

The Impact of MOOC on Physical Education in Chinese Universities From the Perspective of Epidemic Situation

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Abstract. Due to the continuous impact of the new corona virus epidemic, online courses are widely carried out in colleges and universities in China. As a product of the information age, MOOC has made significant contributions to the implementation of physical education in China in this special period. By using the methods of literature and logical analysis, this paper discusses the current situation of MOOC under the epidemic situation and its influence on physical education in colleges and universities in China. The results show that sports MOOC has a positive impact on the cultivation of college students' lifelong sports consciousness, teaching resources and the modern educational technology level of college physical education teachers.

Keywords. Epidemic situation; MOOC; Physical education; Impact

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1. Introduction

Since the outbreak of the new corona virus in Wuhan in 2020, and then spread to all parts of the country, the World Health Organization has listed it as a major public health event, which has a significant impact on the Chinese people. In order to implement and implement the epidemic prevention policy, the Ministry of Education requires colleges and universities to open online teaching during the epidemic period, so as to realize the discontinuation of teaching and learning. Physical education in colleges and universities is different from other disciplines. The most important feature is to engage in physical exercises and achieve the characteristics of teaching and learning of motor skills[1]. Therefore, it is particularly important to construct a teaching model suitable for online courses of physical education in colleges and universities. MOOC, a large-scale open online course, was proposed by two Canadian researchers Dave Cormier and Bryan Alexander in 2008 through online teaching. With the promotion and attempt of famous universities such as Stanford University, MOOC is combined with the education system of colleges and universities to launch many online education platforms. In order to alleviate the impact of the epidemic on physical education, the new teaching mode of sports MOOC is particularly important. By understanding the development status of MOOC during the epidemic period, this paper discusses the influence on college physical education

teaching, aiming to provide reference for the development of sports MOOC in college physical education teaching.

2. Development status of MOOC in China

The rise of MOOC in China is that Tsinghua University and Peking University joined Edx in 2013. With the development of nearly 10 years, many universities in China have joined MOOC and launched many different types of online learning platforms, especially in the epidemic situation, which has injected vitality into China's education. 'The number of MOOC and the number of students in China ranked first in the world' released by the Education Research Center of the Ministry of Education pointed out that only in the spring semester of 2020, 1.08 million college teachers opened 1.1 million online courses and 2.259 million students participated in learning. At present, the digital reform of higher education in China is deepening, and the proportion of mixed teaching used by university teachers has increased from 34.8 % before the outbreak to 84.2 %, basically forming a set of digital development programs of higher education with Chinese characteristics, including concepts, technologies, standards, methods and evaluation. By the end of February 2022, China had more than 50,000 online MOOC, nearly 800 million electives, and more than 300 million credits for MOOC. The number of MOOC and the number of students ranked first in the world, and maintained a rapid growth trend[2]. It can be seen that MOOC has become a hot topic in China's education during the epidemic period. As an important part, sports MOOC needs special attention.

3. The Influence of MOOC on College Physical Education

3.1. Fostering College Students' Lifelong Sports Consciousness

College students' strong interest in sports MOOC is the basis for the implementation of MOOC teaching. Sports MOOC breaks the single form of traditional sports learning. It can not only learn courses online, but also make full use of the platform for self-study and inquiry. The theoretical knowledge and technical essentials of sports are vividly displayed on the electronic equipment screen of students through various forms of network information, which further strengthens the skill learning of college students, makes physical education learning change from the original alienated learning to happy learning, and truly realizes the transformation from teaching-oriented to learning-oriented in the classroom[3]. As a result, college students have a good sense of sports MOOC, develop the habit of independent learning sports knowledge, from the passive traditional classroom to education to active education, thus enhancing the students' lifelong sports consciousness.

3.2. Enrich teaching resources

Sports MOOC has greatly expanded the coverage of physical education content. This is because sports MOOC overlays the teaching content of the classroom on the basis of these modern information, and transforms massive information into cloud information, so that the coverage of physical education content has the possibility of infinite expansion[4]. Students in contact with the school's physical education curriculum, but also can contact with other famous school teachers' excellent courses, so that students can master more sports knowledge through the platform, so that the traditional sports classroom has become diversified.

3.3. Improving the Modern Educational Technology Level of College PE Teachers

Some scholars believe that can teach, teach, willing to teach respectively embodies the teachers' subject knowledge, educational knowledge and educational spirit, is the contemporary college physical education teachers must have three aspects[5]. Influenced by the traditional teaching thinking, most teachers in colleges and universities pay more attention to subject knowledge and less attention to demonstration knowledge. Sports MOOC are not only for college students, but also for college physical education teachers. Teachers in colleges and universities can refer to the teaching methods of excellent teachers in MOOC[6], so as to learn from and improve their traditional old teaching methods, keep pace with the times and improve their teaching level. In addition, physical education teachers in colleges and universities need video recording, teaching design, computer and platform design, development and design of various resources to complete the production of physical education MOOC courses. Therefore, it is beneficial for physical education teachers in colleges and universities to actively learn modern information technology knowledge and improve their information literacy.

4. Conclusion

In the current context of the epidemic, sports MOOC has become an important way of physical education in colleges and universities. While seeing the positive impact of sports MOOC, there are also problems and challenges. There are still deficiencies in the classroom management, after-school evaluation, after-school homework and examination, and the examination of students' learning. Therefore, in order to achieve the goal of physical education curriculum, colleges and universities should be based on solving outstanding problems, improve the construction and deficiency of sports MOOC, actively explore the teaching mode suitable for the development of students' physical and mental health, and think about how to carry out education reform under the concept of sports MOOC, improve teaching efficiency, and promote the development of socialist education.

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