

Analysis of optimization strategy of College Physical Education Teaching Based on Internet

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Abstract: the emergence of information technology has changed the traditional education mode, not only the cultural education mode, but also the physical education and art courses. Therefore, under the background of the Internet, college physical education teachers also need to re-examine the talent training objectives of the new era, constantly learn and master the relevant information technology, so as to use the teaching function endowed by information technology and combine the college physical education teaching content to optimize the teaching strategy, so that students can better master sports knowledge and sports skills. The teaching purpose of promoting students' all-round development.

Key words: information technology; College physical education; internet

The advent of the Internet era has brought many advantages to teachers' teaching. These advantages are the key to teachers' teaching optimization. These advantages include that information collection has become more convenient, teaching methods have become richer, and so on. Only the rational use of information technology in teaching can improve the quality of teaching. But for many college physical education teachers, physical education courses are basically carried out outdoors, so the use of information technology is less. Because of this, many college physical education teachers are vague about the application direction of information technology, and the actual application effect is not good. Based on this, physical education teachers in Colleges and universities should start from reality, find the problems existing in the current physical education teaching in Colleges and universities, and then optimize the teaching strategy combined with the teaching function endowed by information technology, so as to finally achieve the purpose of promoting the informatization reform of college physical education, and help college students better master sports skills and improve their physical quality.

1. Current problems in College Physical Education

1.1 The teaching method is relatively simple

At present, many college physical education teachers still maintain exemplary teaching when carrying out teaching, that is, teachers show students the corresponding movement skills, and then let students imitate. This teaching method has both advantages and disadvantages. On the one hand, it can enable students to quickly master the corresponding skills without delaying the teaching progress. The disadvantage is that teachers can not always observe the movement standards of all students, which will lead to some movement errors in the learning process of many students, and then affect the final test results. Not only that, this single teaching method will also create a boring teaching atmosphere, which is easy to reduce students' interest in learning, and ultimately affect students' mastery of sports skills.

1.2 Unable to play the educational function

It is the responsibility of every teacher to implement the fundamental task of Building Morality and cultivating talents, and college physical education teachers are no exception. But at present, many college physical education teachers can not effectively tap the educational elements in the physical education curriculum, nor can they find appropriate teaching methods to cultivate students' sports morality, which ultimately affects the development of college physical education. There are two reasons for this problem. The first reason is the lack of corresponding teaching resources. Teachers have not collected appropriate sports teaching resources, so they can not play the educational function of sports curriculum. The second reason is that the curriculum is not reasonable. Many teachers focus most of their energy on outdoor teaching, but ignore indoor teaching, which also indirectly affects the educational function of college physical education.

1.3 Lack of effective communication

Effective communication between teachers and students is the key to help students master knowledge and skills, but in college physical education teaching. The class hour of physical education course is not only less, but also the communication between teachers and students often stops in the classroom. Few students have established a good communication channel with teachers after class to carry out corresponding communication. This has led to many students not mastering knowledge and skills in class, and there is no suitable channel for inquiry after class. Finally, some students' mastery of sports knowledge and skills is relatively shallow, which not only affects students' future learning progress, but also hinders the optimization and innovation of college sports teaching.

2. Optimization strategy of College Physical Education Teaching Based on Internet

2.1 Design micro class teaching video and construct flipped classroom mode

Flipped classroom is a popular teaching mode at present, which is generally used in cultural courses. However, in college physical education, teachers can also improve the quality of physical education teaching by building a flipped classroom model, which can also stimulate students' interest in sports and strengthen students' mastery of knowledge and skills. In order to build a flipped classroom, teachers need to pave the way for knowledge before class, and micro class video is the best choice for College PE teachers.

Physical education teachers in Colleges and universities can record relevant teaching micro lessons before the start of the course, and

display the teaching content of this course in detail. After the video recording of the micro lesson is completed, the teacher can upload the video of the micro lesson to the school education website or other communication platforms for students to watch through downloading. In this way, students can understand the knowledge and skills of the next class after watching the micro class, so as to lay the foundation for their autonomous learning. After the PE teachers in Colleges and universities complete the pre class knowledge bedding, they can return the initiative of the classroom to the students, so that the students can carry out independent exploration according to the sports skills demonstrated in the micro class teaching content and the knowledge taught, and the teachers can observe and guide on one side. In this way, teachers can have more time to correct students' mistakes in practice, and then better improve students' mastery of sports knowledge and skills. Not only that, the initiative of the classroom is returned to the students, so the students do not have to blindly follow the progress of the teacher, but can find their own progress according to their own goals and abilities, which plays a good role in stimulating students' interest in sports and improving students' mastery of sports knowledge and skills. Therefore, building a flipped classroom with the power of micro class video is one of the optimization methods of College Physical Education Teaching Strategies under the internet background, which has played a good role in helping students' progress and growth.

2.2 Collect physical education teaching resources and give full play to the function of curriculum education

It is the teaching goal and responsibility of every teacher to convey correct ideology and moral concepts in teaching, which is also related to the development of the curriculum. Therefore, college physical education teachers should reasonably use the power of information technology to play the role of curriculum education, so as to further promote the development of college physical education, and also realize the optimization of College Physical Education Teaching Strategies under the background of the Internet.

In the past college physical education, the factors affecting the educational function of physical education curriculum include the lack of teaching resources and the unreasonable curriculum. In view of these two problems, college physical education teachers only need to increase indoor teaching hours and collect relevant teaching resources with the help of information technology. The first is to increase indoor teaching hours. Teachers should clearly divide the teaching purpose of outdoor and indoor courses. Outdoor courses are to help students master some sports skills, while indoor courses are to teach necessary sports health knowledge and cultivate students' correct sports morality. The second is the collection of teaching resources. Teachers should pay attention to two points when collecting teaching resources. The first point is the collection of resource types. Teachers need to collect some sports celebrity stories, sports moral stories and so on. Such content contains rich educational factors, which is also the key to give full play to the educational function of sports courses. The second point is the screening of relevant resources. Teachers need to screen resources according to students' interest in sports. For example, if students are more interested in football, teachers can screen some sports moral stories and videos related to football. In this way, students will be interested in watching and understanding, so as to feel the educational factors contained therein, and then establish the correct sports morality. After completing the collection of resources, teachers can show them in the indoor course. Through effective display, students can understand what is sports morality and how they should do in future sports or competitive competitions. Therefore, the use of information technology to reasonably collect teaching resources has played a very good role in helping to give full play to the function of curriculum education and realize the optimization of college sports teaching strategies under the background of the Internet.

2.3 Establish and improve the communication platform to guide students' health movement

In view of the current lack of effective communication between college physical education teachers and students, college physical education teachers can establish a perfect communication platform by contacting school technicians. Or teachers can use the popular education platform to achieve effective communication with students, so as to guide students to carry out health exercises. In this way, effective communication between teachers and students can be carried out, so that students can ask teachers' Sports questions in time, and then help students better master sports skills and realize the growth of self-ability.

College physical education teachers should pay attention to the use of several functions when building or using the relevant network communication platform. The first function is communication, which can ensure that teachers can effectively communicate with students, including video, voice and text communication, so as to bring more accurate guidance to students. The second function is the upload function. Teachers can upload some excellent teaching videos and micro class videos to the communication platform at any time. Students can download and watch them in time, and then better master the relevant sports skills and knowledge. The last function is the punch in function. Teachers can set daily sports goals for each student on the platform, and then let students open them by recording relevant sports goals. In this way, college physical education teachers can master the students' sports situation, and then help students develop good sports habits. Therefore, the establishment and improvement of the communication platform is an effective way to guide students' health movement and realize the optimization of college sports teaching strategies under the background of the Internet, which is conducive to the growth of students' physical and mental health.

2.4 Skillfully using the function of data analysis to improve the teaching evaluation mechanism

Teaching evaluation is an evaluation of students' performance in the classroom. This evaluation can help students find their shortcomings and problems in the process of learning movement, and then teachers can put forward reasonable suggestions according to these problems to help students solve problems and make progress as soon as possible. But at present, the teaching evaluation mechanism of physical education courses in many colleges and universities is too one-sided to bring accurate evaluation and effective suggestions to students. Under the background of the Internet, college physical education teachers can improve the teaching evaluation mechanism with the help of big data base, so as to realize the optimization of physical education teaching strategies.

College physical education teachers can improve the teaching evaluation mechanism with the help of the data collection and analysis

function of big data technology, and analyze the students' physical quality and skills through the students' detailed sports data and performance data, so as to make a complete and effective evaluation of the students' learning situation. The first is the collection of student data. Physical education teachers in Colleges and universities should regularly test the sports situation of students, including some basic sports data, including sprint, high jump, long jump and so on. These tests can reflect the physical quality of a student. In addition, there are students' mastery of sports skills. Teachers can score students' mastery of sports skills to reflect students' mastery of sports skills. Physical education teachers in Colleges and universities can sort out the data in a semester, and then upload these data to big data software. Through effective analysis, they can get a detailed data result, so as to show the overall situation of students in a semester. Teachers can put forward suggestions for students' shortcomings to help them achieve progress and growth. Therefore, the rational use of big data technology can improve the evaluation mechanism of college physical education teaching, which plays a good role in the optimization of College Physical Education Teaching Strategies under the background of the Internet, and is conducive to the growth of students' physical and mental health.

In a word, under the background of the Internet, information technology is the most powerful teaching assistant for college physical education teachers. After understanding many teaching functions of information technology, college physical education teachers can formulate reasonable solutions to the problems existing in the current physical education teaching, and optimize the college physical education teaching strategies with the help of the power of information technology, so as to help students better master sports knowledge and skills, and promote the progress and development of college physical education curriculum.

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