1]. the Innovation of Volleyball Teaching Mode in Colleges and Universities and the Creation of Efficient Pe Teaching Classes Are Important Measures to Adapt to Social Development and Pe Teaching Reform. Too Much Emphasis Has Been Placed on One-Way Teaching Mode in Physical Education Teaching Activities [2]. Sports Education Circles in Our Country Have Been Replacing Sports Teaching Theory with Sports Training Theory, Emphasizing Explanation, Demonstration and a Large Number of Repeated Exercises, Volleyball Teaching is No Exception [3]. Volleyball Teaching Has Become the Focus of Training for Deaf Schools. Because There Are Many Shortcomings in the Current Situation of College Volleyball Teaching, It Can Not Reach the Goal of Physical Education [4]. with the Rapid Development of Network Technology and Teaching Platform, the Teaching Mode of Online Teaching Platform is Also Facing Challenges and Opportunities. Based on the Selection of the Platform Suitable for Its Own Teaching, the Volleyball Teaching Mode Based on the Online Platform is Constructed. through the Composition of Teachers and Students on Multiple Modules, a Flexible and Efficient Volleyball Teaching Mode is Formed [5].

Volleyball Has Not Only Competed with Strength and Speed, But Also Has Become the Competition of Intelligence and Psychological Quality as Well as the Competition of Scientific Research and the Comprehensive Quality of Talents [6]. the Human Resources of Colleges and Universities, the Advantages of Interdisciplinary Research and the Strong Scientific Research Strength Play an Important Role in the Development of Volleyball and the Training of Volleyball Sports Talents. the Rapid Development of the Internet and Mobile Internet and Their Applications

in Various Fields of Society Have Successfully Subverted Many Traditional Industries, and Online Education Platforms Have Become the Trend of Software and Hardware Utilization in the Education Sector [7]. New Educational and Teaching Concepts Are Continuously Introduced, Traditional Inefficient Teaching Modes Are Subject to Subversive Changes, and New Educational and Teaching Forms Are Constantly Emerging [8]. Many Learning Management Systems and Curriculum Management Systems Have Emerged One after Another. the Existing Curriculum Learning Management System is Also Continuously Improving and Updating Its Platform, and Continuously Enriching the Online Teaching Methods of Information Retrieval Courses.

## **2. Constructing Volleyball Teaching Mode Based on Online Platform**

### **2.1 Current Situation of Traditional Volleyball Teaching Mode**

The choice of teaching content largely determines the direction and training effect of college volleyball teaching. The outstanding problem in the current volleyball teaching content of colleges and universities is that the teaching content is relatively backward, single and interesting. This is contrary to the volleyball teaching concept of colleges and universities, and the relative less time has a great relationship [9]. In the current practice of college volleyball teaching, some physical education teachers have not thoroughly implemented the various requirements in the reform of physical education, and still use traditional teaching methods, making the volleyball course too dull and boring. The main status of traditional volleyball teaching is that the teaching content is relatively backward, the teaching concept is relatively backward, the teaching objectives are not clear enough, and the volleyball teaching environment is not ideal [10]. College students are in the transitional stage of school education and social education, and should focus on cultivating students' hobbies and basic abilities of volleyball, establishing students' lifelong sports concept and forming good volleyball sports habits. However, in the traditional teaching process, little attention is paid to students' psychological status and emotional experience in the learning process.

The traditional volleyball teaching mode lays too much stress on cognitive process, which is not conducive to the cultivation of talents required by modern society. The traditional volleyball teaching concept cannot get rid of the shackles of the traditional teaching theory. It lays too much stress on the cognitive process of learning. It involves few teaching hours of technology combination and lacks the ability to apply technology in actual combat. Therefore, the traditional volleyball physical education teaching method is single and obsolete, the classroom teaching is monotonous and boring, the emphasis is on students' intelligence training, and the cultivation of students' innovative ability is neglected, which confuses the students' active spirit of learning, and further affect the improvement of learning quality and talent cultivation. There are many problems in college volleyball teaching. The existing volleyball teaching mode and method can not meet the requirements of the physical education syllabus well, and can not highlight the "student-centered" education concept. Most scholastic volleyball teaching concepts are subject to conventional teaching constraints, and continue to use the competitive nature of teaching methods. Too rigid and procedural teaching methods seriously hinder the development of volleyball teaching. Therefore, it is necessary to improve the traditional volleyball teaching methods.

### **2.2 Construction of Online Teaching Platform**

Teachers design teaching steps through the teaching platform, students can check the course progress, teaching plans, teaching related resources, etc. at any time through the teaching platform, and students can freely communicate with teachers and classmates on the platform in real time or in forums. The online teaching platform does not aim at the pursuit of complete teaching links. Its main objective is to provide means to support volleyball teaching classes. This includes presenting teaching materials, such as teaching videos; Get feedback from students, such as online testing and homework submission. Provide learning guidance, such as course schedule control, troubleshooting, etc. Through the online volleyball teaching mode, the teaching objectives can be further improved, and the teaching progress and teaching effects can be effectively monitored, the students' interest in

the curriculum is improved, the participation of students is improved, and the teaching effect of the whole course is guaranteed. Through a unified online teaching platform, it is conducive to the unified deployment of curriculum construction tasks by teaching units, and the implementation of training for teachers to facilitate large-scale construction. Secondly, the online teaching platform can timely feedback student learning problems, which is convenient for teachers to provide targeted counseling to students.

With the continuous implementation of the enrollment expansion policy of colleges and universities, the differences in the physical quality of college students are becoming more and more obvious. The traditional one-way and standardized teaching mode has obviously been difficult to adapt to the actual needs of the current personalized teaching. The basic goal based on the online teaching platform is a basic platform designed to promote the rapid promotion and popularization of traditional teaching modes. The modules required for the online teaching platform include functional modules, communication modules, student participation modules, course development modules, and course management modules. Online teaching platform can assign power to administrators, teachers and students. Teachers can assign rights to students and assign different students' roles in the course. To optimize and innovate the traditional volleyball classroom teaching mode, with the help of diversified teaching forms and teaching methods, to realize the effective extension and expansion of volleyball sports value and educational function. In order to fully arouse students' interest in sports and enhance their initiative in volleyball training, we should explore the happy factors in volleyball and establish a happy sports teaching mode. This teaching mode can enable students to participate in teaching better.

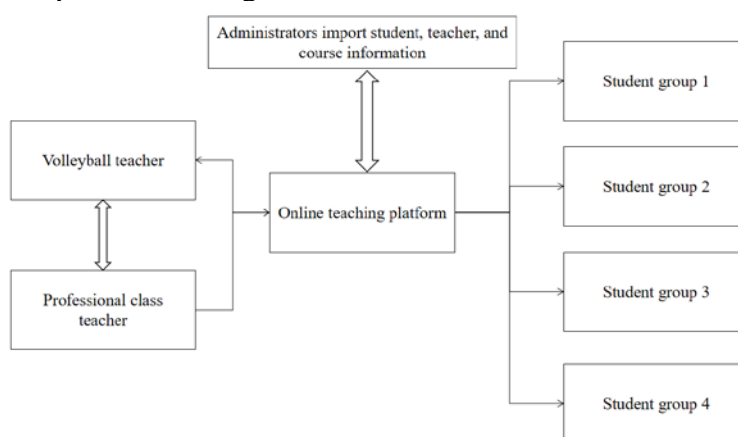


Fig.1 Construction of Online Teaching Platform

### 3. Teaching Mode Based on Open Online Teaching Platform

#### 3.1 The Proposition of Online Teaching

Through the flipping classroom teaching mode based on the online course platform, the phenomenon of out of control in the traditional teaching mode can be effectively compensated, so that the teacher can truly become the organizer, leader and facilitator of the course. In the classroom of online teaching, the most cost-effective technical solution can be adopted, and the most convenient recording technology can be adopted to improve the efficiency of curriculum construction, greatly reduce the construction cost, and establish a large-scale promotion advantage. A reasonable teaching method is a method suitable for students to absorb the knowledge dissemination, that is, a teaching method that can give students positive energy and stimulate their enthusiasm. To improve the teaching level of teachers and to build a reasonable and perfect teacher management system. In the process of volleyball teaching in the school, the excellent teachers' resources in the school should be used efficiently and reasonably, and the courses suitable for the teaching characteristics of the school and the teaching scheme that accords with the actual situation of volleyball teaching in the school should be arranged. The precondition of the online teaching

mode is that the school should pay enough attention to it, increase the investment in online teaching, and require teachers to embed professional knowledge into teaching activities. Students are also required to raise their awareness so that they can learn efficiently.

The cultivation of volleyball's cultural accomplishment is often neglected in teachers' teaching, because volleyball teaching emphasizes volleyball's actual sports ability, so strengthening volleyball's cultural education has become the primary reform focus. The online teaching platform enables students to have a deeper understanding of the cultural connotation of volleyball, which is also helpful for improving students' volleyball cognition. Teachers and students in the online teaching platform can also communicate and complete various teaching functions. The online teaching platform is intended to express the educational methods that the platform wants to provide for everyone, that is, what to think of and what to do, teachers and students are free to use their imagination and creativity. While online teaching platform is used, students can ask questions from teachers during the offline volleyball course to solve problems that cannot be solved online. In addition, the course is convenient for teachers to understand the specific learning progress of students and adjust teaching methods and teaching in time. schedule.

Table 1 a Survey Of Students' Views on Online Teaching Platform

Attitude	The Number of	Percentage
Accept with pleasure	212	70.7%
Bored, rejected	63	21%
It doesn't matter	25	8.3%

### 3.2 Innovating Volleyball Teaching Mode in Colleges and Universities

Volleyball teaching in colleges and universities in China has formed a relatively perfect evaluation mechanism, but there are still many links to be improved. At present, various drawbacks in volleyball teaching in colleges and universities are greatly influenced by traditional teaching ideas, which have become an important factor restricting the improvement of volleyball teaching quality. The establishment of a new volleyball teaching model and the establishment of an incentive-based teaching evaluation model will help stimulate students' sports potential and improve their confidence in learning. College volleyball teaching must fully recognize the basic requirements of quality education teaching objectives, and establish the important position of quality education in college volleyball teaching thoughts. The effective innovation of volleyball teaching mode not only helps students improve their basic knowledge in volleyball class, improve their self-management ability, but also allows students to develop good character, which is very helpful for the improvement of students' comprehensive quality.

In the practice of college volleyball teaching, the conventional teaching form is changed, and the volleyball teaching mode is flexibly applied according to the requirements of the physical education syllabus. The new teaching mode such as teaching content and method is displayed in the practice of volleyball teaching, making volleyball teaching the most distinctive teaching project. On the volleyball teaching platform, we should also face up to the objective conditions of various colleges and universities, and adopt flexible online teaching mode in accordance with their own objective conditions, so that schools, teachers and students can effectively operate in volleyball teaching. On the selection of online platform, online teaching platform should be selected in combination with the situation of colleges and universities using online teaching platform, such as economic strength, technical support ability, teachers and students' demand for platform functions, etc. The online teaching platform should not be limited to serving as a carrier of information dissemination, but should provide an interactive learning environment for students.

## 4. Conclusion

In the current practice of college volleyball teaching, many aspects are still affected by the traditional teaching mode. For college physical education teachers in the front line, only the traditional concept of college volleyball teaching is actively changed, the efficiency of college

physical education is continuously improved, and the comprehensive quality of college students is continuously improved. It is necessary to clarify the significance of volleyball in colleges and universities, and take volleyball as an entry point to guide students to understand the spirit of sports and cultivate the overall quality of students. Volleyball teaching mode based on online teaching platform improves students' learning efficiency, supports achievement-oriented and ability-oriented teaching goal setting, and is a flexible and efficient classroom teaching mode. Therefore, it is of great practical significance to develop an open online teaching platform based on volleyball teaching mode. Online teachers can answer questions and solve puzzles, find out omissions and fill vacancies, and help to improve students' participation enthusiasm. An open, low-cost and universal online teaching platform is of great significance to volleyball teaching.

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