

ABSTRACT

This application discloses a communication method and apparatus, which may be applied to a scenario in which a receive end receives a reference signal from a transmit end in a frequency hopping manner. The method includes: A network device sends a reference signal in a first time unit in a first frequency hopping unit, where the first frequency hopping unit includes the first time unit and first switching time, the first time unit is used to transmit the reference signal, and the first time unit and the first switching time do not overlap in time domain; and the terminal device receives the reference signal in the first time unit. According to the method, the terminal device receives reference signals from the network device in a frequency hopping manner, to reduce a waste of reference signal resources. In addition, the reference signals from the network device can be received through many times of frequency hopping, increasing receive bandwidth of the received reference signals.