Research on the Construction of Mixed Learning Model of Higher Vocational Sports Based on Network Technology

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Abstract. With the rapid development of the Internet, the traditional physical education teaching mode can no longer meet the needs of the society, which has hindered the improvement of students' physical quality in higher vocational colleges. In order to better cultivate students' physical literacy, higher vocational physical education must use advanced network technology, actively carry out education and teaching based on the network platform, and build a new teaching system and mode, which will better cultivate students' physical spirit. Hybrid learning mode is a new teaching method, which combines Online Autonomous Learning and classroom teaching mode. Through the construction of hybrid teaching mode, higher vocational colleges can better coordinate the interaction between educators, students and sports, which will significantly improve the level of physical education in colleges. This paper first analysis the importance of building a hybrid teaching model. Then, this paper puts forward some problems of constructing hybrid learning mode. Finally, some suggestions are put forward. In this way, it is hoped that the hybrid learning model of higher vocational sports based on network technology can be widely used in practical teaching.

Keywords: Internet Plus, Higher Vocational Colleges, Blended Learning Mode, Network Technology

1. Introduction

Twenty-first Century is the era of Internet plus. Therefore, network education has become an important trend of future teaching, which is also the natural choice of physical education. Higher vocational physical education should meet the needs of information development, which will provide more convenient support. Physical education has distinct laws and particularity. However, the network education can let students carry out targeted training anytime and anywhere, which is impossible for traditional education to meet. Enjoying education is the right of every student. Higher vocational colleges must create better education conditions, which is the goal of every higher vocational college. Blended learning is a suitable way for contemporary students to learn, which is also suitable for physical education teaching. Under the background of information technology, higher vocational colleges must improve the efficiency of physical education teaching, which will improve the acceptance of students' unit courses. Therefore, the hybrid learning model can be better applied to
higher education, which will better achieve the goal of lifelong sports for students. Hybrid learning has better openness, interaction and sharing, which is an important means to promote students' learning\textsuperscript{[1]}.

2. The importance of building Physical Education mixed learning model
It is of great significance for building Physical Education mixed learning model, as shown in Figure 1.

\begin{figure}[h]
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\includegraphics[width=0.5\textwidth]{figure1.png}
\caption{The importance of building Physical Education mixed learning model}
\end{figure}

2.1. Meet the reform needs of educational informatization
In 2012, China has promulgated the goal of building an education information system, which is an important measure to build a modern education system. With the development of the times, higher vocational education is facing a huge challenge. The informatization of physical education has become the goal of reform, which requires higher vocational colleges to pay attention to the combination of disciplines and informatization\textsuperscript{[2]}. Through the combination of online education and traditional education, we can promote the high integration of modern education information, which will improve the enthusiasm of students. Therefore, the construction of sports mixed learning mode can promote the information-based teaching in higher vocational colleges, which can meet the reform needs of education information\textsuperscript{[3]}.

2.2. Meet the development needs of sports discipline
The teaching goal of physical education course is to strengthen students' physique, which can input more healthy talents to the society. Through physical education, higher vocational colleges can cultivate students' team consciousness, which will better improve students' comprehensive quality. Through the effective integration of physical education and information technology, we can improve the efficiency of physical education, which will improve the enthusiasm of students to learn physical education. Through the mixed learning mode, higher vocational colleges can broaden students' overall understanding of sports, which will expand the knowledge radiation field of students' sports learning\textsuperscript{[4]}. Through the mixed learning mode, students can master sports skills systematically, which will improve their learning needs. Therefore, the construction of sports mixed learning mode can meet the development needs of sports discipline.

2.3. Enrich teaching space and resources
The traditional teaching mode of physical education is only to complete the teaching activities of physical education in the classroom, which includes a variety of contents, such as teaching, explanation, practice, guidance, etc. Therefore, students must get a lot of information and master sports skills in class, which requires students to have a strong ability of understanding and action. However, some students will forget some movement rules for many reasons, which will reduce their enthusiasm. By enriching teaching resources, students can preview sports skills online, which will
improve their enthusiasm for learning. Therefore, the construction of sports mixed learning mode can enrich teaching space and teaching resources\textsuperscript{[5]}.

3. The dilemma of constructing the mixed learning mode of Physical Education
This paper is based on the field survey. 1000 formal questionnaires were sent out, 976 effective questionnaires were sent out, and the effective rate was 97.6%.

3.1. Old teaching content
With the development of higher vocational education reform, the standardization of teaching content has been strengthened. However, some higher vocational colleges only carry out teaching according to teaching materials, which is difficult to meet the students' diversified and personalized sports learning needs. According to the survey results, the main problem is Old teaching content, accounting for 72.3%. Then there are Single teaching mode and No individualized education, accounting for 63.8% and 50.7% respectively, as shown in Figure 2\textsuperscript{[6]}.

![Figure 2. Old teaching content](image)

3.2. Fail to play the main role of students
The physical education teaching in higher vocational colleges generally adopts the mode of teachers' teaching, demonstration teaching, student' imitation and self-practice and so on. The problems encountered in the learning and training of technical movements can't be effectively guided and answered, which leads to the increase of students' learning costs. According to the survey results, the main problem is Fail to play the main role of students, accounting for 63.4%. Then there are Unreasonable teaching evaluation and Lack of sports awareness training, accounting for 54.3% and 41.8% respectively, as shown in Figure 3.

![Figure 3. Fail to play the main role of students](image)

4. The reform of mixed learning mode of physical education in Higher Vocational Colleges
4.1. Build information platform of Physical Education
Higher vocational colleges should increase the construction of sports education information platform, which will better integrate classroom and extra-curricular teaching resources. Through the design
module, vocational colleges can realize the classroom teaching plan notice, extracurricular activity management, sports teaching resource management, etc., including sports information, online course learning, extracurricular sports exercise, sports monitoring, physique test data management, sports associations and venue appointment, etc. With the help of Internet technology, higher vocational colleges can build a sports education information platform, which can cover the integration of students' course selection, classroom teaching and teaching evaluation. Through the information platform, vocational colleges can establish an integrated teaching management system inside and outside the class, which will realize the online learning of physical education class. By constructing the information platform of physical education, higher vocational teachers can change their teaching ideas, which will optimize teaching methods and teaching evaluation.

4.2. Promote the change of teachers' teaching concept
Through the information platform of physical education, physical education teachers in higher vocational colleges can carry out a variety of sports, such as updating physical education teaching items, teaching methods, sports information, which will realize the learning and application of physical education resources. With the help of mobile app, vocational colleges can carry out online assisted physical education, which will form a "student-centered" physical education curriculum teaching system. Through the mixed learning mode of physical education, teachers' teaching concept will gradually change, which will promote teaching practice. By changing the concept of teachers, higher vocational physical education teaching will get better practice.

5. Conclusion
Through the mixed learning mode based on network technology, we can play the main role of students in the curriculum, which will ensure the smooth completion of teaching tasks. Through the mixed learning mode based on network technology, vocational colleges can enrich teaching space and teaching resources, which will improve students' enthusiasm for learning. Through the information platform of physical education, higher vocational colleges can realize fine management.

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