

Research on the Design of Ideological and Political Online Open Course of Swimming Course

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Abstract

This topic designs the online open course "Swimming" based on the concept of curriculum ideology and politics, pays close attention to the students' ability to achieve after graduation, and introduces "Course Ideology and Politics" into the "Swimming" classroom to seize the main position of educating people. The goal is to highlight students' knowledge and skills, process and methods, emotional attitudes and values, so that students can integrate into teaching content and reflect in teaching thinking, so as to achieve the purpose of reforming the teaching of "Swimming". This research uses the form of integration of Internet technology and informatization courses, changes the traditional classroom teaching, integrates ideological and political elements into the "Swimming" classroom, and tries to design the "Swimming" course ideological and political online open courses, so that students can learn online courses in the process of learning. The problems encountered in the process were solved in a timely manner. Online learning is no longer a one-way output form, but a two-way interactive form, which solves the problems of passive learning and lack of innovation in traditional "indoctrination" teaching, and realizes personalized active teaching. , truly give full play to the advantages of "Internet +", explore the ideological and political education resources in the "Swimming" course, deeply explore the vivid and effective educational elements in the "Swimming" course, organically integrate the professional frontier knowledge of the "Swimming" course, and integrate the "Swimming" course. Classroom becomes an online open course that seamlessly connects ideological and political and professional.

Keywords

Swimming; Course ideology and politics; Online open courses; Design.

1. INTRODUCTION

Education changes life, and the Internet changes education. Online open courses are online open courses that teachers carry out online and offline mixed teaching, and students and other social learners conduct independent learning to provide support services. In 2012, large-scale online open courses emerged in the United States, the United Kingdom and other countries. This new course and teaching model subverted the traditional teaching and learning methods of university classroom teaching, and promoted the development of teaching concepts, methods, technologies, methods and models. change. my country has also made great achievements in this regard: In 2015, the Ministry of Education issued the "Opinions of the Ministry of Education on Strengthening the Construction, Application and Management of Online Open Courses in Colleges and Universities" and proposed that the construction of online courses should be based on "the main body of colleges and universities, government support, and social participation". In 2016, the Ministry of Education promulgated the "Guiding Opinions on Deepening the

Reform of Education and Teaching in Universities Affiliated by Central Departments" and clearly required the universities under the Ministry to vigorously promote the construction of online open courses and provide special funds and policies. Guarantee; In 2017, the first batch of national high-quality online open courses was identified and made good progress. Scholars pointed out that online open courses are becoming an important position and focus area for the reform and development of higher education. Online open courses have expanded the teaching time and space, subverted the teaching tradition, and are leading a great change in education. Schools continue to launch online open courses, and the number of online open courses has increased rapidly to a certain extent, but their "quality" has been questioned by scholars: the quality of online open courses is uneven and the standards are different, and the quality of online open courses is worth considering. And how to introduce new elements into online open courses based on talent training, moral cultivation, ideological and political courses, students' graduation ability, social and market needs, how to improve the quality of online open courses, and make the change of online open courses lasting and healthy Land development is an urgent problem to be solved.

In 2018, the Ministry of Education promulgated the "Opinions on Accelerating the Construction of High-level Undergraduate Education to Comprehensively Improve the Ability of Talent Cultivation" and pointed out that colleges and universities should adhere to the central link of moral cultivation and talent cultivation, and ideological and political work should be run through the whole process of education and teaching, so as to realize the whole process of education and teaching. Educating people, educating people in all directions, and the goal of curriculum ideological and political construction is to solve the fundamental problems of who to train, how to train people, and for whom to train people. Colleges and universities should strengthen the construction of curriculum thinking reform, design and integrate ideological and political education elements into each course according to the characteristics of different professional personnel training and professional ability and quality requirements, and form a close combination of professional course teaching and ideological and political theory course teaching, and promote every Professional course teachers formulate and carry out the ideological and political teaching design of the course, so that the courses are ideological and political, and all teachers teach and educate people. It can be seen that the development of curriculum ideological and political construction is an important means of talent training in former colleges and universities. Then, the question of how sports is organically integrated with curriculum ideology and politics is a topic that every "sports person" should think about.

Sports has a unique educational value. Sports can cultivate students' indomitable will, spirit of unity and cooperation, shape students' sports spirit, and cultivate students' awareness of abiding by rules. As a basic physical education course, the "Swimming" course is a compulsory core course for students majoring in physical education. The ideological and political teaching objectives of the course require students to have knowledge of swimming and health, master swimming skills, and cultivate and improve students' sports spirit, sports ethics, Sports character. It can be seen that the ideological and political elements of the "Swimming" course abound, and how to transform the "invisible hand" of the ideological and political course into the "visible hand" of the "Swimming" course, and how to make the ideological and political elements of the course "invisible" Implantation in swimming classes is the key question to be answered in this study. Then, we need to consider the relationship between the "Swimming" course and the course ideology and politics, and what is the ultimate goal between the "Swimming" course and the course ideology and politics? Consider the question of what abilities students should have after the ideological and political intervention under the "Swimming" course, consider the students' achievements after graduation, and think about the swimming teaching and training abilities that students need to master after entering the society, so as to achieve the "Swimming" course The goals and requirements of organic integration with

ideological and political courses. Based on this, this paper considers the improvement of students' swimming teaching and training practice ability under the intervention of curriculum ideology and politics.

The ideological and political online open course of the "Swimming" course should keep pace with the times through digital course reform, continue to innovate, and organically combine advanced technology, educational concepts and practice. How to insert the ideological and political elements of the course into the online open course of "Swimming", find the correct position, and grasp the content and expression of the online course selection are the difficulties of this research. The construction of the ideological and political online open course of the "Swimming" course is based on thoroughly understanding the course, understanding students, and stimulating innovation. The teaching content and online teaching support environment are organized according to the ideological and political teaching objectives and teaching strategies of the "Swimming" course. Reasonable selection and organization of teaching content, and reasonable arrangement of the presentation of teaching content. Therefore, applicability and practicability should be considered in the subject selection of the online open course of this study, the content of the integrated textbook should be closely linked, and the content should be appropriately selected in the course recording; the expression must serve the ideological and political design of the "Swimming" course. The content can be in the form of video shooting, screen recording, and mixed forms, considering various forms of teachers appearing, not appearing, and intermittent appearing; in the design and production, scientific and aesthetic aspects should be considered, and the principles of multimedia design and synchronization should be followed to highlight the discipline. learning characteristics.

This online open course of ideology and politics of the "Swimming" course focuses on the students' ability to achieve after graduation. By introducing "course ideology and politics" into the "Swimming" classroom, it seizes the main position of educating people, and shows students' knowledge and skills in the teaching goals. Skills, processes and methods, emotional attitudes and values, let students integrate into the teaching content and reflect in teaching thinking, so as to achieve the purpose of reforming the teaching of the "Swimming" course. details as follows:

(1). Using the form of integration of Internet technology and informatization courses, formulate a new ideological and political system standard for the "Swimming" course, change the traditional classroom teaching, and integrate ideological and political elements into the "Swimming" classroom to achieve the purpose of educating people.

(2). Establish a reasonable and effective communication mechanism, so that the problems encountered by students in the process of learning online courses can be solved in a timely manner. Online learning is no longer a one-way output form, but a two-way interactive form to solve the traditional "indoctrination" "In teaching, learners' passive learning, lack of innovation and other problems, realize personalized active teaching, and truly give full play to the advantages of "Internet +".

(3). The online course resources are diverse and the situation is real. The complementarity of case videos and simulation experiments is used to give full play to the advantages of all parties and improve the quality of situational teaching.

(4). Build a teaching resource library, effectively integrate material resources, promote the sharing of high-quality teaching resources, and improve the quality of professional teaching.

(5). Build a real teacher-student university interactive platform through the Internet and big data technology, on the one hand to solve the shortcomings of traditional course teaching methods, on the other hand to expand the course service objects, innovatively develop the "Internet +" education model, and build "wisdom" Campus" and "Smart Classroom".

2. MATERIALS AND METHODS

2.1. Data sources

There are two main sources of data for this study: First, based on the existing materials about the "Swimming" course, the ideological and political syllabus, and teaching plan of the Zhaoqing College, we searched for the necessary materials for the construction of the "Swimming" online open course, and provided First-hand information is provided for completing this research; second, learning materials for building online open courses are obtained through expert interviews, questionnaires, video purchases and other learning materials; third, experts and scholars who have built online open courses in similar disciplines learn And understand the cutting-edge knowledge and materials of online open courses.

2.2. Research methods

2.2.1 Expert interview method

Find relevant literature, visit or consult experts and scholars in related fields through questionnaires. The consultation content includes the framework of the paper, research ideas, research methods, index selection, online course design and other issues. It provides a reference for the further development of this research.

2.2.2 Questionnaire survey method

Through expert interviews, a questionnaire about the design and application of the online ideological and political open course of the "Swimming" course was designed. Modules and content, etc. After the questionnaire was designed, 302 questionnaires were sent to the current students and teachers of Zhaoqing College. The questionnaires were all obtained through on-site distribution and recovery. Among them, 302 questionnaires were recovered, and 298 valid questionnaires were obtained after sorting.

2.2.3 Logical Analysis

The basic ideas of logical analysis methods such as definition method, system method, comparison method and induction method are used to guide the writing of this article. First, define the theoretical category of the design and application research of the ideological and political online open course of the "Swimming" course with the definition method, and then use the basic idea of the system method to conceptualize the relevant "Swimming" course. It is easy to understand, so as to achieve a scientific and systematic analysis of the content design of the ideological and political online open course of the "Swimming" course. Finally, apply the constructed online open course of "Swimming" course ideological and political to your own courses, in order to find problems in practice and correct them in time.

3. RESULTS AND ANALYSIS

3.1. Definition of curriculum ideological and political concepts

On June 21, 2018, at the Undergraduate Education Work Conference of Chinese Colleges and Universities in the New Era, Minister Chen Baosheng said: "It is very important to strengthen curriculum ideology and politics, and professional ideology and politics must be raised to the level of higher education system with Chinese characteristics. On the basis of the quality of political courses, they will walk in the same direction with ideological and political courses to form a synergistic effect. Colleges and universities should clarify the education elements and responsibilities of all courses, and promote each professional teacher to formulate and carry out ideological and political teaching design, so as to achieve the goal of curriculum There is ideology and politics, and every teacher talks about educating people. On September 17, 2018, the "Opinions on Accelerating the Construction of High-level Undergraduate Education and

Comprehensively Improving Talent Training Ability" pointed out: "Strengthening curriculum ideology and politics and professional ideology and politics, in the construction of "three" In the process of "all-round education", efforts should be made to promote colleges and universities to comprehensively strengthen the construction of curriculum thinking reform, do a good job in overall design, and design the content of ideological and political education scientifically and rationally according to the characteristics of different professional personnel training and the requirements of professional ability and quality. Strengthen each teacher's awareness of morality and cultivating people, organically integrate ideological and political education elements into each course, and form an education pattern in which professional course teaching and ideological and political theory course teaching are closely combined and go in the same direction. It can be seen that "curriculum ideological and political" refers to the formation of a full-staff, whole-course, and full-course education pattern to combine various courses with ideological and political theory courses in the same direction to form a synergistic effect, and to "build morality and cultivate people" as the core of education. A comprehensive educational philosophy of fundamental tasks. The overall goal of the ideological and political construction of the curriculum is to solve the fundamental problem of who to train, how to train people, and for whom to train people, and to focus on the core point of comprehensively improving the ability of talent training.

In addition, on September 22, 2020, Xi Jinping pointed out in his speech at the symposium of experts in the field of education, culture, health and sports that sports are an important way to improve people's health; it is an important means to promote economic and social development; it is an important platform to demonstrate the soft power of national culture; it is necessary to adhere to the educational philosophy of health first, strengthen school sports work, promote the coordinated development of youth cultural learning and physical exercise, and help students in physical exercise, enjoy fun, enhance physical fitness, improve personality, and exercise will. It can be seen that there are many ideological and political elements in sports, and sports courses are closely integrated with ideological and political courses.

3.2. The reform goals of the ideological and political online open course of the "Swimming" course

Online open courses are developed around certain knowledge, skills and quality training objectives, and should integrate a variety of online teaching activities and be able to conduct online evaluations. The ideological and political online open course of the "Swimming" course is not necessarily an in-class teaching assistant, but also an extra-curricular teaching assistant. It is not a teaching display, but more carefully designed learning materials. The ideological and political course of "Swimming" is a teaching method that combines theory and practice, and pays attention to the application of knowledge and practical ability, so as to cultivate students' interest in the subject and improve their ability to think independently. Implement a practical teaching system of "integration inside and outside the classroom" to expand students' basic theory and knowledge of swimming. Based on this, the ideological and political elements of the course are implanted into the course of "Swimming", so that students can experience the elements of ideological and political education in the course of "Swimming".

First, have knowledge and understand theory. Clarify the basic theoretical knowledge of ideology and politics in the "Swimming" course (function, safety and hygiene common sense, technology, etc.), so that students can master the professional theoretical knowledge of swimming teaching and organization, swimming exercise guidance and competition.

Second, they can teach and train. Master swimming teaching methods and methods, writing swimming lesson plans, organizing and implementing swimming courses, writing amateur training and training plans, etc., with outstanding swimming course teaching and after-school training capabilities.

Third, can compete and organize. Possess certain competitive training ability, master basic theoretical knowledge of swimming competitions and rules, and understand the organization and management of swimming competitions.

Fourth, being responsible will save lives. Clarify the "high-risk" nature of swimming events, take safety first as the responsibility, be vigilant at all times, respect life, understand the particularity of swimming events, master swimming life-saving skills, and have safety and life-saving awareness.

3.3. Content design of the ideological and political online open course of "Swimming" course

The core content of online open course construction should be based on course positioning, course design, course content, and teaching materials. According to the actual needs of learners, the curriculum is constructed from the perspective of learners' learning. According to the syllabus, the "Swimming" course, as a professional basic course for physical education students, its main task is to cultivate students with solid professional theoretical knowledge and practical guidance skills, so that students can engage in swimming teaching and training, refereeing and competition management, swimming lifesaving. They are high-level applied swimming talents who work in other fields and have strong sports skills and education and teaching ability. Therefore, this research will consider the elements of professional development, responsibility, caring for life, teacher ethics, learning to reflect, physical and mental health in the course of "Swimming" from the perspective of the ideological and political concept of the course, and explore the ideological and political aspects of the "Swimming" course. Educational resources, in-depth exploration of the vivid and effective educational elements in the "Swimming" course, organic integration of the professional frontier knowledge of the "Swimming" course, and turning the "Swimming" class into an online open course that seamlessly connects ideological and political and professional. The details are as follows:

First, based on the ideological and political practice course of the "Swimming" course, the basic content of the "Swimming" course ideological and political online open course is designed: course introduction, syllabus, teaching calendar, multimedia courseware, recorded manuscript, micro video recording, after class Homework, study and discussion. The specific considerations are as follows:

Preparation: what form of micro-lectures to use, how to arrange time, and how to choose media; Analysis: In-depth analysis of materials such as student progress, course resources, content selection, learning support and courses; Design: Formulate the ideological and political plan for the "Swimming" course, determine teaching strategies, select teaching media, record script design, and write; Implementation: Filming, post-production, improvement and revision of the ideological and political micro-course of the "Swimming" course.

Second, adopt a new form of integrated ideological and political textbooks for the "Swimming" course. Combining the Internet + paper teaching materials for teaching, with the support of systematic, multimedia digital teaching resources, and integrating a variety of online swimming teaching activities, students can learn online open courses online by scanning the QR code with their mobile phones.

Third, integrate the basic ideological and political knowledge of the "Swimming" course, take the basic theoretical knowledge of "Swimming" as the warp, and the "Course Ideological and Political" training as the latitude, take the theoretical teaching as "necessary and sufficient", and take "Swimming" as the degree "Practical teaching is closely related to students' graduation ability, making full use of modern scientific and technological means to integrate a variety of teaching resources, and supporting the construction of multi-media, multi-form, multi-purpose and multi-level teaching resources to enrich the expression of teaching material content.

3.4. Implementation plan and method of online open course of "Swimming" ideological and political course

The online open course construction of "Swimming" ideological and political course adheres to the teaching concept of "student-centered, teacher-led, student-centered", a hybrid teaching model that combines pre-class, in-class and after-class, and online and offline. curriculum construction focuses on curriculum design, and the overall teaching ideas and implementation methods should be well planned. Select the course content according to the needs of the swimming market, summarize and sort out the corresponding business scope for swimming jobs, determine the professional swimming fields and tasks, summarize the basic abilities necessary to complete these swimming work processes, and teach the actual swimming work tasks. Analyze and determine course content. Then, classroom teaching design, course resource construction, including micro-course video recording, courseware production, establishment of question banks, assessment and evaluation, etc. Based on this, the specific implementation plan and method of this research are specially formulated:

3.4.1. Teaching unit design

The teaching unit is designed according to the ideological and political teaching organization of the "Swimming" course. The course consists of 7 teaching units, each teaching unit is designed based on an actual project, and the knowledge points covered by each project are inherited and related to each other. The pre-class, in-class and after-class teaching design of each project includes learning task arrangement, classroom interaction design, test exercise design, brainstorm design, quick answer session arrangement, theme discussion design, expansion and innovation design, etc. Harmonious interaction, organic unity, make the classroom warm, teachers and students have feelings, students are happy to learn and easy to learn, and stimulate students' autonomous and exploratory learning interest.

3.4.2. Teaching video production

Teaching video production is an important task with the largest workload and the most difficult task in the construction of the ideological and political online open course of the "Swimming" course. It requires refined content, small granularity, and short time, which is conducive to online learning. First of all, it is necessary to reasonably select the content of micro-videos, including typical knowledge points and skill points, and focus on cultivating students' abilities. It is required to be interesting, and efforts must be made in the content, form, and presentation of the video design. The attributes of this course should be reflected in the micro-video teaching design, including practical training and practical teaching content. Teaching modes include teaching, demonstration, classroom practice, practice, interaction and other teaching modes. Teaching methods include typical demonstration, integration of theory and practice, independent inquiry, and teacher-student interaction. The presentation methods are indirect departure, overlap, and interactive operation of teachers. To ensure that the recording quality of teaching videos must comply with technical standards and specifications, including recording equipment, venue selection, recording format, post-production, etc. Second, each clear learning theme should be recorded in accordance with the students' learning laws and cognitive laws. For example, videos should be accompanied by subtitles as much as possible. Without subtitles, it is difficult for students to fully understand what the lecturer is saying by hearing alone. Before recording the video, it is necessary to do all kinds of preparations in advance. For example, the PPT should be full of pictures and texts, vivid in animation, moderate in fonts, bright in color, etc., whether the teaching design of knowledge points is reasonable, whether it can achieve the expected effect, etc.

3.4.3. Assessment and evaluation design

One of the important reasons why online open courses are widely welcomed is that they focus on the assessment and feedback of learning results after class. For example, after

learning a certain knowledge point or unit, there are test questions to test their learning results. The "Swimming" course After the ideological and political study is completed, the corresponding certificate can also be obtained through the examination. Let students have a sense of achievement, so that they can maintain a long-term state of learning. The first is to design brainstorming, quick answer and other links in the class, and add some relatively simple in-class tests to the teaching video to fully mobilize the enthusiasm and initiative of students in learning. For the knowledge points that are difficult to master, design interactive homework or tests, and add the completion status to the usual grade assessment. Stimulate students' motivation and interest in learning. In addition, in order to improve students' innovative ability and logical thinking ability, some homework should be assigned to students, and an online open course forum for "Swimming" course ideology and politics should be set up. Arranged for students, students can speak and discuss freely, and can also organize students to discuss in class.

3.4.4. Promote the online and offline hybrid teaching mode

The blended teaching mode is to combine the advantages of traditional learning methods with the advantages of online courses, so as to obtain a better complementary teaching effect of the two. The advantage of online learning is that it breaks the limitation of learning space, can stimulate students' interactivity and enthusiasm in learning, and can get feedback from students in a timely manner, but its disadvantage is that it is not very targeted, so the ideological and political course of "Swimming" should be considered online. under the blended teaching model. Students can go to the online open course platform to conduct independent learning, combined with the basic teaching tasks assigned by teachers, the pre-class link is generally to browse the courseware for preview, and to do some online test questions through the preview, and the in-class link is generally to learn new knowledge points or New topics are learned using micro-videos, which are also interspersed with some brainstorming, in-class tests or in-class homework, and some homework after class. On-site teaching We will provide explanations, tutoring, Q&A and practical training in combination with online learning. Therefore, both online and offline courses must constitute a complete course, and the two are organically combined to stimulate students' interest in learning and cultivate students' ability to learn independently.

3.4.5. Optimize the top-level design and curriculum framework of the "Swimming" course team system.

Based on the construction concept of "task-led, learning-to-do, application-driven, and building-to-use", it focuses on the reform of three educations, uses information technology, integrates professional quality, optimizes curriculum standards, designs teaching modes, teaching processes and teaching evaluation systems, etc. With the help of the network teaching platform and big data, the team can solve the generative problems in the teaching process in time and effectively improve the teaching effect.

3.5. Teaching Application Mode of Ideological and Political Online Open Course of "Swimming" Course

The teaching design, strategy and evaluation of online open courses are generally divided into three parts: pre-school analysis, strategy design and evaluation design. There are many differences between the teaching design of online open courses and the teaching design of traditional classrooms.

3.5. 1. Pre-school analysis

Preschool analysis is the first important link in instructional design, including two aspects: teaching analysis and learning analysis. Analysis of teaching includes analysis of social needs, analysis of teaching content, analysis of characteristics of teaching staff, analysis of existing teaching conditions, etc. Analysis of learning includes analysis of learners' learning motivation,

hobbies and interests, starting point level analysis, cognitive style analysis, and learning condition analysis Wait. The pre-school analysis of online courses should pay attention to the following two points:

First, the biggest difference between the online course of "Swimming" and the face-to-face course is that teachers and students, students and students, and students and resources are all in a state of separation. They are intermediary through a "machine", which is the network and terminal equipment. the pronoun. Therefore, the element of teaching content is replaced and covered by resources, and the element of teaching method is more transformed into methods and strategies for interaction between teachers and students, students and students, and students and resources by means of machines.

Second, the learning of the online course "Swimming" is highly dependent on the network and terminals, especially mobile terminal devices, such as iPads, mobile phones, laptops and so on. Network is divided into wired and wireless; wireless is divided into Wifi Internet access and mobile Internet access. Educators should fully understand learners' online conditions, technology and level, and provide convenience for their online learning as much as possible. Since most learners learn in an individual way, they are prone to feeling lonely. Therefore, online and offline communication and interaction are particularly important.

3.5.2. Swimming course strategy design

(1).Teaching mode selection strategy

Which teaching mode to choose depends on the builder's goals, content, conditions and other factors, and these factors will also affect each other. For example, if you want your courses to be open to the general public, you should choose the conventional MOOC model, and choose general content in the teaching content, rather than being too specialized and academic; The course is more suitable for choosing the private broadcast mode, using online and offline hybrid teaching or flipped classroom teaching.

(2). Resource construction strategy

The most important teaching resources are video resources, followed by courseware, text, audio, tools, and material resources. Many teachers believe that filming an online open course video is simply copying traditional lectures online, which is wrong. In the construction of online open courses, it is necessary to transform the traditional course content according to the characteristics of online learning. The size and extent of the retrofit will depend on the goals and type of online courses. If it is a knowledge popularization course for the general public (that is, the conventional MOOC model), the degree that the public can accept must be considered, and the reform of the course content should be as large as possible. Don't simply move the content of textbooks to the Internet, but should select and process the content, more related to real life, so that it can be explained in simple language, vivid and lively, and reduce the content that is too professional and academic. Each class should not be too long, preferably 5-15 minutes, because most of the online learners use fragmented time and individualized ways to learn, and the environment and conditions are difficult for them to concentrate on watching online for a long time. video.

(3).Teaching activities organization strategy

The most important part of the teaching activities of the online course of "Swimming" is how to carry out activities such as online practice, group collaboration, homework evaluation, communication and discussion, and interactive Q&A. It would be better if there are offline activities as a supplement. Due to the large number of students studying online courses, it is impossible to rely solely on the main teacher for interaction. Teaching assistants must be assigned in a certain proportion. The teaching assistants can be held by young teachers and graduate students, and excellent learners or graduates who have taken the course can also be

selected. in charge. The teaching process of the online course is divided into three parts: the preparation stage before the start of the course, the teaching implementation stage and the evaluation and summary stage. A lot of work needs to be done in the preparation stage before the course starts. In addition to the course design, the recording of teaching videos, the opening of courses on the platform, and the organization of the teaching team and technical support team, regular MOOCs also need to conduct publicity for recruiting learners. Promotional activities should generally be carried out several months or even six months in advance. The duration of MOOCs should not be too long. It should be shorter than the traditional semester. Generally, it is appropriate to control it within 2-3 months. If the duration is too long, it is easy to cause learning burnout and increase the dropout rate. Teaching videos are generally released on a weekly basis, and several short videos are released each week. At the same time, learners are provided with learning resources, homework exercises, discussion questions, self-test questions, etc. selected by teachers.

4. DISCUSSION

This research implants the ideological and political elements of the course into the online open course of "Swimming", and follows the teaching procedures and steps of the practical course of "Swimming", so that while mastering swimming skills, students can deeply understand the safety and responsibility of swimming. Elements are tightly integrated with swimming lessons. Second, the results of this research can provide online learning for students, provide a blueprint for the construction of online open courses of "Swimming" courses in similar schools, guide the integration of ideological and political courses into sports programs, and provide a reference for the reform of "Swimming" teaching practice. Provide empirical reference for future follow-up research. Third, the specific effects of the construction of the ideological and political online open course of the "Swimming" course are as follows: it can promote the division of labor and cooperation in the construction of the teaching staff, improve the shortcomings of the traditional single teaching model, and help the expansion and dissemination of different teaching concepts; In the learning method of learners, teachers' "teaching" is weakened, and the subjectivity of students' "learning" is strengthened. Learners can preview courses in advance, and use teaching courseware, course videos, teaching videos, etc. The reform of the teaching mode of the "Swimming" course can provide learners with various perfect teaching resources and learning areas, interactive communication areas, assessment and evaluation areas, etc. to expand resources. Teachers can effectively implement diversified interactive and application It promotes the subjectivity of students' learning and promotes the reform of assessment and evaluation methods. The content of this online open and open course includes the use of resources, student exchanges and discussions, Q&A, assignment submission, comprehensive examinations, and records of students' learning, etc. It can feedback students' learning effect and generate feedback data of students' learning; realize the sharing of high-quality resources, realize the sharing of high-quality resources between disciplines, and expand the benefit of high-quality resources. Fourth, in terms of promotion, the results of this research are firstly promoted and used in the school's "Swimming" course, so that all students in the school can adopt this online open course, and at the same time, it will be introduced to similar brother colleges in the province, so that it can be used in the actual teaching process. Provide a reference blueprint for its students to strengthen the utilization rate of the online open course of ideology and politics in the course "Swimming" in this study.

In addition, how to record a good swimming instruction video is crucial. Before video recording, teachers should make a detailed teaching design and write a video shooting script. When writing scripts, both text scripts and PPT courseware should be prepared. The text script should preferably include the teacher's complete conception of the course shooting and all the content of the lecture; the text script should not be a copy of the teaching material, but should

be creatively reconstructed to make the content of the teaching material as simple as possible and vivid and interesting. In addition, in order to ensure that the established course will not become a "zombie course" that is built and discarded after only one or two cycles, the following points should be done: (1) There should be a continuous monitoring mechanism; (2) Follow-up funding support; (3) Teachers should continuously update the content; (4) Teachers should promote online course teaching and their own research simultaneously.

The ideological and political online open course of the "Swimming" course should keep pace with the times through digital course reform, continue to innovate, and organically combine advanced technology, educational concepts and practice. How to insert the ideological and political elements of the course into the online open course of "Swimming", find the correct position, and grasp the content and expression of the online course selection are the difficulties of this research. The construction of the ideological and political online open course of the "Swimming" course is based on thoroughly understanding the course, understanding students, and stimulating innovation. The teaching content and online teaching support environment organized according to the ideological and political teaching objectives and teaching strategies of the "Swimming" course, carefully analyze the teaching materials, Reasonable selection and organization of teaching content, and reasonable arrangement of the presentation of teaching content. Therefore, applicability and practicability should be considered in the subject selection of the online open course of this study, the content of the integrated teaching material should be closely linked, and the content should be appropriately selected in the course recording; the form of expression must serve the ideological and political design of the "Swimming" course. The content can be in the form of video shooting, screen recording, and mixed forms, considering various forms of teachers appearing, not appearing, and intermittent appearances; in the design and production, scientific and aesthetic aspects should be considered, and the principles of multimedia design and synchronization should be followed to highlight the discipline learning characteristics.

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