Research on the Ways to Improve the Informatization Teaching Ability of College Aerobics Teachers

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Abstract: The advent of the Internet era has enabled various information resources to penetrate into people’s work and life in a more rapid manner. Therefore, while helping people get more convenience, it has also greatly promoted better in different industries. development of. Therefore, for aerobics teachers in colleges and universities, in order to ensure the establishment of high-efficiency classrooms, it is necessary to keep up with the times and apply information-based teaching methods to classroom teaching activities to ensure the better completion of the teaching work. Therefore, how to make teachers’ information-based teaching methods better improved is the focus of this article.

Keywords: Aerobics Teaching; Promotion Path; Higher Education; Information Teaching Ability

The continuous promotion of the reform of the education system has made educators more aware of the importance of following the development of the times and changing their own teaching methods, and actively looking for teaching methods that can more mobilize the enthusiasm of students to participate in classroom learning, hoping to establish high efficiency At the same time as the classroom, it has effectively increased its teaching ability. Therefore, in the context of the rapid development of the current information society, teachers need to apply informatized teaching to classroom teaching activities based on the actual situation of teaching activities after in-depth analysis and integration of information teaching ability. In order to better ensure the successful completion of the teaching work, and effectively improve their teaching effectiveness and teaching ability.

1. The specific value of informatization teaching ability

The rapid development of the Internet has made various data resources continue to spread in the form of information, and brought more vitality to different industries. Therefore, in this context, informatization teaching ability refers to the teaching ability that teachers should have under the background of Internet +. Therefore, its essence is to require teachers to integrate various emerging teaching methods, Internet teaching platforms and information resources through the reasonable use of information technology to ensure the smooth progress of teaching activities. Therefore, teaching informatization, as the core content, is not only a concrete manifestation of teachers’ teaching ability and teaching experience, but also an important content that can ensure the high-quality completion of classroom teaching activities.

For teachers in colleges and universities, their knowledge is not only active in thinking, but also has a strong enthusiasm for knowledge learning and enthusiasm for inquiry. Therefore, as an indispensable teaching skill for college teachers, informatized teaching ability can not only enable teachers to better integrate technical knowledge, subject knowledge, and theoretical knowledge of teaching content, but also help students In learning activities with more diverse learning content, it not only ensures the broadening of one’s own horizons, but also can better complete the learning of knowledge. Therefore, how college teachers can effectively improve their own information-based teaching skills is a problem that requires their focus.
2. Methods of training teachers’ information teaching ability in aerobics class

2.1 Improve teachers’ innovative ideas

The effective combination of information technology and education system has become the main concept of many colleges and universities to cultivate talents. Therefore, when carrying out teaching activities, aerobics teachers need to actively innovate teaching concepts in order to effectively train their own information-based teaching ability while establishing high-efficiency classrooms, and realize the promotion of technological innovation, cultural innovation, method innovation and technological innovation. Therefore, teachers need to break through the shackles of old teaching ideas, change the unilateral demonstration of teaching methods through the use of information-based teaching methods, and select appropriate teaching according to the training conditions, exercise needs and physical qualities of different students. Teaching methods such as video, music, courseware, etc., enable students to learn online and online classrooms and offline classrooms. Under the guidance of the innovative concept of informatization, teachers can not only ensure the steady rise of teaching quality, but also achieve the purpose of better training their informatization teaching ability.

2.2 Improve teachers’ knowledge reserves

Teachers want to effectively ensure the rise of their informatization teaching ability, they need to constantly improve their knowledge reserves while learning Internet knowledge, in order to achieve the purpose of matching the development speed of informatization. Therefore, in order to enable teachers to better apply information-based teaching ability in aerobics classrooms, colleges and universities can help teachers to improve their professional knowledge reserves by keeping up with the times through regular training activities or further training. At the same time, learn advanced information-based teaching knowledge to ensure a better establishment of information-based aerobics classes. At the same time, teachers themselves also need to actively use the Internet to communicate with online teachers in their free time in a timely manner, and to seek help from other teachers in a timely manner. This not only can quickly improve its own teaching ability, accumulate a richer teaching experience, but also ensure the smooth completion of teaching activities.

2.3 Do a good job of information teaching design

The aerobics class not only requires students to master basic bodybuilding knowledge, but also requires high standardization of their practical ability and movement. Therefore, teachers need to do a good job in teaching design when establishing information-based aerobics classes, and introduce information-based teaching concepts into them, and through in-depth analysis of the specific content of the lectures, to establish more specific teaching goals, so that students can be in teachers Under the leadership of, not only to maintain the enthusiasm to participate in classroom training activities, but also in the richer forms of aerobics teaching, to ensure the improvement of learning efficiency.

3. Conclusion

Aerobics class not only requires students to better master the movements under the guidance of teachers, but also needs to establish the correct sports spirit and value concept. Therefore, in order to achieve the purpose of establishing a high-quality classroom, teachers need to effectively introduce information-based teaching methods into teaching activities, so that students can always complete the learning of knowledge with a high learning motivation in more diverse forms of classroom learning, and then ensure learning quality. Therefore, this requires teachers to grasp the evolving context of the information society and innovate the teaching methods with the times. Only by improving their teaching ability can they achieve the goal of promoting the comprehensive development of students.

References