

# Research on the Application of the Teaching Mode of Aerobics Network Sharing Course from the Perspective of "Internet + Curriculum Ideological and Political Education"

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**Abstract:** The aerobics network course is the sum of the teaching content and teaching implementation plan of the aerobics course through the network support environment. This research is based on the aerobics network course development project of the Academic Affairs Office of Zhejiang Normal University. From scientific education and teaching theory to practice, we try to explore the application of online courses in the teaching of physical education.

## 1. Introduction

In the 21st century, governments of all countries have attached greater importance to education and adopted various measures to build high-quality education as the basic national policy of the 21st century. The fundamental way out for education lies in reform, and one of the important ways of education reform is education informatization. Education informatization refers to the process of comprehensively and deeply applying modern information technology in the field of education to promote education reform and education development. The result must be a new form of education. Attaching great importance to the revolutionary influence of information technology on education and vigorously promoting the construction of educational informatization has become the mainstream of education development in the world today. The connotation of college education informatization construction generally includes three major aspects, one is the construction of education information environment, the second is the construction of educational information resources, and the third is the organization of education informatization. Environmental construction mainly includes campus network, network center, multimedia classroom, network classroom, electronic reading room, computer terminal and other infrastructure, hardware and office automation systems, teaching management automation system, finance, personnel, files, telephone, card and other application software systems. Construction; resource construction mainly includes multimedia materials (including text, pictures, graphics, animation, audio, video), multimedia courseware, electronic lesson plans, teaching cases, question banks, electronic documents (including books, periodicals, newspapers), online courses and electronics The accumulation and construction of documents; organizational construction mainly includes the construction of educational institutions, the construction of educational teams, the construction of technical teams, the construction of teaching staff, and the institutionalization of educational informatization. Among them, environmental construction is the foundation and premise, resource construction is the core and soul, and organizational construction is the guarantee. Online education entered a period of rapid development in the 1990s, which has attracted the attention of governments and education circles. It has become one of the hotspots in current educational research and development. The application of Internet technology has also triggered changes in education. At present, the construction of campus network in China's colleges and universities is a leaps and bounds. Many colleges and universities have established campus networks. The construction of teaching resources has become a core position in the construction of campus networks. It has become an increasingly popular educational management department and educational technology workers in universities. Recognized.

## **2. Aerobics network course teaching practice application mode**

The construction of online courses is aimed at the application of teaching practice. The online courses supported by the information technology environment must consider the changes in the application mode of information technology in education and explore the effective application mode of information technology in education. With the increasing popularity of multimedia and the Internet, after years of exploration of online education practices, it has been found that in promoting students' independent learning and independent inquiry, in terms of cultivating learners' innovative consciousness, innovative thinking, and innovative ability, although digital learning is used (e-Learning) does not have the advantage of other forms of education, but it does not completely replace traditional education. For example, the humanistic environment in traditional education, the teacher's words and deeds, and the more effective role of the teacher's leading role are beyond e-Learning. In recent years, the application of information technology education in the world has been newly developed. The main mode of application of information technology in education is no longer CAI and CAL, but emphasizes the optimal combination of the two - both in the network environment. The advantages of digital learning must also take advantage of traditional teaching. This is also the internationally advocated form of education in recent years, called Blending Learning or Blended Learning (B-Learning). I believe that B-Learning not only takes advantage of the combination of digital learning and traditional teaching, but also effectively improves the teaching quality and efficiency of the course. It also changes the way and means of training innovative talents in the new century. The network environment can support the situation. Creation, inspiration, self-learning, problem exploration, information acquisition, resource sharing, multiple interactions, collaborative communication, and other teaching activities, that is, support the new teaching and learning methods described above. In addition, the aerobics course has both the teaching content of theoretical knowledge, the teaching of technology, skills, the practical aspects of development ability and the content of physical activities. At the same time, due to the development of information technology and the limitations of the construction of hardware facilities, this practical and Courses with strong fitness are less likely to break away from traditional forms of teaching. Based on the above understanding, the application of this online course combines traditional classroom teaching, that is, combining digital learning with traditional teaching to assist the school's intramural teaching.

## **3. Teaching design of aerobics online course**

"Instructional Design" (ID) is the core content of educational technology, and it is also a bridge connecting learning theory, teaching theory and teaching practice. The purpose of instructional design is to support the learning process. Teaching is a career that aims to help people learn. The effective application of instructional design is of great significance for achieving optimal teaching results. Instructional design can be summarized as: aiming at an optimized teaching process, based on communication theory, learning theory and teaching theory, using systematic methods to analyze teaching problems, determine teaching objectives, establish strategic solutions to solve teaching problems, pilot solutions, the process of evaluating trial results and modifying the program. The instructional design process is both a systematic process and a creative process. Teaching design is the part that best reflects the teacher's teaching experience and teacher's personality in the course of curriculum development. It is also the most direct and concrete expression of teaching thought. For teachers, the first step is to have a basic design plan for the teaching of the course. This will make the teaching process more systematic, and the learning support and help provided to the students will be more effective. It is possible to stick to the basic norms on this basis. Carry out reforms and innovations. Especially for online teaching, the unreal face-to-face of teachers and students makes the important role of instructional design more prominent. It can be said that the full play of the leading role of teachers in student learning is largely through the design of the learning environment. And embodied. However, how to carry out scientific instructional design in the network learning environment is still a subject to be further studied. Compared with general subject teaching,

teaching of physical education is characterized by physical activity as the main learning and practice method, and various sensory participation, action memory and various emotional factors are also Features. Physical education has strong practicality and fitness, and it is also one of the subject teaching activities. Physical education is a combination of teachers' "teaching" and students' "learning". In this activity, students master certain sports. Knowledge, technology, and skills, while promoting the harmonious development of students' mind and body, form a certain ideological and moral character. The online course should design the learning process according to the characteristics of the action skill learning. In the design of the action learning process, the students should fully mobilize the various sensory participations, strengthen the understanding and memory of the action, and enhance the interest and positive emotion of learning. State to learn. The online course can achieve the above purpose by designing an artistically beautiful web interface, vivid video images, slow details of action details and key points, and clear language explanations.

The goal of teaching is to determine the learning outcomes or criteria that learners need to achieve through teaching activities. The teaching goal is a clear and specific expression of what the learner will be able to do after teaching. The teaching objectives should indicate what the student will be able to do rather than the teacher's behavior; the teaching objectives describe the results of the teaching rather than the teaching process. Educators have conducted a lot of research on teaching objectives and formed a more mature theoretical system. The representative theory is Bloom B.S. Bloom's educational goal classification theory and R·M·Gagne's learning outcome target system. Bloom's target classification theory consists of cognitive field, emotional field, and action skill field. More mature is the classification of goals in the cognitive field, including six categories of knowledge, understanding, application, analysis, synthesis and evaluation. American educational psychologist R.M. Gagne described it in five categories: verbal information, intellectual skills, cognitive strategies, motor skills, and attitudes. In fact, it roughly corresponds to the classification of Bloom, including cognitive, emotional and motor skills. Bloom's cognitive field is equivalent to Gagne's verbal information, wisdom skills, and cognitive strategies. The emotional field is equivalent to Gagne's attitude. The diversification and multi-level teaching objectives are the characteristics of online course teaching. The teaching of online courses is no longer just for the purpose of presenting teaching content. In addition to providing a variety of learning materials to help students acquire knowledge, different learning content and different Students at the basic level should also specify multiple levels of teaching objectives and develop a variety of targeted learning strategies to enable each learner to develop. The classification theory of teaching objectives at home and abroad provides a good framework for designing the teaching objectives of this course. I think that combining the three fields and five learning results from the perspective of producing various course teaching results can be used to teach the aerobics network course. The classification and presentation are more suitable. Using the classification of teaching objectives such as Bloom and Gagne as a framework, the teaching objectives are divided into different levels.

The organization of teaching content pays attention to the characteristics of students. The knowledge structure conforms to the internal logic system of the course and the cognitive rules of students. The teaching content organization is conducive to students' self-study. In order to facilitate self-study, each chapter is provided with "content introduction" and " Learning objectives and learning progress. According to the knowledge and ability structure of the discipline, the knowledge points are determined, and the knowledge points are laid out in a reasonable way. Each knowledge point provides a corresponding amount of learning resources (cases, exercises and answers, reference materials, review outlines, etc.) according to the level of mastery required. The key points and difficulties are determined according to the current level of students, and various kinds of difficult knowledge points are provided. The form of learning content is used to help students understand the problem and the solution is powerful and practical. The content of the course should adopt a modular organization method, and the division of modules should be relatively independent, basically based on knowledge points or teaching units. The content of each teaching unit can have the following parts: learning objectives, teaching content, practice questions, test questions (each chapter), and reference teaching resources. Class schedule, study progress and description of

learning methods. The module organization structure should be open and extensible, the course structure should be a dynamic hierarchy, and the association between relevant knowledge points should be established so that students can jump as needed during the learning or teaching process. The webpage organization of the course content should adopt a navigation structure and establish relevant links.

#### **4. Conclusion**

The teaching practice application advantages of aerobics network course are embodied in: the teacher's "dominant", the role of the student's "subject" status; the complementarity and unity of classroom teaching inside and outside; the cultivation of students' self-awareness and innovation ability; the conservation and efficient use of educational resources; The outstanding effect of the resource-based learning model.

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