

## **Analysis on the Application of Inverted Classroom in College Physical Education**

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**Abstract:** With the continuous deepening of teaching reform, everyone has begun to integrate the inverted classroom into teaching. This model breaks through the rigid form of “teacher teaching, student learning” and changes the passive listening situation of students. The qualitative change of students' participation status is transformed from the passive recipient of learning into the leader of the classroom. This model can stimulate students' interest in learning sports and mobilize the initiative of students based on these, this paper makes an in-depth analysis of the application analysis of the inverted classroom in college physical education.

### **1. Introduction**

Reversing the classroom is also called reversing the classroom or flipping the classroom. It is to vitalize the teaching content to fully mobilize the students' subjective initiative. Modern university physical education is developing in a diversified direction. In the actual course teaching, university physical education teachers change the traditional teaching methods and start to use the advanced technology such as the network to assist the teaching and make full use of the time in class so that students can fully integrate into the curriculum, to make students become the main body of the class, maximally improve the enthusiasm of students to learn, and achieve the purpose of referring to learning efficiency.

### **2. Overview of the inverted classroom**

The inverted classroom translation from “Flipped Classroom” or “Inverted Classroom” is a new teaching model that re-adjusts the classroom schedule and passes the teacher's decision-making power to the students. It is mainly based on the teacher's teaching content, and integrates the key points and difficulties of learning to achieve the effective creation of teaching videos; in this case, students can choose to watch the video in advance under the class according to their own conditions to firstly master the initiative of learning; then combine the teacher's teaching courseware, integrate the knowledge completely, and bring the theoretical knowledge into the practice of sports, actively participate in the exchange discussion with the teachers and classmates, fully understand the course content, so that the entire learning process goes smoothly. The reversal of the classroom model is part of the larger teaching movement. It is designed to improve the flexibility of learning in terms of time and space and increase student engagement, just like exploratory learning. Driven by the Internet, this model subverts the traditional structure and form of classroom teaching based on printing, which has led to the transformation of the role of teachers and students in teaching activities, the innovation of curriculum models and the reform of management models. This will be the development trend of the teaching mode of colleges and universities in China.

### **3. The current situation of college physical education**

With the in-depth reform of physical education in colleges and universities in China, the original teaching model can no longer meet the needs of modern physical education. Although the emergence of the inverted classroom mode has certain contingency, it will be an inevitable trend of the future teaching mode. In recent years, China has been vigorously reforming the teaching system,

abandoning the traditional exam-oriented education, advocating quality education and lifelong education, positioning students as the main body of learning, vigorously exploring the learning potential of students, and letting students master the initiative of learning, to a large extent, it has improved students' ability of innovation and cooperative learning, and meets the requirements of quality education. However, the traditional teaching mode of our country is deeply rooted in people's minds. The teacher-centered misconceptions that focus on teachers affect the quality of the classroom, while the reversal of classroom advocacy is just the opposite of the traditional teaching mode, which makes students change from passive learning to active learning, the teacher's task is changed from active teaching to setting the scene, guiding learning, answering doubts, and now many teachers have not yet reached the expected standard. Moreover, the cultural background between China and the West is very different. China has a large population and the regional economic development is unbalanced, which limits the popularity of the inverted classroom in the country.

#### **4. Analysis of the application of inverted classroom in college physical education**

##### **4.1 Clear teaching objectives, produce course videos**

In the process of college physical education, using the inverted classroom mode, we must first define the objectives of the course, complete the teaching tasks according to this goal, and produce teaching videos. For example, in badminton teaching, the primary task of the students is to master the basic theoretical knowledge of the activity, understand the rules of the badminton competition, and further learn the skills of badminton. Before the start of the teaching activities, the teacher can divide the teaching content into several modules, and make videos for these modules. The sources of materials are various, such as related literature, teaching materials, online materials and so on. Before the course, the video will be shared with the students, and the students will start from the theory and then practice the skills. In the course teaching, the teachers will provide technical guidance to the students to achieve the mastery. Any kind of sport is mature when it comes to competition. Take badminton as an example, the common playing methods include fast pulling and fast lifting, attacking the ball with four directions to control the falling point, pressing the bottom line of the backfield, etc. The common footwork methods include Internet footwork, backstep footwork and moving footwork on both sides, etc., all of which are important contents of the course.

##### **4.2 Clarify the teaching process and improve classroom efficiency**

The traditional teaching mode arranges both theoretical and practical learning in the class. Without pre-study, students can't grasp the key points when they are in class, and they can't raise interest in learning. This leads to students' learning efficiency is extremely low, and the mastery is not high. After class, students rarely practice, and such a teaching process is equivalent to failure and does not achieve any purpose. The process of reversing the classroom is divided into three parts: before class, during class, and after class. Before the class, the teacher produces the video and shares the video with the students. The students master the basic theoretical knowledge according to the video self-preparation. During the class, the teacher gives on-the-spot guidance to the students' theoretical or technical problems, explains the essentials in a unified way, and demonstrates for the students. After class, teachers can group students, or they can freely group, give students practice tasks, and supervise each other. The group form can also be used throughout the teaching process to improve students' ability to cooperate. From the beginning to the end, the participation of students has been greatly improved, which has stimulated students' interest in learning and improved the quality of the classroom. Teachers can organize activities during the class, lead students to participate in relevant competitions, convert classroom mode into actual combat mode, the training effect can be significantly improved, and create a good sports learning atmosphere.

##### **4.3 Inspire students' interest and cultivate students' self-confidence**

The students are not interested in the traditional teaching mode. The participation is not

enthusiastic, but they like to go online. Therefore, this model is in line with the needs of students. This is a good opportunity for the reform of physical education and the reconstruction of students' interest in physical education. By reversing the use of classroom analysis in teaching, this model can stimulate students' great interest in learning sports. Because of self-study before class, students can also develop their self-confidence, and students are more interested in learning. By relying on this virtuous circle, classroom efficiency can be greatly improved, and participants are more willing to accept this model. Reverse the classroom mode, using the online form of independent learning, pay attention to the development of students' personality, meet the requirements of quality education.

## **5. Conclusions and recommendations**

### **5.1 Conclusion**

First of all, it is feasible to apply the inverted classroom mode to college physical education. This model has shown significant effects in motivating students to learn initiative and increase student engagement. This model has won the students' love, breaking through the limitations of space and time, and making learning more flexible. Second, the model is more suitable for focused courses. This model is based on the thinking and video teaching of "learning first and then teaching". The content should not be too cumbersome, and the key points need to be prominent to ensure the effect of students' independent learning. Sports programs suitable for this model should be clearly defined in a single technical category, and these individual technologies need to be integrated, such as football, volleyball, basketball, aerobics, martial arts, and taekwondo. In addition, students carry out self-preparation, with different emphasis and different learning effects, which will increase the amount of tutoring tasks for teachers in classroom practice.

### **5.2 Recommendations**

First, the reversal of the classroom model is only a short-term teaching practice, coupled with the influence of the traditional teaching model, it has not highlighted the advantages of promoting students' in-depth mastery of complete and comprehensive actions, and needs to improve the model. Second, before using the model, determine whether the sports program is suitable for this form. Some courses cannot take advantage of the model because of their own characteristics. For the yoga program, the inverted classroom has less help for the effect of the comprehensive exercise, but has a significant effect on the mastery of individual skills. Third, this type of teaching requires students to have the necessary self-learning attitudes and abilities. The operation of the public communication platform should not be too complicated, the structure is streamlined, and the content is the most basic standard. The length of video is controlled within the time range of students' relatively concentrated attention, which needs to conform to students' physical and mental development characteristics. Online communication must be convenient, such as QQ, WeChat; in this mode, students have greater rights. In order to manage and promptly supervise students, standard progress should be set; teaching evaluation should be timely and fair and equitable, so that students and teachers can receive feedback from teaching and learning in a timely manner.

## **6. Conclusion**

Inverted classroom is a new teaching mode, which breaks the original traditional physical education teaching mode and creates a new structure. Compared with before, it has a more novel form and higher efficiency, making the teaching develop towards the direction of standardization and standardization, in line with the development direction of modern society. At the same time, it can make students' learning thinking more unified, shorten the relationship between students and teachers, and make the whole teaching process more relaxed and interesting rather than dull and depressing as the traditional model. The inverted classroom teaching model is called "a major technological change affecting classroom teaching". However, in order to increase the popularity, it requires the constant efforts of all participants.

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