

# The Value and Implementation Strategy of Introducing the Flipped MOOC Teaching Mode into College Tennis Courses

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**Abstract:** The traditional physical education teaching mode imparts knowledge and skills through the demonstration and guidance of teachers in the classroom, and the internalization of knowledge requires students to complete the practice through repeated exercises after class. The flipped teaching mode of college tennis MOOC subverts the teaching form. Knowledge is imparted after class through online MOOC teaching, and knowledge internalization is completed in the classroom with the help of teachers and classmates, thus forming a flipped teaching method. classroom. This physical education process is more personalized and human-centered. In addition, the construction of the physical education information management platform has been strengthened, the teachers' information technology ability has been improved, the students' independent learning ability has been cultivated, the college students' awareness of lifelong sports has been established, and countermeasures have been put forward for the development of domestic college sports online courses.

**Keywords:** Flipped classroom; MOOC; College tennis course; Teaching mode

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## 1. The flipped teaching mode of MOOC introduces the connotation of college sports

In terms of meaning, MOOC is an online education model that is published on the Internet by educators willing to share to enhance knowledge dissemination, and is based on the past curriculum development model. Students can learn physical education through the Internet, and the content of the course consists of multiple videos related to the subject of the course, which are generally designed between ten minutes and half an hour. And based on the interactive principle, students' mastery of knowledge is tested in the form of classroom questions or quizzes. Compared with traditional online courses, this method can allow students to learn and practice more actively. The teaching of PE MOOC lies in the teaching concept of communication and negotiation-style thinking guidance. It pays more attention to the cultivation of learners' creative thinking, helps students understand knowledge points and comprehend sports skills, and pays more attention to the generation of knowledge rather than instillation. The PE MOOC teaching sets up a communication platform for each course, communicates, discusses and learns in groups, and completes the exploratory learning process in a collaborative manner. The flipped classroom for sports is to readjust the time inside and outside the classroom, and transfer the decision-making power of learning from teachers to students. The traditional teaching process usually includes two stages of knowledge transfer and knowledge internalization.

## 2. Implementation methods of MOOCs and flipped classrooms in college tennis classes.

The flipped classroom teaching mode of college tennis emphasizes the learning of basic skills before class, the demonstration, correction and exchange of basic skills in class, and the consolidation and reinforcement of basic skills after class. stage of subversion. It can be seen that the systematic online teaching resources are the premise and foundation for the implementation of the flipped classroom teaching method<sup>[1]</sup>.

The courses of the University Tennis MOOC are aimed at students with zero basic knowledge of tennis. For undergraduates, it is a public basic compulsory course, and for graduate students, it is a general elective course. The course is divided into 16 weeks in total, with 2 class hours per week, for a total of 32 class hours. The first week is tennis theory course, and the second to twelfth weeks are tennis basic technical teaching, tennis basic technical training, and tennis-specific physical fitness training. The thirteenth to fourteenth weeks of tennis tactics explanation and teaching competition. Online assessment of tennis MOOCs in the fifteenth to

sixteenth weeks. The online assessment mainly uses multiple-choice questions, fill-in-the-blank questions, and subjective questions to evaluate the theoretical knowledge points of tennis, the basic technical points of tennis, the practice methods of tennis skills, and the essentials of tennis tactics. Online grades account for 25% of the total grades, including 10% for click-to-learn teaching videos, 10% for homework submission and completion, and 5% for peer assessment. The online final grade accounts for 20% of the total grade, which is the online assessment result of the MOOC. Online teaching is mainly a process of teaching and learning in which teachers and students communicate and interact online, ask questions and other questions.

The flipped classroom is significantly different from the traditional teaching mode in the teaching process. The teaching process is divided into three parts: before class, during class and after class. Before class, teachers formulate teaching tasks according to teaching objectives, and then make detailed planning of teaching content according to teaching tasks, and then upload the recorded MOOC video to the online network teaching platform, and design a teaching-related online learning environment according to the actual situation to increase the practicability of the online teaching platform and the degree of attraction to students; students can learn pre-class by watching videos and related learning materials, and achieve a preliminary understanding of the course content, leaving questions and bringing them into the course. During the course, under the guidance and organization of the teacher, the students are divided into groups to carry out inquiry, practice and display of learning results, ask questions during learning, and answer questions, analyze and practice activities; after class, the teacher summarizes the teaching and optimizes the teaching according to the results of the classroom evaluation. Designed, students reflect on and improve the learning process through assessment results. The face-to-face teaching of tennis is a process of solving students' questions, correcting basic tennis skills, and strengthening exercises. It is also a process for teachers to use collaboration, guidance, dialogue, competition and other elements to give full play to students' initiative, and organize and guide students to solve technical problems. teaching process<sup>[2]</sup>.

### **3. The application strategies of MOOCs and flipped classrooms in college tennis classes.**

#### **3.1 Reasonable construction of PE MOOC platform**

The construction of a perfect, reasonable and scientific MOOC platform is the premise and foundation for the implementation of flipped college tennis classrooms. This MOOC platform includes theoretical knowledge of tennis, basic tennis skills teaching, training methods for basic tennis skills, and tennis-specific physical fitness. Practice methods, analysis of tennis tactics, explanation of tennis rules, etc.

#### **3.2 Improve the setting and innovation of the evaluation mechanism**

The teaching evaluation system of the flipped classroom teaching mode cannot be limited to the technical evaluation and paper-and-pencil test of traditional physical education teaching. Physical education under the flipped classroom model should pay attention to diversified evaluation, and take "promoting learning through evaluation" and "promoting teaching through evaluation" as the main purpose of evaluation, including online learning, online test results, and offline technical subjective evaluation. , offline technology, quality test, students' comprehensive display, etc., closely focus on promoting students' learning, promoting teachers' teaching, and improving the effectiveness of teaching and learning as the main purpose of the evaluation.

#### **3.3 Focus on improving the comprehensive quality of physical education teachers**

Under the flipped classroom model, physical education teachers are no longer the dictators of the classroom, and their roles should be transformed into classroom designers, participants and promoters of physical education curriculum learning. Secondly, physical education teachers should improve their organizational management and communication skills. The flipped classroom requires students to organically combine and internalize the knowledge and skills they have learned before class with the knowledge and skills displayed in class, which requires physical education teachers to have higher organizational and management capabilities. Finally, physical education teachers should also improve their information technology level and professional ability.

#### **3.4 Pursue the effectiveness of physical education classrooms**

Under the MOOC flipped classroom model, although physical education teachers give way to students for part of classroom explanation and demonstration, it does not mean that the role of physical education teachers has been weakened. In fact, the role of physical education teachers has not been weakened, but has become more critical. The design, recording and management of MOOC teaching before class, the organization, demonstration and guidance of physical education teachers in class for students' course learning activities, the assessment and evaluation of students' learning results after class, and the optimization and revision of the teaching plan of physical education courses, etc. Every link of work is inseparable from the meticulous work of physical education teachers. It is necessary to avoid overemphasizing the improvement of students' knowledge and skills and ignoring the cultivation of students'

comprehensive ability.<sup>[3]</sup>

## Conclusion

The application of MOOCs and flipped classrooms to college tennis courses is a new model, new method, and new concept, and it is also a major innovation in physical education teaching exploration and teaching reform. With the continuous progress of information technology in the society, the close integration of physical education and current information technology, the implementation of innovative combinations, the optimization of teaching quality, the teaching and learning, teachers and students, goals and tasks, content and methods, results and evaluation, curriculum Re-evaluation and reflection of various contents, such as inside and outside the classroom. The college tennis course will be involved in the new teaching mode of “MOOC and flipped course”, so that students become the main body, the teacher is the leader, and the university education is the support. It can thus promote the rapid transformation of physical education teaching in colleges and universities in my country and the continuous improvement of the quality of physical education teaching. In the initial practice process, various problems will inevitably arise, which need to be used to face challenges, continuously improve, summarize and improve, and provide a strong reference for the promotion of physical education reform and innovation.

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