

Investigation and Research on Online Teaching of Physical Education in Higher Vocational Colleges——Taking Gansu Vocational College of Finance and Trade as An Example

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Abstract: The epidemic has had a great impact on people and improved students' awareness of paying attention to their own health. Through the investigation of higher vocational students, the author and the research team collected 4741 questionnaires for research and analysis, and analyzed the data in four aspects: the impact of the epidemic on sports concept and psychology, the impact of intelligent equipment on physical exercise, the purpose of sports activities and the selection of online teaching content, and the impact of gender differences. This paper puts forward some suggestions on the development of online teaching of physical education courses in higher vocational colleges.

Keywords: Epidemic Situation; Higher Vocational Physical Education; Online Teaching; Investigation and Research

1. Introduction

On January 24, 2019, the State Council issued the Implementation Plan of National Vocational Education Reform, which proposed to promote the high-quality development of higher vocational education and improve the training system of high-level applied talents, in order to promote the in-depth development of higher vocational teaching reform and achieve certain results. At the end of 2019, the epidemic suddenly disrupted the orderly state of life, study and production, and profoundly changed people's ideas to a certain extent, especially the concern about their own physical health, the interaction and mutual promotion between physical exercise and mental health. On January 29, 2020, the Ministry of Education issued a notice requiring the postponement of the spring semester in 2020, and issued the Notice on the Work Arrangement of "No Suspension of Classes" during the Postponement of the Opening of Primary and Secondary Schools, proposing to "strengthen the guidance of home learning... Carefully study and identify the courses suitable for online learning according to the characteristics and subject characteristics of online learning". At the same time, coordinate and integrate relevant national, local and school resources to fully ensure that teachers teach online and children learn online, so as to "stop teaching and school". According to the article "Big Data Without Suspension of Classes and Schools" published by the Yellow Sea morning post on April 14, 2020, and the investigation and statistical analysis of 3110 educational administrative institutions, 62446 primary and secondary school students and parents, the online learning content and physical education curriculum reached 55%, second only to the number of languages, which is worthy of attention.

2. Analysis of physical education in higher vocational colleges

The Outline of the National Medium and Long-term Education Reform and Development Plan (2010-2020) clearly puts forward that "vigorously develop vocational education" to help vocational education enter a period of rapid development. Promoting development through reform and seeking progress through development is the only way for the development of higher vocational schools. All disciplines are carrying out teaching reform, and more and more show professional characteristics. However, because of its strong practicality, the physical education curriculum has not been attached importance to in the initial stage of "Internet plus" and

"online" curriculum promotion. The current situation and research of the physical education curriculum in higher vocational colleges in recent ten years have been gradually widened.

The physical education curriculum system of higher vocational colleges has been extended to the physical education curriculum system of ordinary colleges and universities, and the higher vocational curriculum system has not been formed;

The curriculum content should reflect the "professional characteristics", but it basically stays in the theoretical stage;

Curriculum evaluation is diversified, but it lacks its own characteristic facts;

There are many areas for improvement in the research of higher vocational physical education curriculum. The most prominent problem is that compared with other categories, higher vocational physical education, as a research field, has not been paid enough attention by all walks of life and has been marginalized for a long time. According to the arrangement and practice of online learning in Gansu Vocational College of Finance and Trade, the author and his research team will carry out practical research on "online" + "offline" teaching reform with the help of "learning link" resource platform after mid May 2020.

3. Research on online teaching

3.1 Survey overview

In September 2021, a questionnaire survey was conducted for the students in Gansu Vocational College of Finance and Trade. It is really necessary to carry out research on the relevant contents of online teaching. The survey was conducted through the Internet and can be answered through web pages and Wechat. A total of 4741 questionnaires were received, 4741 valid questionnaires, and the sample size is sufficient. Among them, 3106 girls (65.51%) and 1635 boys (34.49%) participated in the survey, which is appropriate to the sex ratio of students in school. The questionnaire is filled in anonymously. The survey results can fully reflect the true wishes of students and provide data support for the research.

3.2 Questionnaire data analysis

3.2.1 Impact of epidemic situation on sports concept and psychology

On March 25, 2020, WTO director general Azevedo said that the epidemic will have a huge impact on the global economy. "Recent forecasts suggest that there will be an economic downturn and massive unemployment, which will be more serious than the financial crisis 12 years ago," he said. Affected by the epidemic, the economies of many countries have declined. Considering the great impact of the epidemic on people's life, study and work, especially in many fields, people's original habits have been changed. In the face of this situation, we need to fully consider the impact of the epidemic on students' psychology, and tap the correlation effect with sports. Mental health is also an important part of the teaching content of physical education. We should make full use of students' understanding of physical exercise, eliminate anxiety and shape a positive and healthy attitude.

3.2.2 Impact of intelligent equipment on physical exercise

Among the 4741 people who participated in the survey, 3614 (76.23%) used fitness or sports APP to test their sports data. The vast majority of people were concerned about their sports data. Among them, 486 (10.25%) were very concerned about their sports data, 2301 (48.53%) were concerned about their sports ranking, and 1547 (32.63%) checked their sports related data.

These data show that the popularization of intelligent equipment and related technologies is further helping to realize visual real-time analysis of sports data, and also providing guarantee for the development of online teaching. At present, the research on this part is also relatively diverse. More data comes from the statistical analysis of some sports APPs, more is a marketing strategy, and less is used for research. Physical education teachers should take these equipment into account in teaching to promote the effective development of online teaching.

3.3 The purpose of sports activities and the selection of online teaching content

Through the cross analysis of these data, it is found that students who want to enhance their physique and eliminate bad emotions through physical exercise pay more attention to the learning content of sports skill video demonstration, sports injury and first aid knowledge. For students who aim at social communication and personality development, they pay more attention to the statistical analysis of their learning participation and their ranking in the class, and have a stronger demand for the appreciation of competitive

sports competitions. Through this comparative study, the inspiration for teaching is that the design of teaching content needs to consider the purpose of students' participation in physical exercise, and design teaching content according to students' needs, so as to further arouse students' interest and mobilize students' enthusiasm.

3.4 Impact of gender differences

Taking gender and online teaching content as an example, the specific data are shown in Table 1. Girls are less interested in competitive sports and sports skills than boys, but the data in other aspects are higher, especially in self-attention. Girls have higher requirements for communication in class, up to 67.39%, and pay more attention to participating in physical exercise, bodybuilding (43.14%) and enhancing self-confidence (38.41%).

Table 1 Cross analysis of online learning content and gender

X\Y	Video demonstration of motor skills	Real time feedback of relevant data during exercise	Appreciation of competitive sports competition	Sports injury and first aid knowledge	Statistical analysis of their own learning participation	Ranking in the class	Subtotal
Male	1134(69.36%)	927(56.70%)	946(57.86%)	1011(61.83%)	632(38.65%)	362(22.14%)	1635
Female	2148(69.16%)	1807(58.18%)	1715(55.22%)	2128(68.51%)	1430(46.04%)	749(24.11%)	3106

4. Conclusion

Online teaching is not only an opportunity, but also a challenge, especially for higher vocational physical education teachers, the challenge accounts for a larger proportion, but the research prospect is also broader. We need to seize the opportunity to deepen the research field from the teaching reality and realize online effective teaching.

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Fund Project: Research on the practice of physical education curriculum reform under the influence of COVID-19 -- Taking Gansu finance and trade Career Academy as an example Project No: GHB4696.