

Research on the Application of Layered Teaching Method in the Teaching of General Swimming Course in Colleges and Universities

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Abstract: At present, the educational system of our country is undergoing continuous reform. In this process, new ideas, new policies and new measures have been applied to the current teaching practice, which has further improved the teaching effect. Layered teaching is also an important teaching method. From the perspective of hierarchical teaching, this article analyzes the specific application of hierarchical teaching in general swimming courses in colleges and universities, and on the basis of existing teaching resources, through the implementation of hierarchical teaching reform, improve the swimming level of students in general swimming courses in colleges and universities.

Keywords: Layered Teaching; College Teaching; General Swimming Course

Introduction

Under the new teaching system, colleges and universities have made new breakthroughs in teaching system, subject teaching, teaching management and other aspects, laying a solid foundation for the development of China's higher education. The general course of swimming in colleges and universities is an important part of physical education in colleges and universities. Therefore, how to carry out the course of swimming in colleges and universities is an important subject of current physical education. Nowadays, the teaching concept of hierarchical teaching has been gradually applied to the general swimming course in colleges and universities, but there are still some problems in the specific application. Therefore, it is very necessary to explore the application of layered teaching method in general swimming courses in colleges and universities.

1. Problems in Swimming Teaching in Colleges and Universities

1.1 Large student differences

Swimming can effectively improve the physical fitness of students and prevent drowning accidents. Therefore, more and more colleges and universities attach importance to swimming teaching. The relevant data of physical education classes in colleges and universities in China can guide swimming teaching. There are still some problems in swimming teaching. First of all, the most obvious difference is the students' swimming level. Teachers know that there are many students in colleges and universities, and students come from all over the world, and their family conditions are also very different. For some backward students, such as those from rural areas, there are few opportunities for students to contact swimming, so students may have more difficulty in swimming learning. For some students with good family conditions or living on the beach, students will naturally master a lot of swimming skills from primary school, and the learning of classroom content will be much easier.

1.2 Limited swimming teaching conditions

Swimming teaching requires hardware equipment, that is, the so-called swimming pool. Swimming venues vary greatly depending on the size of the school and the funding. And there are many students in swimming teaching in colleges and universities, but if too many students gather in a swimming pool, it is not only bad for students to learn professional swimming skills, but also easy to cause safety problems. The most important thing is that the number of swimming teachers in colleges and universities is limited, and there is no way to take into account every student. If a student can have a safety accident and is not

found in time, it will lead to serious consequences.

1.3 Swimming teachers' professional ability needs to be improved

Any kind of physical exercise is dangerous, especially in swimming teaching. If students have never been exposed to it, they will be very nervous in the first class. If other problems occur, they will have serious fears, which will lead to the implementation of the following teaching arrangements. Many physical education teachers in colleges and universities are not professional swimming teachers. In addition, in order to reduce the occurrence of safety accidents, students pay more attention to theoretical teaching in swimming teaching, and students only master a lot of theoretical knowledge, not practical exercise. In many cases, teachers only let students observe their swimming posture at the edge of the swimming pool, while students only copied the swimming posture at the side, and did not feel the swimming in person. In addition, teachers have limited energy and can't teach many students of different levels at the same time, so students have little time to study in the swimming pool. In this situation for a long time, students will gradually lose interest in learning.

2. Definition of layered teaching method

With the continuous deepening of the reform of our educational system, new teaching methods emerge one after another, and the constant emergence of this new teaching method also provides great convenience for our teaching practice.

Hierarchical teaching is based on classroom teaching, dividing students into several groups and adopting different teaching methods. For college swimming teaching, it is very reasonable to adopt the layered teaching method. As the previous article has pointed out, because swimming is a physical education discipline, in physical education courses, students' learning and understanding abilities will be different due to their different sports foundations. Therefore, it is feasible to adopt the layered teaching method for swimming teaching. The stratified teaching method is adopted in swimming teaching, which mainly classifies students' basic swimming skills and their mastery of swimming knowledge, and teaches according to different situations of groups. This can help students better understand the knowledge they have learned, thus improving the teaching efficiency and helping students master the knowledge they have learned.

3. The Specific Application Significance of Hierarchical Teaching Method

Hierarchical teaching has been applied at the student level, content level, target level and method level. The specific analysis is as follows:

First of all, in swimming teaching in colleges and universities, due to the differences in physical quality, hobbies and swimming level, different students can bear different training intensity and swimming postures. The layered teaching method is to divide students into different groups for purposeful teaching. For example, in the actual swimming teaching, the teacher divides the students who are more proficient in swimming skills into a group. These people are familiar with the specific methods of swimming, so their physical loss will be relatively slow during swimming training; For those students who do not know enough about swimming, because their swimming skills still need to be improved and their foundation is weak, they need to spend a lot of energy to control their bodies to ensure that they can maintain their physical strength when swimming.

Secondly, in terms of teaching content, teachers should formulate a planned and regular teaching plan, and adhere to the principle of gradual progress to promote students' swimming skills. For example, the teaching objectives are designed hierarchically, aiming at the teaching requirements of each course, and corresponding teaching objectives are formulated for students of different levels to ensure that students of different levels can fully develop their swimming ability under the appropriate training mode. For the students whose swimming skills are at the primary stage, they should master the swimming skills, dare to go into the water, be familiar with the water quality, and master the correct swimming posture. For students who need to improve their swimming skills, it is mainly to improve their swimming speed and endurance, so that students can master more swimming skills, and also improve their interest in learning.

Finally, on the level division of teaching methods. In swimming teaching in colleges and universities, if only the same teaching method is adopted, students will gradually lose interest. Therefore, different teaching modes should be set for different swimming teaching stages. This can not only let students compete with each other, but also let students have a better understanding of their recent swimming skills.

4. Specific application strategies of hierarchical teaching method

4.1 Combined with practice, layered teaching

First of all, before starting formal swimming teaching, teachers should conduct actual research on students to understand

their swimming level and physical fitness, and then group them according to their actual swimming skills. Generally, it can be divided into entry group, basic group and improvement group. The entry group is aimed at students who do not know swimming skills at all. Teachers can explain theoretical knowledge and some basic swimming skills to students, and can slowly train students to practice in the water, so that students can overcome their fear of water. The students in the basic group generally understand some swimming skills, but there are few opportunities for practice. Therefore, teachers should pay attention to training the consistency of students' movements when teaching, so that students can swim back and forth independently. The improvement group is aimed at students who have learned swimming for a long time. Its main goal is to learn swimming skills and improve their speed. The significance of stratification of students is not only to better understand the swimming level of students, but also to help students develop their personality. Appropriate sports activities can also stimulate students' interest in sports and break through the shackles of traditional teaching. Teachers know that through reasonable layered teaching, the possible atmosphere of swimming can be stronger, and students can be helped to improve their original swimming level.

4.2 Determine content by combining layers

After the layering is completed, teachers should determine the daily swimming teaching content according to the swimming level of students at different levels, thus avoiding the unified teaching method to limit the development of students. Teachers develop targeted teaching content for students, which can not only relieve students' learning pressure, enable students to learn swimming knowledge within their own ability, but also cultivate students' interest in learning, so as to improve the swimming teaching effect. For example, the students in the entry group understand water properties and convert theoretical knowledge into swimming skills. The teaching focus of the basic group is to correct students' wrong swimming posture, help students carry out skill training, and cultivate students' self-confidence. Since there is no too big a problem in improving the teaching skills and teaching posture of the group, it is mainly to improve the physical strength and endurance of the students, so that they can swim faster and improve their physical strength. The main purpose of designing the teaching content is to meet the learning needs of students and ensure that each student can learn the knowledge they need in swimming.

5. Conclusion

In a word, the introduction of hierarchical teaching method into swimming teaching in colleges and universities can improve the quality of swimming teaching, improve many problems in swimming teaching, reasonably grasp students' learning status and learning ability, and steadily improve each student's swimming level.

References

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