

# **Analysis on the inclusion of flipped classrooms in college dance teaching from the perspective of online courses**

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**Keywords:** online course; flipped classroom; college dance; path

**Abstract:** The rapid development of IT, communication technology, and multimedia technology has promoted the arrival of the "interconnected micro-era", and new educational models represented by micro-courses have emerged in the field of PE in universities. In the face of the transformation of information technology, the educational concept of universities has also changed, and art education in schools is no exception. The use of the Internet in school dance art education has long been open. The implementation of flipped classroom in the public PE teaching of ordinary universities will help students to better master physical skills and movements, and have a more positive impact on students' physical exercise attitude. In view of this, this paper integrates years of experience in front-line sports dance teaching. , explored the connotation and characteristics of flipped classroom, and tried to construct the mechanism of flipped classroom into college sports dance teaching from the perspective of SAMRT theory, in order to promote the effective and orderly development of college sports dance teaching from the perspective of online courses .

## **1. Introduction**

With the rapid development of sci & tech and the advent of the information age, all kinds of new technologies emerge in endlessly. All these changes affect people's daily life style and knowledge concept[1]. Knowledge is no longer an invariable objective reality, but a constantly generated and changing existence, which requires individuals to constantly reconstruct their own knowledge system with an open mind. The development of the times not only changes individuals, but also affects the mode of international competition[2]. The demand for talents in various countries has gradually changed, paying more attention to innovative talents with inquiry ability and practical ability. With the reform of China's teaching system, great changes have taken place in college physical education (PE)[3]. The traditional PE teaching mode has been unable to meet the actual needs of PE in modern universities, while the flipped classroom education mode can well improve the shortcomings of traditional PE in universities and optimize the quality of PE in universities. Flipped classroom is a new information-based teaching model, which was rated as a major technological change affecting classroom teaching in 2011 by the global mail of Canada. After the flipped classroom was introduced into China in 2011, it immediately attracted extensive attention in China's educational circles and was quickly introduced into the teaching of related disciplines[4].

My country's information society is taking shape, the network environment is more developed, and online teaching resources are more abundant. The teaching platform is no longer limited to the traditional classroom itself, and the teaching content is no longer limited to textbooks. The characteristics of sex, openness and interactivity are becoming more and more obvious[5]. The development of online teaching has not only changed our way of life, but also challenged our traditional teaching methods and even teaching concepts. In the face of normalized public health events, we must take precautions and learn to master and innovate online course teaching methods[6]. As we all know, compared to other disciplines, sports dance teaching has a certain degree of professionalism. The content of sports dance teaching includes not only basic sports theory knowledge, but also some dance practice movements. This requires PE teachers to further improve the effect of PE through the flipped classroom education model. Online teaching of sports dance class is to use the popular hardware environment such as computer and broadband network, relying on professional network teaching platform to teach sports special theory and special skills,

develop students' physical quality, and realize remote, real-time, interactive teaching and learning. new teaching mode[7].

## **2. The concept and research of flipped classroom**

### **2.1. The concept of flipped classroom**

Flipped classroom is also called flipped classroom, flipped classroom, flipped learning, etc. Salman abroad Khan's explanation of the flipped classroom is the most representative: many middle school students watch the mathematics teaching video of Khan college at home at night, return to the classroom to do their homework the next day, ask the teachers and classmates for advice when they encounter problems, and send a classroom model that is just the opposite to the traditional way that teachers have classes in the classroom during the day and students return home to do their homework at night. We call it flipped classroom. Flipped classroom is a new educational model rising in recent years. It carries out systematic teaching and interaction through the use of network, multimedia and various interactive means. The basic elements of Internet education are computers, basic network facilities, teachers, teaching platforms, teaching contents, students, etc. In essence, the "flipped classroom" education model is to create an autonomous learning environment for students with the help of modern and information-based teaching facilities, effectively increase the interaction time between students and teachers in the classroom, enrich the communication methods between students and teachers, and finally enable every student to actively participate in classroom learning, And receive personalized educational guidance from teachers[8]. The Internet breaks the restrictions of time, space and resources in traditional education and provides more high-quality educational resources for students at the stage of education, especially those in remote areas. The traditional teaching mode of sports dance is that teachers explain the theoretical knowledge of sports dance in detail, demonstrate the technical movements, students practice, and teachers give advice and correction. It can be said that sports dance teachers are the protagonists and students are supporting actors. However, the flipped classroom is just the opposite. Students have realized the transformation of their roles and become the protagonist of the whole sports dance classroom. Teachers are supporting roles, which improves students' learning initiative and interest.

### **2.2. Flipped classroom research**

Education informatization refers to optimizing the teaching process by using various modern and intelligent information technology products in the field of education, so that the activities between teachers and students can break through the limitations of time and space and become more humanized. Therefore, from this perspective, education informatization has the basic characteristics of digitization, networking, and intelligence. The development of the flipped classroom in the field of basic education in my country is relatively good[9]. Before the introduction of this model into my country, the online classrooms of primary and secondary schools in my country have been well developed, because the flipped classroom is precisely by uploading videos or other types of learning materials. On the premise of building an online learning platform, this has laid a good foundation for the implementation of flipped classroom in primary and secondary schools in my country. From the process point of view, many scholars believe that educational informatization is a dynamic and continuous development process. Li Kedong once pointed out in "Education Informatization and Basic Education Reform" published in 2004 that educational informatization refers to the extensive and in-depth application of information technology in the field of education and teaching under the guidance of advanced educational ideas, through the development and application of information resources, It aims to cultivate new talents who meet the needs of the modern information society, so as to further promote the development process of my country's education modernization. Although my country's education informatization has achieved remarkable results in terms of infrastructure, digital resources, informatization application and standard construction, there are still problems that cannot be underestimated in terms of in-depth application and balanced development. The transformation of teaching methods and educational models by information technology requires a

long period of exploration and practice[10]. At the same time, the application ability of information technology should not only be reflected in the shallow level of operational skills, but should also reflect the use of such information tools and information environment to transform traditional It helps students to build learning methods in an information-based environment and to improve their ability and literacy.

### **3. Research on the characteristics and paths of flipped classroom in sports dance teaching in universities**

#### **3.1. Characteristics of the flipped classroom of sports dance in universities**

In terms of attributes, educational informatization includes two attributes: one is educational attribute. Educational informatization realizes interactive learning among distance learners by using modern information technology to develop high-quality educational resources and promote two-way communication and exchange between teachers and students. Therefore, openness, sharing, interaction and cooperation are the typical characteristics of educational informatization; Second, technical attributes. Educational informatization refers to the use of various modern and intelligent information technology products to optimize the teaching process in the field of education, so that the activities between teachers and students break through the space-time constraints and become more humanized. Therefore, from this perspective, educational informatization has the basic characteristics of digitization, networking, intelligence and so on. Path college PE curriculum practice is a bilateral activity of teaching and learning with strong participation and practicality. At present, compared with other disciplines, sports micro resources on the Internet are less, and lack of systematicness and integrity. In this case, relying on the more mature campus network and based on the application characteristics of Internet technology, modern communication technology, multimedia technology and IT, it has become one of the main tasks faced by PE teachers to develop a practical way of PE curriculum facing the Internet micro era. The flipped classroom of sports dance in universities promotes the in-depth innovation of classroom teaching mode. The flipped classroom of sports dance in universities can attract students' interest in the classroom to a certain extent through the scientific and interesting characteristics of information technology. At the same time, it has flexibility and diversity, which can give teachers more space to play, promote teachers to make more in-depth understanding and creation of classroom teaching, expand the time and space of classroom teaching and enrich the resources of classroom teaching.

#### **3.2. The path of introducing flipped classroom in sports dance in universities**

In the pre-class preparation stage, teachers should do their job well. Both teachers and students must be proficient in modern IT and be able to correctly acquire corresponding PE knowledge through computers. In the classroom teaching stage, teachers should ask students to ask relevant questions based on the pre-class preview, and actively communicate and discuss with their classmates, and then the teacher summarizes and answers the questions raised by the students, and conducts relevant sports action demonstrations. In the after-school link of the flipped classroom, college sports dance teachers should also evaluate the students' PE in time, summarize the various theoretical knowledge errors and movement errors of sports dance in students' PE, and evaluate the students' PE. Learning attitude and learning effect. The components of the teaching model can be divided into seven aspects: teaching philosophy, theoretical basis, teaching objectives, teaching strategies and methods, teaching procedures, teaching realization conditions and teaching evaluation. The theoretical basis is the premise and basis for the formation of the teaching mode. Under the influence of the theoretical basis, teachers will form certain educational and teaching concepts and will affect the subsequent teaching process. The establishment of teaching goals will be affected by teaching concepts. In order to achieve teaching goals, it is necessary to formulate teaching strategies, select corresponding teaching methods and establish teaching procedures. Teaching procedures are specific implementation steps to complete various teaching goals. The sum of various conditions of preset teaching goals, teaching evaluation is the evaluation of the achievement of teaching goals and

the teaching process. Figure 1 shows the components of the teaching model and the relationship between them. A correct understanding of the connotation of teaching evaluation will help us to better play the functions of diagnosis, motivation, regulation, development and teaching of teaching evaluation in teaching practice, and promote the optimization of teaching activities. Figure 2 shows the basic content of educational evaluation thought. □

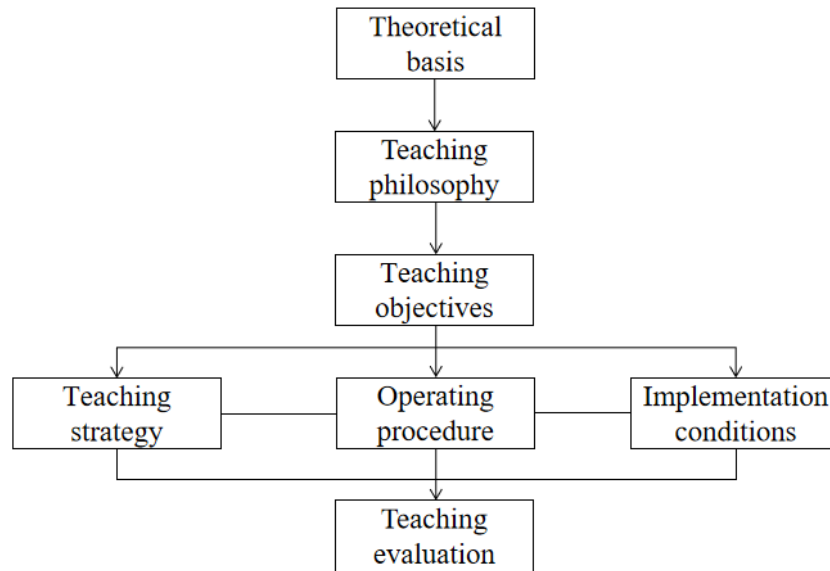


Figure 1 The components of the teaching model and the relationship between them

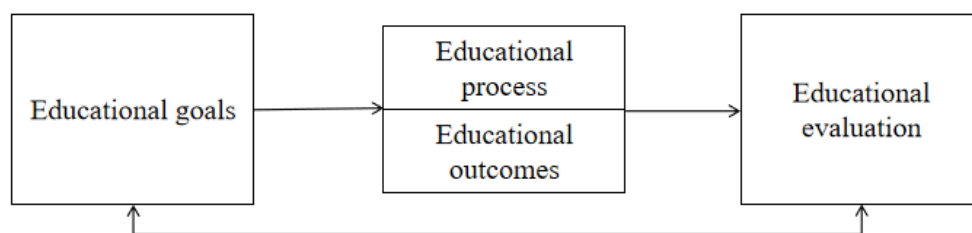


Figure 2 The basic content of educational evaluation thought

#### 4. Conclusions

In the "Internet Era", changing the educational mode and using flipped classroom in college sports dance courses can promote the maximum utilization and sharing of limited sports venues, sports equipment, teachers and other resources, enrich the space for extracurricular sports activities of college students, break through the time and space constraints of traditional PE, and effectively improve the teaching quality of PE courses. Based on the advantages of online sports dance teaching and supported by online sports dance technology teaching practice, teachers should pay attention to cultivating students' learning ability by using the network platform, that is, guiding students to learn to collect, develop and use teaching resources; To improve the comprehensive quality of students, teachers can implement the teaching method of "teaching, learning, practicing, correcting, developing and evaluating" to improve the teaching effect; Teachers should make good use of the situation, guide students to establish the concept of "health first", and strengthen life education and family and country feelings education.

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