CLAIMS

1. A transmission resource indication method, applied to a network device and comprising:

sending first indication information to a terminal, wherein the first indication information indicates, by using a bitmap, a transmission resource for detection by the terminal, and the transmission resource comprises LBT subbands of a bandwidth part (BWP);

wherein each bit in the bitmap indicates whether a corresponding LBT subband within a remaining channel occupancy time (COT) of the network device is used for transmission.

2. The method according to claim 1, wherein the BWP is on an unlicensed band, and the BWP is an active BWP of the terminal.

3. The method according to claim 1, wherein the bitmap indicates transmission states of all LBT subbands of the BWP.

4. The method according to claim 3, wherein the number of bits in the bitmap is the number of LBT subbands of the BWP or the number of LBT subbands of a BWP with the largest bandwidth that is configured by the network device for the terminal.

5. The method according to claim 1, wherein when the first indication information indicates a transmission state of an LBT subband of the BWP by using the bitmap, the sending first indication information to a terminal comprises:

sending the first indication information to the terminal on a first CC or a second CC, wherein the first CC is a CC on which the BWP is located, and the second CC is a CC among the CCs in carrier aggregation other than the first CC; and

when the first indication information is sent to the terminal on the second CC, the method further comprises:

sending second indication information to the terminal on the second CC, wherein the second indication information indicates an index of the first CC;

wherein the second CC is a licensed-band CC or an unlicensed-band CC.

6. The method according to claim 2, wherein when the transmission resource comprises the LBT subbands of the BWP, the first indication information is carried in UE-specific downlink control information DCI.

7. The method according to any one of claims 1 to 6, wherein the detection by the terminal comprises at least one of physical downlink control channel (PDCCH) blind detection, physical

downlink shared channel (PDSCH) detection, discovery reference signal (DRS) detection, channel state information (CSI) measurement, or received signal strength indicator (RSSI) measurement.

8. A transmission method, applied to a terminal and comprising:

receiving first indication information sent by a network device, wherein the first indication information indicates, by using a bitmap, a transmission resource for detection, and the transmission resource comprises LBT subbands of a bandwidth part (BWP); wherein each bit in the bitmap indicates whether a corresponding LBT subband is used for transmission; and

after the first indication information is received, performing detection on the transmission resource within a remaining channel occupancy time (COT) of the network device.

9. The method according to claim 8, wherein the BWP is on an unlicensed band, and the BWP is an active BWP of the terminal.

10. The method according to claim 8, wherein the transmission resource is all or some of LBT subbands on which a channel is detected as being idle.

11. The method according to claim 8, wherein the bitmap indicates transmission states of all LBT subbands of the BWP.

12. The method according to claim 11, wherein the number of bits in the bitmap is the number of LBT subbands of the BWP or the number of LBT subbands of a BWP that has highest bandwidth and that is configured by the network device for the terminal.

13. The method according to claim 8, wherein when the first indication information indicates a transmission state of an LBT subband of the BWP by using the bitmap, the receiving first indication information sent by a network device comprises:

receiving, on a first CC or a second CC, the first indication information sent by the network device, wherein the first CC is a CC on which the BWP is located, and the second CC is a CC among the CCs in carrier aggregation other than the first CC; and

when the first indication information sent by the network device is received on the second CC, the method further comprises:

receiving, on the second CC, second indication information sent by the network device, wherein the second indication information indicates an index of the first CC.

14. The method according to claim 8, wherein when the transmission resource comprises the LBT subbands of the BWP, the first indication information is carried in UE-specific downlink control information (DCI).

15. The method according to claim 8, further comprising:

before the first indication information is received in the COT and after the COT ends, performing detection on all LBT subbands of the BWP or all currently activated CCs.

16. A network device, comprising a memory, a processor, and a program stored in the memory and capable of running on the processor, wherein when the program is executed by the processor, the steps of the transmission resource indication method according to any one of claims 1 to 7 are implemented.

17. A terminal, comprising a memory, a processor, and a program stored in the memory and capable of running on the processor, wherein when the program is executed by the processor, the steps of the transmission method according to any one of claims 8 to 15 are implemented.