

Application and Practice of Smart Classroom in Physical Education Teaching in Colleges and Universities

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Abstract : In recent years, with the continuous progress of science and technology, multimedia and network technology have achieved rapid popularization and wide application in various industries of human economy and society, and have greatly changed human daily life. It has also come quietly. In such a historical environment, various innovative media methods have gradually emerged, making people's methods of obtaining information more diversified and simplified. Under the current educational background, how to improve the teaching and research effectiveness of college physical education classrooms and enhance students' interest in physical education classrooms through smart classrooms is a problem that college physical education teachers need to solve. The main text discusses how to use smart classrooms in the practice of physical education teaching and research in colleges and universities.

Keywords : Smart Classroom; Colleges and Universities; Physical Education Teaching; Research and Strategy

In the environment of contemporary teaching and research innovation, the core quality of students has received widespread attention from all walks of life. Therefore, the integration of smart classrooms into the practice of physical education teaching and research in colleges and universities can transform the main body of teachers into students-oriented ones. This is an extremely important issue that teachers should consider at present. It requires students to be the cornerstone in the teaching and research process of college sports, and to communicate and interact with students in practice to promote their all-round development. Pay attention to the development and needs of students' personality in a timely manner, and formulate teaching methods that adapt to the characteristics of students' learning, thereby improving the comprehensive teaching level of schools and increasing the comprehensive education level of physical education teaching and research in colleges and universities.

1. The positive role of smart classrooms in the reform of physical education teaching and research in colleges and universities

In the past teaching and research practice, teachers often used the traditional teaching and research model and did not understand the importance of smarter classrooms. In the traditional teaching mode, teachers are first and foremost educators who teach knowledge, but students are passive recipients in the process. The learning mode is not recognized, which is not conducive to the cultivation of students' independent learning attitudes. In the innovative teaching and research model, college teachers are not only the transmitters of knowledge information, but also provide students with a "free play" learning space, and guide students to correct their learning attitudes, so as to participate in learning, to increase classroom participation. In this process, teachers should turn the main body of the classroom into students. Teachers must play the role of listeners and guides in this process, narrowing the distance with students and increasing communication and discussion. By respecting the "master" status of students, in this way, the dominant position of students can be effectively highlighted, the teaching and research practice of sports can meet the learning needs

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of students, and it is beneficial for students to learn more sports knowledge points. And carry out practical sports to promote the all-round development of students' core quality of sports.

The so-called smart classroom refers to the use of multimedia information technology to carry out teaching and research activities in the classroom. It has many characteristics, such as networking and multimedia, which can largely compensate for the shortcomings of the traditional teaching and research model. Therefore, it is necessary to integrate smart classrooms into the practice of sports teaching and research in colleges and universities, change the current traditional teaching and research model, and through an effective education model, concretize and simplify difficult and complicated knowledge, and use multimedia network platforms to form multi-level learning. Displaying the teaching and research content of physical education, increasing students' enthusiasm and enthusiasm for physical education, and strengthening students' ability to explore and practice are also key tasks in physical education teaching and research practice. Cultivating students' subjective initiative and ability of independent exploration in education and teaching is of great significance to students, which can promote their all-round development, and can also improve students' sense of participation and interest in learning in the classroom. As a critical period of education, we should focus on cultivating students' thinking ability, inquiry ability and learning ability, so that students can learn more knowledge in the physical education class, improve their practical ability, and enhance the absorption of knowledge. Promote the educational effectiveness of physical education in colleges and universities.

2. The application of smart classroom in the practice of physical education and research

2.1 Increase the use of multimedia information technology

The application of multimedia information technology to the practice of physical education and research is the most prominent feature of smart classrooms, which enriches the content of teaching and research and effectively increases the effectiveness of teaching and research. Therefore, in the teaching and research of physical education in colleges and universities, teachers need to properly use the different functions of multimedia information skills, especially when analyzing sports movements, it is not enough to simply use oral explanations, and it is difficult for students to carry out the movements in their minds. At the same time, teachers can also select sports documentaries that can increase sports skills. Taking his sports model as an example, he can formulate competition regulations according to different students' basic sports conditions. In sports games, students can get a good physical and mental well-being. This will increase the quality of teaching and research in physical education classrooms in colleges and universities. Especially when the weather is bad and it is not convenient to carry out sports, teachers can upload some sports activities on the network platform to let students learn sports through multimedia network. In addition, physical education teachers can upload the knowledge content they have learned in the next class to the platform before class, and prepare students for pre-class preparation, so that they can have a good idea of the knowledge they will learn when they are in physical education class. Preliminary cognition, improve the level of physical education teaching and research.

2.2 Deepen the experience of the network in the practice of sports teaching and research

Physical education is a kind of teaching and research subject with strong practicality, it contains infinite attraction, only when physical education teachers have appropriate guidance to students, can they more efficiently stimulate the enthusiasm of educated people, so as to bring their own sports enthusiasm. Focus on the practice of sports teaching and research. The emergence of new media can make sports teaching and research well improved. Teachers should use an innovative teaching and research model to enrich the core of teaching and research, to arouse students' enthusiasm for sports learning as much as possible, and to further promote students' high-quality learning. In general, smart classrooms need to use the Internet as a carrier, so that physical education teachers can extract most of the good teaching and research materials from the Internet, and display them in front of students through targeted processing, so that students can better learn physical education knowledge and let the students learn more about physical education. They can develop both physically and mentally. The difference between physical education and other subjects is that students are basically taught outdoors, so there is very little time for students to study through the Internet. In this way, physical education teachers can follow the ideas of students, for example, before carrying out outdoor sports practice, let students watch first aid and other related videos, so that students can fully understand how to solve an emergency if a sudden incident occurs in the process of sports practice.

2.3 Highlight the interactive utility of smart classrooms

The application of smart classroom is closely related to the creation of smart environment. Therefore, when preparing lessons, college physical education teachers need to use the relevant concepts of smart classrooms as the basis, and constantly enrich mathematics content, such as adding the number of sports games, formulating physical education teaching and research plans

according to the needs of students, etc., constantly enriching teaching models, such as, in the middle and long-distance running skills training, not only should we add games for students' lung function training, but also design games for students' willpower, character literacy and other aspects of training, and use a reward mechanism to integrate students' psychological factors and ideological concepts to overcome students' sense of fear and boredom adopts a variety of game modes, so that students can think that middle and long distance running is not simply running around the playground, but a competitive and rewarding game. Learning has a clear understanding, so that students can feel that middle and long distance running is very easy, and at the same time have a deep understanding of the teamwork spirit in the game, so that the pressure of their study and life can be relieved, and some positive activities in group activities can be achieved. Carry out sports teaching and research at the level of students' needs, and provide students with many colorful sports activities. In the process of physical education teaching and research practice, although students must have a variety of physical skills, there is a factor that is more important and crucial in the process of students' learning, that is, to make students feel every effort in the process of learning sports. The principle of dividing the harvest, so as to cultivate their good sportsmanship as much as possible.

3. Conclusion

In the process of promoting the practice of physical education teaching and research in colleges and universities, it is necessary to innovate the educational concept and change the teaching strategy in a timely manner, organically integrate the smart classroom into the physical education classroom, enrich the content with the help of emerging media technology, communicate and cooperate in the colleges and universities under the new model of "Internet + sports", and create a positive. The harmonious campus sports culture atmosphere and other models are in line with the contemporary education form. This can not only meet the needs of college students in sports teaching and research and sports, but also effectively improve sports teaching and research. In the era of new media information, it is very effective to innovate the mode of physical education teaching and research in colleges and universities, which can make the reform of sports teaching more effective than expected.

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