

Research and Practice of Physical Education Teaching Methods based on OBE Concept

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Abstract: This article delves into the application and practice of the OBE concept in physical education courses. OBE is a learner centered educational method that focuses on learning outcomes and outcomes. Unlike traditional input-oriented education, OBE emphasizes the practical knowledge, skills, and attitudes that students acquire after completing their studies. In the field of physical education, this means not only paying attention to students' skill mastery, but also emphasizing the cultivation of their physical fitness, teamwork ability, and life attitude. The article first reviews the basic concepts and characteristics of OBE, and then provides a detailed introduction to its application methods in physical education courses, including clear learning outcomes setting, the use of formative evaluation, and the integration of cognition, skills, and attitudes. In addition, it also explored how to design and implement effective physical education teaching activities based on the OBE concept. Through the application and practice of OBE in physical education, this article aims to provide a new perspective to help educators better meet students' learning needs and expectations, and provide them with more meaningful and valuable learning experiences. Overall, the OBE concept provides an innovative way of thinking and practice for physical education, and is expected to guide physical education into a new era that is more humane, scientific, and effective.

Keywords: OBE; Physical Education; Learning Outcomes; Formative Evaluation.

1. Introduction

In the century we live in, the evolution of education and learning methods has been going on. From a single knowledge transfer to a focus on learners' practical ability and application skills, this change reflects a new understanding of the purpose and significance of education, and among them, OBE, as an innovative educational concept, has gradually emerged and become a hot topic in education [1]. OBE is not only an educational method or teaching strategy, but also a brand-new understanding and orientation of educational purpose, process and achievement. What it emphasizes is not what is input in the education process, but the knowledge, skills and attitudes that students actually acquire after completing their studies [2-3]. This idea of emphasizing results shifts the focus of education from traditional knowledge transmission to the realization of learning results, which provides a broader vision and deeper connotation for education. However, OBE is not entirely a novel concept. In the past decades, many educators and researchers have begun to explore how to guide educational practice through clear learning objectives [4]. They believe that only when we clearly know the learning results we want can we really organize educational activities effectively and ensure that all students can achieve these results. OBE is based on these explorations and studies. In the field of physical education, the application of OBE concept is particularly important. Physical education is not only about imparting sports skills, but also about cultivating students' physical quality, teamwork ability and healthy attitude towards life. Traditional physical education teaching methods often attach importance to the teaching and training of skills, while ignoring students' individual differences and learning achievements [5]. The OBE concept reminds us that we should pay attention to the actual performance and progress of each student in sports activities, not just whether they have mastered a certain skill

[6]. In addition, with the development of science and technology, the methods and tools of physical education are constantly evolving. Modern sports equipment and technology provide teachers with more teaching possibilities, and also create more rich and diverse learning experiences for students. Under this background, the OBE concept provides a new direction and perspective for physical education, helping educators to better meet students' learning needs and expectations [7]. In order to truly and accurately evaluate students' learning achievements, teachers should consider using a variety of evaluation tools and strategies to ensure that they all have the opportunity to show their learning and progress. In short, the application of OBE concept in physical education emphasizes clear learning achievements, real-time formative evaluation, and the integration of cognition, skills and attitudes [8]. In a word, OBE concept provides a new way of thinking and practice for education, especially physical education. In this article, we will deeply discuss the application of OBE in physical education curriculum and how to design and implement effective physical education teaching activities according to this concept[9]. I hope that through the exploration and practice of OBE concept, we can provide students with more meaningful and valuable physical education learning experience.

2. Basic Content of OBE Teaching Philosophy

2.1. The Definition and Core Ideas of OBE

The core concept of OBE is to focus on learning outcomes or outcomes, rather than traditional teaching inputs. It emphasizes ensuring that all students can achieve predetermined learning goals or outcomes, rather than just completing the course content. This approach encourages educators to clearly define learning outcomes and build a

learning environment that ensures that every student can achieve these outcomes[10].

2.2. Comparison between OBE and Traditional Teaching Methods

Compared to traditional teaching methods, OBE places more emphasis on students' practical abilities and comprehensive qualities. Traditional teaching often emphasizes the input of teaching content, such as textbooks, classroom time, teaching methods, etc., while neglecting students' learning outcomes. OBE emphasizes using students' learning outcomes as an important indicator for evaluating teaching effectiveness. The OBE concept also provides a new perspective for physical education teachers. OBE encourages the use of formative assessments to continuously monitor students' learning progress and make timely adjustments as needed, while traditional teaching relies more on summative assessments, such as final exams or projects, which are usually conducted after the learning process is completed [11]. By using multiple evaluation methods, teachers can have a more comprehensive understanding of students' learning progress and needs, thereby providing them with more targeted guidance and support. It emphasizes student-centered approach and encourages teachers to choose teaching methods based on students' specific needs, thereby improving the effectiveness and pertinence of teaching. This not only helps students better master sports skills, but also cultivates their team spirit, competitive attitude, and lifestyle habits. In addition, OBE encourages the use of formative assessment to continuously monitor students' learning progress and make timely adjustments as needed. Traditional teaching, on the other hand, relies more on summative evaluations, such as final exams or projects, which are usually conducted after the learning process is completed. The main characteristics of OBE can be divided into five aspects. This article analyzes the main characteristics of OBE, as shown in Figure 1.

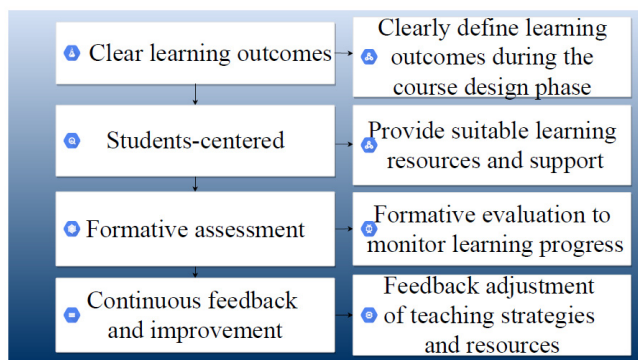


Figure 1. Characteristics of OBE

OBE requires educators to clearly define learning outcomes at the stage of curriculum design to ensure that these outcomes are concrete, measurable and achievable. OBE emphasizes students' learning needs and abilities, and encourages teachers to provide them with suitable learning resources and support from the students' perspective. OBE encourages the use of formative assessment to monitor students' learning progress, such as homework, quizzes and practical operations, rather than relying solely on summative assessment. OBE requires teachers to adjust teaching strategies and resources according to the feedback of students' learning achievements, so as to ensure that each student can achieve the predetermined learning goals. OBE allows

teachers to choose the most suitable teaching methods and strategies according to students' specific needs and backgrounds, instead of mechanically following textbooks or syllabus. OBE teaching philosophy emphasizes ensuring that all students can achieve the predetermined learning results. Compared with traditional teaching methods, it pays more attention to students' practical ability and learning achievements, rather than just completing the teaching content. This method provides a new perspective for educators and helps them better meet the learning needs and expectations of students.

3. The Application of OBE Concept in Physical Education Curriculum

3.1. Setting Learning Achievements in Physical Education Curriculum

In constructing a physical education curriculum under the OBE concept, it is first necessary to clarify the expected learning outcomes. These achievements may include skill mastery, improvement of physical fitness, and cultivation of teamwork spirit. For example, an expected outcome may be: "Students are able to accurately perform basketball shooting techniques." Instead of simply saying, "Students have learned basketball

3.2. The Role of Formative Evaluation in Physical Education Teaching

Formative evaluation plays a core role in physical education teaching under the OBE concept. It can provide real-time feedback to help teachers understand students' learning progress, skill mastery, and challenges they face. The OBE concept reminds us that we should focus on the actual performance and progress of each student in sports activities, not just whether they have mastered a certain skill. In addition, with the development of technology, the methods and tools of physical education are also constantly evolving. Modern sports equipment and technology provide teachers with more teaching possibilities and also create richer and diverse learning experiences for students. In physical education courses, this may involve observing students' exercise execution, team interaction, or understanding of rules. For example, when teaching volleyball spike techniques, formative evaluation can be conducted immediately after the student actually performs the action, providing feedback on the technique, posture, or strength.

3.3. The Integration of Cognition, Skills, and Attitudes in Physical Education Teaching

Physical education teaching is not only the teaching of skills. It also involves students' cognitive development and attitude cultivation. For example, when teaching football, students should understand offensive and defensive strategies and how to pass the ball effectively in the team. This involves the execution of students' actions, such as how to pass the ball accurately and how to smash it. In physical education teaching, students should cultivate positive sports attitudes, such as respecting opponents, accepting failure and the importance of teamwork. In order to ensure that all students achieve the predetermined learning results, PE teachers should use a variety of evaluation methods. These may include four aspects, as shown in Figure 2.

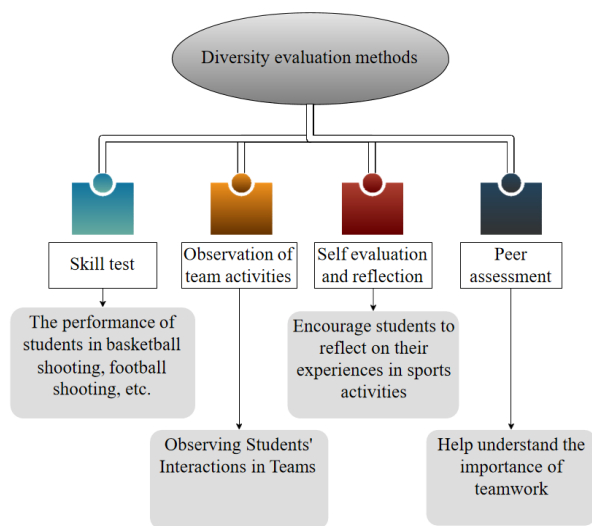


Figure 2. Evaluation methods for diversity

Through the analysis of the above figure, we can find that the evaluation methods of diversity can be divided into four categories: skill test: such as students' performance in basketball shooting and football shooting. Observation of team activities: observe students' interaction in the team and evaluate their cooperation and communication skills. OBE encourages the use of formative assessment to monitor students' learning progress, such as homework, quizzes and practical operations, rather than relying solely on summative assessment. OBE requires teachers to adjust teaching strategies and resources according to the feedback of students' learning achievements, so as to ensure that each student can achieve the predetermined learning goals. Self-evaluation and reflection: Encourage students to think about their experiences in sports activities, what they have learned and how to improve them. Peer evaluation: Students can evaluate the performance of teammates, which can help them understand the importance of teamwork and learn from it. In order to truly and accurately evaluate students' learning achievements, teachers should consider using a variety of evaluation tools and strategies to ensure that they all have the opportunity to show their learning and progress. In a word, the application of OBE concept in physical education teaching emphasizes clear learning results, real-time formative evaluation, and the integration of cognition, skills and attitudes. OBE emphasizes that students' learning achievement is an important index to evaluate the teaching effect. In addition, OBE encourages the use of formative assessment to continuously monitor students' learning progress and make timely adjustments as needed. Traditional teaching relies more on summative evaluation, such as final exams or projects, which are usually carried out after the learning process. By using a variety of evaluation methods, teachers can understand students' learning progress and needs more comprehensively, thus providing them with more targeted guidance and support.

4. Conclusion

With the changing needs of learners and the transformation of educational goals, traditional educational methods need to be innovated. The OBE concept has emerged, not only redefining the goals and processes of education, but also providing us with a method to ensure that all students can

achieve the predetermined learning outcomes. In physical education courses, the application of OBE has its unique value. It encourages educators to start from learning outcomes and clarify the development goals of skills, knowledge, and attitudes. At the same time, the OBE concept also provides a new perspective for physical education teachers. It emphasizes student-centered approach and encourages teachers to choose teaching methods based on students' specific needs, thereby improving the effectiveness and pertinence of teaching. This not only helps students better master sports skills, but also cultivates their team spirit, competitive attitude, and lifestyle habits. However, the application of OBE in physical education still faces many challenges, such as teacher training, resource allocation, and measurement of learning outcomes. But with the development of educational technology and the accumulation of practical experience among educators, we believe that the OBE concept will be more widely and deeply applied in the field of physical education. In the future, the OBE concept is expected to guide physical education into a new era that is more humane, scientific, and effective, providing students with more meaningful and valuable learning experiences.

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