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Research on the Development of Education Resources for the Internet Plus Universities in the National Health Field

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ABSTRACT

Applications of Internet in various fields have become modern demands. How to make full use of the resources of colleges and universities to improve the health of the whole people has become a research topic under the premise of national fitness rise as national strategy. In this paper, starting from development mode of Internet plus, combining with actual status of Chinese college physical education development, under the circumstance of international internet era, by virtue of the role of Internet plus, reform and development of Chinese schools' physical education have been analyzed and summarized, and development strategies thereof have been concluded with document literature, logistic analysis, interviewing methods and the alike. Through mutual interactive and distributive research on internet and college physical education resources, promotion has been made to better combine school physical education and public fitness to bring the role of internet in college physical education resources into full play. Research showed that internet plus technology could explore college physical education resources in a proper manner to make resources sharing available; current college education resources have been fully utilized and effectively distributed in a reasonable way by carrying out internal and external distribution on college physical education resources internal via internet.

Keywords: Internet plus, college physical education, resource sharing, health education

INTRODUCTION

Nowadays, development of society and internet has moved forward a stage of extra high-speed, and Internet plus is, a form of 2.0 economic and social development born in the new pattern of internet development and innovation-driven knowledge society under new situation of the development of innovation and internet 2.0 (Chen and Liu, 2013). Internet plus is internet plus various traditional industries, emerges on the basis that our party and country takes various measures to strengthen school physical education, physical education reform, physical education resources sharing in its step-by-step deepening reform in physical education. Traditional physical education mode has neither met the demands of the development of times nor that of students' physical exercises development, while many changes could be occurred by applying internet technology into school physical education (Li *et al.*, 2017). As an important base of culturing high quality talents, college improves students' cultural quality and meanwhile plays remarkable roles in the cultivation of contemporary youth to form correct outlooks in life and world as well as recognition of discovering and understanding the significances in life and social value. Presently,

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State of the literature

- Universal health is the latest in China's concept of improving the health of all people.
- Internet + is a new means or means.
- The education resources and the whole social sharing of sports in universities are the consensus, and there is no in-depth research on the problem of the national health education.

Contribution of this paper to the literature

- Put forward constructive guidance for better development of school sports resources under the new situation and put forward new ideas for the development of national health education.
- The application of Internet to college physical education is a challenge to the traditional teaching class and an innovation.
- A large number of idle sports venues are effectively utilized, and the use of grid management and operation will contribute to the further development of Chinese national fitness.
- Internet technology has promoted the development of superior resources sharing in universities, and improved the utilization ratio of resources to promote the development of sports in colleges and universities.

school physical education fundamental construction is rather perfect, there are standard plastic sports ground, basketball, volleyball, football fields in colleges, and rather perfect athletic facilities in domestic colleges. However, sports resources have not yet been fully applied caused by some shortcomings in traditional school physical education teaching modes. Learning of students at ordinary times is mainly general knowledge course while exercising time after class is little. Stadiums are mainly used for normal P.E. class, which leads to lots of idle stadiums. Though our party and country have carried forward lots of schemes stipulating that school stadiums begin to open to the public, access of college stadiums has still restricted within a little scope, only fewer stadiums share resources because of diversified influence factors. In modern society, college physical education resources have not only reflected in stadiums. The advantages in college are moreover lying in stronger faculty, the setting of lots of excellent courses and updating education information resources in real-time. Physical education cannot well develop in case that seriously lacks of the college resources (Lv, 2011). How to make use of limited resources to better carry out fitness exercise has become a subject that is imperative to be explored. The advent of internet era just changes such situation. By applying internet technology into reforming in students' physical education and making sports facilities available to society in spare time, idle college resources have then been effectively utilized.

College physical education is an important part in cultivating education talents in an all-around way; its objective education system should meet social demands of talents. School physical education has prepared lots of talents for social physical education that is an important part in social physical education. Development of network technology has driven changes in various fields of society. Information age causes higher demands of society on school physical education and further puts forward new challenge for traditional school physical education, which leads to closely relationships among school physical education's education way, methods, equipment and internet technology and school physical education should carry forward reform. Present college physical education reform should, firstly make use of its own superiority in reforming. School physical education infrastructure is rather perfect, college is equipped with standard plastic sports grounds, basketball court, volleyball court and even football field, while college sports facilities and grounds are more perfect (Peng, 2010; Liu, 2017). However, sports education resources have not been fully applied due to shortcomings in traditional teaching modes. The situation has just been changed by the advent of internet era. The advent of the era of the Internet to change the status quo, through the use of the Internet technology on students' physical education teaching reform, and will be used when leisure sports facilities for society, give full play to the function of health education, to a more reasonable use of sports resources in colleges and universities has important significance.

RESEARCH OBJECTS AND METHODS

The paper takes Chinese college physical education resources as research objects in the background of Internet plus. How to make full use of the education resources of good universities and give full play to the national health education function.

Document Literature

Download documents related to Internet plus from CNKI, search researches and documents related to Internet plus college physical education, resource sharing and other terms, download and carefully read up them and analyze and sort out, constantly accumulate as well as sum up to provide lots of ideas and materials for the source of theories in the paper.

Interviewing Method

Through face to face interviewing and telephone interviewing, Teachers performed work in school physical education grounds and related working staffs in planning and construction of school physical education resources have engaged in interviewing as well as partial college teachers and correlated persons-in-charge. After that analysis and sorting have been rapidly done to support relative contents in the paper.

Logic Analysis

Analysis and sorting in the early stage have been completed by consulting lots of document literature and interviewing relative personnel, Chinese college physical education resources situation in current stage have been analyzed, the problems in Chinese college physical education resource sharing have then been found. According to current situation and problems that found in this way, corresponding countermeasures have been put forward and conclusions have been finally got.

PROCESS AND ANALYSIS

Define Related Concepts

Recently, Internet plus has become a social focus with increasingly response. What is Internet plus was firstly put forward in Nov. 14th-Present of Analysis international group firstly referred to the term Internet plus in the keynote speech of Internet plus on the 5th Analysis International Mobile Fair in 2012; he pointed out that internet should be infrastructure in the future society and thought that any traditional industries and service industries would change with internet (Dai, 2012). Internet plus is the further actual effect of the idea of internet that increasingly promotes to emergence of developing economic form, drives real object of society and economic vigor to provide wider network platform for reform, innovation and development (Jiang and Ding, 2007; Xu and Song et al., 2017). Internet plus comprehend in the paper is to use internet technology as a carrier, expand and integrate various sectors in society, economy and life, make traditional stuff into information and data so that drives social reform, upgrades innovative capacity and productivity to exert important impacts on economy and society. Development of any industry can develop in a fast speed only if it takes express train-internet. Therefore the advent of internet era would exert huge impacts on the changes of Chinese college physical education.

Term -'Physical education', is from education physical in French. In the beginning, it was used to discuss article related to Children physical education in French newspaper by French in 1760, and defined as 'trainings to enhance physical and achieve skills to enhance physique' in 'Concise Encyclopaedia Britannica' (Jiang and Meng, 2007; Chien, 2017). Physical exercise, not only has the function of body-building and also intellectual building and mental health. Physical education is cultivating body with the purpose of improving children and students' physical and psychological health by physical activity education (Liu and Zhang, 2008). Physical education takes body muscle activity as a kind of education tool. Two words, Tiyu (in Chinese, and physical education in English), is short for body education and a sort of education in the way of physical activities, trainings that assist growth of body can be regarded as physical education. Internet plus impels traditional industries to make breakthrough and

develop, drives new generation information technology and modern manufacturing industries that represented by internet of things, big data integration and exploration to rapidly develop, the combination between internet and school physical education resources, and would promote to the innovative development of college physical education in physical education, management, resources allocation and utilization and so on.

Internet Plus Physical Education

Under the circumstance of exam-oriented education of Chinese physical education, less attention is paid to physical education course in school. Students focus on learning general knowledge course, so their attitudes towards physical education course could be imagined. Students participate in physical education course with the mind of resting and relaxing. In addition, school's attitudes towards physical education course cause sports teachers don't concentrate on education of physical education course but fulfill their duties. The emergence of internet, however, just changes such situation. Students could therefore access to different teachers' courses according to their own interests and hobbies. In this way, they not only get the knowledge of related contents taught by sports teachers but also timely master up-to-date dynamic trends of physical education.

(1) Have students prepared before class by internet.

College physical education can be divided into practice course and theory one. Normally, teaching practice course is carried out simultaneously with theory course, but deficiency exists in theory course in fact. Physical education theory course learning in college tends to be insufficient. With the guidance of sports teachers before class, students are able to look up related teaching contents through internet. In doing so, students' exercises interests could be stimulated, at the same time; they can better master contents in course.

(2) Strengthen after-class information feedback by internet.

As internet emerges and develops, students can easily get access to online class of various physical education course and learn different teachers' teaching contents from various aspects. Sports teachers also, take course demands on physical education reflected by students on line as starting points to improve their own teaching ability. Sports teachers regard students' demands on physical education as starting points of teaching to improve current course. After online teaching completing, students acquire teaching courseware and also put forward their own opinions on current courses. In doing so, better contents could be employed to enrich courses; teachers also could rapidly revise their teaching plans and contents. Students have expressed their opinion, and meanwhile their senses of participation have been reinforced and the huge help of internet provided for completing modern social education fairness has also been reflected.

(3) Internet technology-aided teaching.

With the development of internet technology, more and more teaching information and resources have been spread via network platform; network technology itself can, not only present words and numbers, but also export animation, video, image and voice. Internet technology is capable of fast transmitting teaching information with excellent pictures, essays and voice illustrated. Under the traditional Chinese teaching mode, the teacher act as a guide in classroom, while students passively require knowledge under the inculcating way of teaching without initiative and so their interests and efficiency in learning are greatly decreased. The situation would be turned around by applying network technology. Teachers apply network technology into courseware preparing, play videos related to teaching, in this way it is helpful for stimulating students' learning interests and contributing to make students better understood what teachers explain in class. Teaching efficiency therefore has been greatly improved, and meanwhile learning of students has become more relaxed.

(4) Teaching with social networking services platforms as microblog inked.

It is indicated in The 36th Statistical Report on the development of China's internet released by China internet information center that the scale of Chinese microblog users is 0.204 billion and netizen usage rate amounts to 30.6% by the end of June, 2015, from which the user number of microblog in mobile phone reaches 0.162 billion, covering 79.4% of the totality, increasing by 10.7% comparing to that by the end of 2014. The amount of microblog

users are increasing and the scale is expanding. Microblog, Inke and other network platforms are featured by informative, timely, originality and convenience. In modern society, more and more young people prefer to browse network and spend more time surfing on line. They timely capture up-to-date information and are often active online and offline. Just base on the situation, schools make use of relative teaching platforms and transmit excellent teaching resources in them. By virtue of social networks, students can learn anytime and anywhere, spend time that used to entertaining on-line in learning. In this way, the students could acquire knowledge on platform and also carry out timely interactive communication with teachers on line, while teachers in turn could get hang of the status about students' mastering on knowledge points and narrow down distances with students and form into two-way interaction.

(5) College teaching alliance in internet era.

Internet technology has been highly developed, and the application of information technology in school physical education has also been gradually popularized. Teaching resources are unevenly distributed in colleges with their own characteristics. This may not meet the demands of students and more superior resources are needed to make up for the imbalanced distribution of college resources. Resources sharing can be realized by the platform-internet. Teachers give lessons by video, in this way students could accept more teaching resources. Purposes of the construction of teaching alliance in colleges are to realize sharing, mutual communication and promotion in colleges' sports resources, promote to students' acquisition of more knowledge in the platform and more resources sharing and various demands be satisfied. Meanwhile, exchange of teachers in the platform not only could upgrade teachers' coaching levels but also better improve usage rate of talents. Nowadays, colleges' physical education should lay emphasis on training and exchange of talents by applying internet technology and realizing allied teaching, following the principle of resources sharing and complementing each other's advantages so as to make greater development.

Hubei province is, one of main province in China regarding education. There are numerous colleges in Wuhan, where plenty of resources and colleges here are are closely exchanging and learning from each other, from which seven colleges directly under the Ministry of Education are respectively Wuhan University, Huazhong University of Science and Technology, Central China Normal University, Wuhan University of Technology, Zhongnan University of Economics and Law, China University of Geosciences and Central China Agricultural University. These seven colleges have jointly run colleges since 1999; students could take minor subjects for second bachelor degree among colleges and disciplines. Except for learning own majors, students may also take spare time or weekends to learn interdisciplinary contents, they are capable to learn more knowledge beyond courses set in their own colleges. College continues to expand internet sharing platform to sufficiently apply internet technology into teaching practice, better impel college education development and talents cultivation. In 2010, 'Ten Colleges Teaching Alliance' formed on the basis of 'Seven Colleges Allied Running' in Wuhan. The former one grew on the basis of the later. Nowadays, colleges teaching alliance has become more and more popular. Joint running, complementary cooperation among resources sharing among colleges has become a main characteristic in running of colleges. By the virtue of internet running, students' pressures have been alleviated, whereas teachers' resources could be effectively used and teaching efficiency has been improved.

(6) Internet boosts construction of excellent courses resources in colleges.

Take colleges' network teaching resource as an example, such kind of teaching resources construction in America includes TFU (Teaching For Understanding) network course that was researched and developed by researchers and educators from School of education, Harvard University, Open Course Ware set by Massachusetts Institute of Technology, NYU Online network course wholly owned and established by New York University and the alike. Analysis of network teaching resources situations in foreign colleges found that construction of college network teaching resources have made a great success in foreign countries, from which colleges have also constructed network teaching resources based on their actual conditions.

Excellent courses in China, mostly concentrate on resource network of national excellent courses (www.jingpinke.com).The website is a centralized reflection of national college network excellent courses resources, and also the most vivid portrayal of construction of Chinese college network teaching resources. By the

beginning of 2011, national excellent courses resources net's network teaching resources have found that the application of Chinese network technology into education could trace back to the formal launching of China Education and Research Network in 1995 during its excellent courses construction process. With regard to physical education, domestic colleges as Beijing Sport University, Shanghai University of Sport and the alike have by far established perfect college physical education network platform, which timely provides abundant physical education resources for college students; In the past, Beijing Sport University started to apply network technology into assisting teaching of teaching physical education theory course in college targeted at theory course teaching in domestic college physical education, which have achieved better research results of physical education. National excellent courses resource net presents excellent teaching resources of Chinese college teaching in a concentrated manner. Recently, network teaching resources in such net have shown rising trends, and presently, it collects approximately 40 thousand teaching videos, over 340 thousands teaching course wares, nearly 60 thousands teaching examples, 330 thousands electronic teaching plans, over 540 thousands syllabuses, 86 thousands experimental practices, from which there are over 20 thousands teaching videos, animation and related teaching courseware in physical education at the level of undergraduate education.

As internet technology moves forward, excellent course construction in college pedagogy has also gradually enriched. By the end of 2015, among collected Chinese college established excellent courses and teaching materials, there are approximately 890 thousands teaching videos, from which over 30 thousands teaching videos, animation and related teaching course ware in undergraduate pedagogy, while nearly 20 thousands physical education science teaching videos, animation and related teaching course ware in undergraduate pedagogy. By comparing, China's college physical education excellent course resources have shown rising trends, by virtue of internet platform, construction of school physical education excellent course, sharing of excellent courses have been promoted, mining of physical education resources have been speeded up, physical education resource information has been perfected, which plays an important role in driving school's discipline construction. Take Huanggang Normal University as an example, it has dedicated to build excellent course in recently years, sticking on the idea of strengthening school with characteristics and running school with features, increasingly promoting teaching quality, constructing excellent course platform, encouraging teachers to actively apply excellent course. And it has obtained remarkable achievement, which is mainly three sections-provincial excellent courses, college excellent course and college good course; each is characterized with materialization and refining. There are numerous featured courses and distinctive construction of discipline.

Internet Plus College Stadiums

College is a place with most centralized and well-equipped physical education facilities in China. With the rapid development of Chinese economy and demands of public fitness, college stadiums have gradually become sites that are available for holding various sports events and carrying out community residents' sports activities. As a main education province in central China regions, Hubei province gathers colleges, mostly are physical education facilities that well -equipped. By investigating 22 normal college sports grounds and facilities and summarizing, author found that there are many sports facilities in these 22 normal colleges in Hubei province, from which mainly are basketball, table tennis, and volleyball and badminton stadiums. These stadiums play important roles in college physical education; however, they are idle around in spare time. Thus, conclusion can be got as follows:

(1) Guarantee for students' demands on stadiums by internet

Chinese colleges are rather bigger in its scale construction. In consideration of teaching, selection of teaching areas normally separates from school's play grounds. Students take class in fixed classroom; they can make arrangement according to their practical exercise demands for other time. Concentration time of teaching contributes to rather concentrated students' rest time. In this way, there is no vacancy of grounds, student's after-class sports activities demands therefore could not be satisfied. One of the most convenient methods for students acquiring information is campus network of colleges, releasing using conditions of grounds into campus network would enable students to make free selection on grounds and activity time. This not only save their time for specially looking for grounds, but also guarantees for making full use of different grounds.

(2) Enhancing stadiums' management efficiency by internet

Sport facility area of schools tends to be larger, investment in manpower and material is needed from stadiums' management, maintenance, cleaning to guarding. If campus network can be used to issue all stadiums' information, covering space, facilities, open time, public meeting, related regulations and laws and preferential policies of usage state, students may timely learn stadiums' usage conditions, reasonably arrange their time and meanwhile apply internet into improving school management efficiency and saving relative resources.

(3) Network-based management on stadiums by internet

There are numerous college sports facilities, so that management and operation on stadiums turn to be a complicated work that gets involved in many aspects. Apply internet technology into network-based managing on stadiums, use network technology to manage badminton stadium, tennis court and table tennis tables, perform network-based management from stadiums' maintenance, security and charging so that reaches intelligentization, which can efficiently manage stadiums and increase some income for colleges.

Construction of Internet Platform

By virtue of internet platform, government sectors or competent sectors of education and sports are available to perform unified planning and management, make statistics of all idle resources and usable resources, workout schedule of open time. It is up to personnel assigned by government to take charge of website establishment. Then individual users can search proper grounds by surfing on line, and enterprises or social communities may also find reasonable grounds for group using and apply or appointment through on-line searching, and meanwhile residents in society can find available nearby play grounds through on-line information, which also solve common participants' problems in using basketball arena, badminton court and other indoor college stadiums because they are rented by enterprises. Thus, sufficiently make public informed about resources status, and masses can get access to find proper play grounds.

Numerous developed countries have already opened campus to public. It is indicated in documents that open level of Japanese campuses ranked top of the world, it is one of the countries with most perfect and highest efficiency in school's sports facilities equipment and usage and school resources open earned vigorous support by government thereof. In 1989, public elementary and secondary schools' sports facilities were open in 99% cities, towns and villages of Japan, including 80% stadiums, 80% play grounds, nearly 40% swimming pools, around 30% tennis. By 1993, 99.2% public schools in Japan performed opening policies on sports facilities at different levels. China carried out opening later, however, due to the incoming Internet plus era, college physical education is available to open and carry out comprehensive utilization in China but also construct high efficiency, large scale and more convenient college physical education shared economic mechanism at the fastest speed in an all-around and comprehensive manner by virtue of the advantages of internet.

Through internet platform construction, college physical education resources sharing may develop in a more perfect manner. China is absolutely able to set up high efficient, large scale, convenient, all-around and comprehensive college physical education shared economic mechanism, from which comprehensiveness and integrity mainly reflect that it not only can set up ground shared economic mechanism and provide physical education guiding on the basis of shared sports fields by virtue of school's resources that is rarely in other countries. On the basis of guiding, we are available to hold different courses, and also offer more choices for the masses and get masses out of the problems-abandoning their favorite sports due to lack of guiding. On the basis of internet, masses can get access to all usable play grounds in website, they can make free choices and take exercises in the neighborhoods and meanwhile get rid of troubles of looking for places and also improve usage efficiency of schools' play grounds. As government acts as a guide, they go deeper into investigating elementary and secondary schools and colleges and give subsidies, colleges therefore are able to provide large scaled sports fields and facilities in a short with all strength, and masses and social sports personage may achieve greater convenience in a short time, that masses should find other proper play fields and make personal planning and select sports time via internet though some sites are temporarily rented by enterprises. Similarly, we can directly reserve and pay on website when reserving some play grounds, working staffs should not ceaselessly come and go to schools. All of these just

show characteristics of such mechanism's high efficiency, large scale and convenience. Therefore, Internet plus era would have college physical education resources sharing greatly promoted and take advantage to construct coordinated development of social physical education and college physical education in an all-around way.

CONCLUSIONS

It is an inevitable trend for applying network into college physical education; it brings convenience to college physical education and meanwhile put forward some new demands on traditional physical education. Make full use of internet technology in internet era, not only can improve physical educators' efficiency, but also improve school physical education's quality, and meanwhile promote to the development of social physical education, make full use of school's physical education resources and realize advancement in public fitness as well as social physical education and students' physical education's development in an all-around, coordinated and sustainable way by virtue of internet characteristics.

Applying internet into college physical education is both a challenge and an innovation for traditional teaching class. Put forward higher demands on school physical educators –assisted teaching with internet technology is a kind of emerging teaching mode that helps students to better understand what teachers explain, and meanwhile students can implement self-learning by virtue of internet, make use of network platform to learn more superior resources so that improve their self-learning capacity.

College allied teaching, physical education excellent class construction and internet technology application has already become a trend that impels the development of colleges' superior resources sharing, improves usage rate of resources and boosts the development of colleges' physical education.

College stadiums carry out management and sharing by virtue of internet that greatly improves usage rates of stadiums. Manage stadiums in a leasing way that not only saves costs for schools but also makes partial income; lots of idle stadiums therefore achieve effective utilization. Network-based management and operation would boost Chinese public fitness to get further development.

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