

Research on the application path of Internet technology in College Physical Education

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Abstract: under the multiple influences of the Internet, big data and cloud platform technology, traditional industrialization and Internet technology show a trend of integrated development, and traditional industries and industries usher in the opportunity of transformation and development. In the field of higher education, by fully strengthening the construction of digital campus and smart campus, schools and teachers can promote the integration of physical education and Internet technology, break the restrictions of the traditional teaching environment, enhance the interest and convenience of physical education, better expand the teaching space, and meet the diversified and personalized exercise needs of students. Based on this, this paper analyzes the application value and current situation of Internet technology in college physical education, introduces several typical application forms of Internet technology, and discusses the specific application path, so as to meet the needs of students' personalized exercise and comprehensive development.

Key words: Internet technology; College physical education; Application; path

Introduction

After the public entered the Internet era, physical education teachers realized the urgency of the reform of physical education teaching methods and concepts, analyzed the role of Internet platform, resources and technology in promoting teaching reform, introduced more advanced teaching methods, and innovated the college physical education teaching mode. However, the current sports network teaching resources and equipment are not sufficient, and some sports teachers' network technology application ability needs to be improved, so it is difficult to really play the role of Internet technology in promoting sports teaching. Under the condition of campus network coverage, by promoting the integration of Internet technology and sports teaching activities, teachers can investigate students' Sports Hobbies and exercise needs, reasonably enrich and expand the content of sports courses, create more concrete, personalized and convenient sports teaching resources, and make sports teaching content more rich, interesting and intuitive, So as to change students' understanding of sports activities. At the same time, with the help of various modern Internet technologies, teachers can accurately collect students' physical learning and exercise data, design teaching activities and adjust teaching difficulties, help all students improve their physical quality and develop lifelong exercise and exercise habits.

4. Conclusion

In a word, in the new era, strengthening and improving the construction of campus culture is one of the work contents that each higher vocational college needs to actively promote. It is necessary for them to recognize the complexity and importance of the work and strive to create a positive and healthy campus culture. In this regard, higher vocational colleges can start from changing the concept of campus culture construction, focusing on strengthening humanistic care, increasing the attraction of campus cultural activities, creating a professional psychological atmosphere, and playing the role of campus culture in educating people.

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1. Application value of Internet technology in College Physical Education

1. improve the fairness of Physical Education

Under the conventional college physical education teaching mode, teachers usually use large class teaching method. Due to the large number of students, they will formulate a unified teaching plan and training tasks, so it is difficult to pay attention to the development of each student, so they can not design a targeted teaching plan. With the help of modern Internet technology, teachers can effectively implement the idea of teaching students according to their aptitude, provide personalized exercise resources and programs for students with high and weak basic level of physical education, help students find appropriate exercise methods, and improve the fairness of physical education teaching.

2. strengthen college students' core sports ability

Different from the face-to-face teaching mode of physical education, the internet teaching mode can break through the limitations of a single teaching environment. Teachers can use this to expand teaching space, flexibly arrange physical exercise tasks inside and outside class, promote the integration of inside and outside class teaching, and facilitate students' flexible participation in sports. At the same time, by introducing Internet technology into college physical education, teachers can change the fixed concept of physical education teaching, no longer only require students to master sports skills and learn sports knowledge, but also effectively cultivate students' core sports ability. By giving full play to the advantages of various platforms, websites and apps, teachers can break the restrictions of teaching time and space and push courseware resources and teaching videos to students, which can not only help students consolidate the knowledge and skills learned in class, but also cultivate their cooperation ability and practical ability, and help more students strengthen their core sports ability.

3. accelerate the reform of physical education teaching methods

Internet technology has the characteristics of sharing, openness, interactivity and richness. By introducing Internet technology into the field of college physical education, teachers can update physical education teaching content, quickly spread and share advanced sports knowledge, and improve the advancement of physical education teaching. With the help of Internet technology platform, teachers can collect professional theoretical and practical resources, guide students to use slow play, pause and replay functions, cultivate their enthusiasm for autonomous learning, exploration and practice, and enhance students' sense of practical experience. At the same time, by introducing a variety of advanced and novel teaching methods, such as barrage teaching, virtual reality, flipped classroom and micro class, teachers can shorten the distance between teachers and students, quickly understand the majority of students' exercise needs, sports interests and sports quality, and according to everyone's feedback, timely change the teaching methods, innovate the teaching forms, and enrich the teaching methods and tools inside and outside the physical education class.

2. Application of Internet technology in College Physical Education

1. the promotion of Internet technology needs to be improved

At present, the combination of Internet technology and higher education has become a trend of educational reform and development. However, some schools failed to conduct in-depth research and actively promote the internet teaching mode, and adopted more traditional teaching methods to carry out teaching activities. Although some schools recognize the advantages of the combination of Internet technology and college physical education, they lack a comprehensive understanding of the new teaching methods and network technology application means, and it is difficult to achieve the ideal teaching effect. The promotion of Internet technology is insufficient.

2. teachers' awareness of application needs to be enhanced

Teachers' teaching ideas, teaching consciousness and educational ideas affect physical education teaching methods. In the process of promoting the integration of Internet technology and physical education, some teachers' subjective teaching consciousness and traditional teaching ideas are not changed in time, and they fail to innovate and apply network technology combined with the characteristics of physical education. When organizing physical education learning and exercise activities, some teachers are used to demonstrating in person, and they are not familiar with various network equipment and means, so it is difficult to apply various network resources and platforms to the process of physical education teaching. For traditional teaching methods and ideas, students can not find more personalized and convenient learning methods, and can not understand the application value of the Internet, which requires teachers to improve the application awareness of technical means.

3. Application path of Internet technology in College Physical Education

1. innovate the concept of physical education and build electronic sports resources

First of all, in order to give full play to the service function of Internet technology and meet the personalized sports learning needs of students, teachers need to innovate the concept of sports teaching, establish the awareness of informatization and network education, continuously improve the application ability of informatization, and better use Internet technology to transform sports teaching venues and spaces. In the design of sports activities, the implementation of sports teaching, and the evaluation of teaching effect, teachers should change the way of information transmission, use network exploration and interactive methods, control the quality of teaching design, and improve the practical value of sports teaching. Secondly, whether the teaching scheme can be designed with innovative ideas directly affects the function of Internet technology in physical education. In order to innovate physical education teaching content and activity form, teachers should make full use of Internet resource platform and modern educational technology to create electronic teaching plan and digital physical education teaching resources. In the process of building electronic sports resources, teachers are prone to encounter the phenomenon of inconsistent teaching schedule and plan. In this regard, teachers should cooperate with other physical education teachers to unify the

physical education curriculum standards, teaching contents, teaching plans and syllabus, and set up the corresponding electronic resource format with the support of the school Internet platform. When building electronic teaching plans and digital resources, the PE teacher team should focus on the development needs of students in the school, screen high-quality PE teaching resources, and upload them to the campus network or online teaching platform resource library. In this way, all physical education teachers can download and observe the electronic physical education teaching resources at any time, understand the teaching ideas of excellent teachers, and constantly adjust their personal teaching methods. In addition, teachers can share the latest teaching plan resources at any time, maintain the consistency of teaching and lesson preparation, and improve the application ability of Internet technology in the atmosphere of mutual learning and mutual supervision.

2. use online online online classroom to implement sports blended teaching

Online online classroom is a derivative of Internet technology, which provides conditions and technical support for teachers to build online teaching ecology. With the popularization of the Internet and mobile terminals, teachers can use data collection and background technology to push sports learning resources to students, so that they can preview sports knowledge independently according to their personal needs and time arrangement, and enter the follow-up offline teaching with problems. Sports need students' intelligence and physical strength to directly participate in sports activities and complete training tasks. Therefore, in order to integrate online online classroom into physical education, teachers should recognize the differences between physical education and other disciplines, reasonably build a mixed teaching mode, and divide pre class learning, in class training, and after-school review. In pre class learning, teachers should set learning tasks and goals according to the characteristics of sports events, cut teaching content according to the basic situation of students, and combine sports skills with theoretical knowledge to make basic, modular and competitive sports teaching resources. Next, teachers should actively understand the characteristics of contemporary college students, integrate the functions that students are interested in into the online learning environment, such as online questions, online rewards, online trial and error (students), and let students actively learn relevant materials, watch videos, and record preliminary learning and practice videos under the encouragement of Internet technology. In classroom teaching, teachers should systematically analyze students' video homework performance, and organize cooperative learning and inquiry learning activities. In sports aerobics teaching, based on students' video homework, teachers can guide everyone to carry out interactive and cooperative practice activities in the form of two person groups, and help each group to learn and master skills. In the review session after class, teachers can combine online learning and classroom learning performance. While comprehensively evaluating students' online and offline learning, they invite everyone to feedback the lack of teaching in an anonymous way, so as to provide reference for teachers to optimize teaching design.

3. use wechat live broadcast platform to strengthen personalized sports guidance

From the perspective of new media, wechat and microblog platforms have become important media for college students to understand the world and obtain information. The instantaneity, efficiency and convenience of wechat information dissemination have been recognized by the public. According to the characteristics of wechat platform, college physical education teachers can combine physical education with wechat platform and build a complete and systematic physical education teaching mode with the help of wechat live broadcast platform, so that students can also understand sports health knowledge outside class and help more college students grow healthily. For example, the popular National Wushu has experienced a long-term development and has been applied to the ancient military field since ancient times. Ancient people realized the function of Wushu in defense against the enemy and physical fitness. Therefore, teachers should start from the perspective of Sports Wushu culture inheritance, use wechat live broadcast platform to guide students to inherit and learn Wushu knowledge, and promote their positive physical fitness. With the live broadcast function of wechat platform, teachers can play professional guidance videos, and can also demonstrate in person, so that students can practice according to the videos. In the follow-up teaching, teachers can use wechat group to assign Wushu homework, let students record 3-5 minutes of Wushu practice video, understand everyone's exercise, and give targeted guidance and help. In addition, teachers should emphasize the importance of self-protection of the body to students, push systematic warm-up and stretching knowledge with the help of wechat public account and circle of friends, so that they can correctly understand physical exercise and master scientific training methods.

4. give full play to the advantages of Internet technology and innovate the evaluation of Physical Education Teaching

In order to scientifically evaluate students' learning achievements, learning progress and learning effect, teachers should focus on the concept of "student-centered", use Internet technology to understand students' individual characteristics, and scientifically evaluate students' sports performance. First, the use of Internet technology to evaluate physical education teachers. In the teaching evaluation link, students and leaders need to evaluate teachers' physical education teaching level around the teaching reform means of physical education teachers, physical education teaching effect, teachers' informatization application ability, and sports informatization resource development ability. Based on Internet technology, students will give teachers evaluation and feedback after each class, so that teachers can understand the shortcomings of teaching design, students' mastery of sports skills and ideological trends. Secondly, use Internet technology to evaluate and motivate students. Based on the principle of personalized and hierarchical evaluation, teachers can implement hierarchical and personalized evaluation according to different students' basic level and acceptance ability, and directly comment on students' performance through the use of Internet technology. In the evaluation process, teachers should objectively evaluate students' online learning and offline practice performance around students' participation in activities, knowledge, learning attitude and skills. In addition, according to the teaching syllabus and teaching objectives of sports events, teachers should use network means to implement diagnostic and phased evaluation, comprehensively evaluate students' theoretical level, physical ability level and skill level, help them set phased learning objectives, and encourage students to continue learning and development.

Concluding remarks

To sum up, accelerating the integration of Internet technology and college physical education teaching mode affects the teaching level of physical education teachers and students' concept of lifelong sports. Therefore, schools and teachers should pay attention to the application value of Internet technology in physical education teaching, and promote the deep integration of network technology, resources and platforms with physical education teaching links by innovating physical education teaching concepts, building electronic sports resources, implementing sports hybrid teaching, using wechat live broadcast platform, and innovating Physical Education teaching evaluation, so as to build a more scientificA reasonable physical education teaching system can better help college students improve their physical quality and promote them to become application-oriented talents with healthy body and high psychological quality.

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