

# Analysis on the optimization path of College Physical Education under the background of Internet

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**Abstract:** with the popularization and application of information technology, "Internet + education" has become an important trend of modern education reform and development. In the process of carrying out activities such as "National Fitness Program" and "Sunshine Sports Program", the importance of physical education has been increasing, and it has become one of the key courses that schools and teachers must pay attention to and optimize. In college sports teaching, Internet technology has also brought more changes to students' sports methods and teachers' sports teaching mode. This paper analyzes the problems faced by college sports teaching reform at this stage, and then puts forward the optimization path of college sports teaching under the background of Internet.

**Key words:** college sports; Internet; Teaching optimization

In traditional physical education in Colleges and universities, teachers focus on the development of students' sports skills, but ignore the coordinated development of students' sports participation, mental health, sports knowledge and other abilities, which has become an important factor affecting the construction of students' lifelong sports consciousness. In this regard, teachers can build the "Internet + education" system, with the help of network resources, network platforms and software and hardware equipment, to create a comprehensive and efficient physical education curriculum for students.

## 1. Problems faced by college physical education reform at the present stage

### 1.1 Insufficient efforts to promote reform

In the current higher education environment, the importance of physical education curriculum is still low, so the corresponding reform efforts are insufficient. On the one hand, there is a lack of school funding and policy support, such as inadequate sports related hardware equipment and network facilities, and insufficient correlation between the effectiveness of teaching reform and teacher evaluation and promotion, which makes teachers lack reform motivation. On the other hand, colleges and universities failed to put sufficient hardware technology and software talents into the physical education curriculum reform, making the teaching reform stay at the stage of theoretical research and not implemented in the actual teaching activities. In particular, they failed to establish a personalized online learning space, which affected the integration effect of Internet + education and failed to meet the diverse needs of students.

### 1.2 Lack of interaction in classroom teaching

In essence, teaching activities are the interactive process between teachers and students. Through language expression, body movements, resource presentation and other ways, teachers' knowledge is transferred to students. However, in this process, the interaction mode and frequency of teachers will directly affect the learning effect of students. In traditional physical education courses, teachers often adopt the teaching mode of teaching + training, that is, by telling and demonstrating sports skills and methods, and then organizing students to practice. However, in this process, students have no space for active questioning, communication and cooperation, which limits students' autonomous learning and thinking, thus failing to achieve better teaching effect.

### 1.3 Single teaching method

In the current physical education teaching in Colleges and universities, physical education teachers often ignore the integrated use of teaching methods, so they do not take effective organization or guidance skills in the teaching process. For example, in teaching, teachers usually give priority to theoretical explanation to help students understand the content of the course, then conduct action demonstration to drive students to imitate practice, and finally organize students to carry out team training or competition. This kind of teaching method mainly relies on repeated training to improve students' sports skills, and generally presents the characteristics of mechanical and boring. It can neither tap students' interest and potential, nor stimulate students' enthusiasm and motivation, which has become an important factor limiting the quality of the course.

### 1.4 Teaching evaluation is not scientific enough

At this stage, physical education teachers in Colleges and universities generally pay less attention to teaching evaluation. On the one hand, it is reflected in the simplification of the evaluation content. Teachers often only take the motor skill test at the end of the term as the evaluation content, but do not consider the students' learning attitude, progress, team spirit, competitive consciousness and other qualities, so that the evaluation results do not have reliable guiding significance. On the other hand, it is reflected in the unity of the evaluation subject. Teachers only base their evaluation on their own subjective consciousness, and do not base their evaluation on the evaluation opinions of students or other subjects, which makes the evaluation results one-sided.

## 2. Optimization path of College Physical Education under the background of Internet

### 2.1 Strengthen top-level design and improve system guarantee

In order to ensure the application of the "Internet + education" mode in physical education, colleges and universities must start with the

top-level design and establish the corresponding system guarantee, so as to form a collaborative education mechanism.

First, establish a collaborative education cooperation mechanism. The school should regularly organize various departments to carry out physical education work guidance meetings. On the one hand, it should assign tasks and responsibilities to various departments and clarify their collaborative content; On the other hand, it is necessary to establish a big data analysis group to collect students' physical health data, and then make scientific research and analysis to provide data support for teachers' teaching.

Second, establish a guarantee mechanism for the implementation of conditions. First, we should establish special funds for sports work, strengthen and improve the content of students' physical health test, and ensure the renewal and popularization of sports teaching software and hardware equipment. Second, we should promote the training and introduction of young teachers, and open up disciplines that contemporary students like, such as Wushu and Taekwondo. Third, we should build a team of excellent physical education teachers, implement daily training plans, strengthen teachers' educational philosophy, teaching ability and information literacy, and master diversified teaching methods and information-based teaching means. Fourth, we should establish an internet teaching resource database to provide teachers with audio, video, pictures and other multimedia resources, including courseware ppt, micro lecture, MOOC, teaching cases, etc.

Third, strengthen technology construction and application mechanism. Perfect hardware and software equipment is the basic condition to support "Internet + education". Colleges and universities should establish a full coverage campus wireless network system, and at the same time, it should be matched with the corresponding sports teaching resource database management mechanism, teaching resource update and maintenance mechanism, network equipment maintenance, update and management mechanism, so as to form a supporting hardware and software management system.

Fourth, establish a through development mechanism. Colleges and universities should establish an appropriate system of compulsory and elective physical education courses according to their own development, and grasp the balanced relationship between the three levels of teaching content of "special education + theoretical teaching + physical quality", so as to ensure the coordinated progress of students' value creation, health knowledge and ability training.

Fifth, establish a working mechanism for fostering morality and talents. When carrying out physical education courses relying on the Internet, we should also adhere to the basic requirements of the concepts of Ideological and political education and three complete education, and promote the full integration of Ideological and political education and sports activities. On the one hand, it is necessary to carry out in-depth integration in classroom teaching, focusing on cultivating students' team consciousness, sports spirit, labor consciousness, fair competition consciousness, etc.; on the other hand, it is necessary to implement ideological and political education in after-class sports activities, and strengthen students' awareness of cultural self-confidence, home and country feelings, etc.

#### 2.2 Deepen interactive teaching and create audio visual classroom

Interactive effect is the key factor affecting students' classroom participation and learning interest. In the "Internet + education" environment, teachers need to give full play to the functional advantages of Internet technology to create an audio-visual classroom environment for students, so as to achieve the purpose of deep interaction and interest construction.

First of all, teachers should pay attention to multimodal teaching design, that is, through the information equipment to manufacture audio-visual images, sound effects, light effects and other sensory mobilization elements, so as to enable students to have a strong interest in participation, and produce a profound emotional and cognitive resonance, so as to help students interact skillfully with the learning environment. For example, when learning the "Taijiquan" course, teachers can play music for students, so as to create an environmental atmosphere of mountains and rivers, birds and flowers, and let students complete the practice in a quiet and aesthetic mood. Therefore, through the interaction with the environment, students can feel the softness and strength of Taijiquan.

Secondly, teachers can scientifically group students to promote student student interaction. Random grouping has a certain impact on the interaction between students. Teachers can classify students according to the information and data collected on the Internet, and put students with the same physical level, hobbies and personality characteristics into a group, so as to achieve more effective interaction.

In addition, teachers should also establish an interactive bridge between teachers and students, and can also exchange questions and answers with students after class. For example, in the preview session, students can ask teachers questions through the micro class platform to explain what they failed to understand or master. After class, teachers can also upload video course resources related to the course in the teaching platform, and students' problems in the process of autonomous learning can also be directly fed back and asked, so as to achieve the purpose and effect of real-time communication.

#### 2.3 Reform teaching methods and upgrade classroom effect

In the "Internet + education" environment, universities and physical education teachers should promote the improvement of teaching methods, teaching forms and teaching strategies according to the teaching application function of Internet technology, so as to achieve the purpose of upgrading the classroom effect.

First, the establishment of electronic classroom is the first plan to change the form of traditional physical education curriculum. Colleges and universities should establish or improve the electronic classroom according to the physical education curriculum, meet the personalized needs of students through the Internet system, and formulate scientific sports planning for students. Students can access the corresponding personalized services such as exercise prescription and health plan through the mobile app network. At the same time, they can also use the sports bracelet and mobile app to record students' exercise data, exercise intensity, exercise time and exercise frequency, so as to establish students' personal exercise files and provide personalized service basis for teachers.

Second, actively promote the connection and integration of online and offline teaching. In the "Internet + education" environment,

online and offline education will become the two main links of students' learning, and ensuring the integration and convergence of the two links is an important way to further improve the quality of teaching. Colleges and universities should choose different online and offline integrated teaching modes according to their own funding level. For example, in schools with relatively tight funds, Tencent classroom, dingpin, Xuetong and other software can be used to establish online classes. Teachers can arrange the contents of online and offline links in the teaching design, so as to achieve a coordinated relationship. For colleges and universities with relatively good funds, they can entrust a third-party software company to produce an online platform that meets the teaching needs of the University, highlight the use effect of fragmented time, and plan more detailed sports plans for students. For example, when learning the "Taekwondo" course, teachers can guide students to understand the theory and knowledge related to the course in the micro lesson preview link, and help students quickly establish their cognition by demonstrating their technical actions with animation. When teaching offline, teachers can omit the theoretical guidance link and directly organize students to carry out group training or pair training. After class, teachers can provide students with extended teaching videos of the course, provide students with relevant technical and tactical guidance content, and provide more sufficient learning resources for interested students.

Third, promote the construction of club model. The club model is an important form of the reform and development of college physical education curriculum. It can change the form of students' participation in physical education curriculum and have more independent right to choose curriculum. First of all, students can choose their own class time, sports and teachers, but they need to sign up according to the daily arrangements of the club. Freshmen and sophomores adopt the compulsory + elective mode, and some courses must be studied and have class hour restrictions; Junior and senior students adopt the independent elective mode. Students can choose sports and participation time according to their interests or specialties, as long as they meet the class hour standard and assessment objectives. Secondly, it can expand and extend students' sports participation platform. Students can check the usage and number of sports venues of the club through the software, reserve sports venues at any time, and then have sports and entertainment with friends. It not only completes the course content, but also achieves the effect of entertainment and relaxation, and can help students develop sports habits.

#### 2.4 Improve evaluation methods and establish multiple subjects

In the process of modern education reform, the optimization and improvement of teaching evaluation is an important module that can not be ignored. Therefore, in the Internet environment, colleges and universities must promote the optimization and upgrading of the evaluation methods of physical education teaching. It is necessary to broaden the evaluation subject and refine and improve the evaluation content, so as to ensure the scientificity and rationality of the evaluation standards and provide effective guidance for students. First of all, establish a modular sports performance assessment mechanism. According to the current college physical education curriculum, we should evaluate the professional physical education curriculum, daily performance, mid-term performance and extracurricular assessment. Secondly, in class assessment, students' special skill level, physical quality, attendance rate, etc. should be the main evaluation content. In the extracurricular evaluation, the evaluation is based on the students' Sports app records or SPORTS BRACELET data. Students' running length of 3 kilometers each time and the duration of half an hour can be counted as an effective sports record. Running total of 90 kilometers each semester is an excellent performance, which can increase the score for students' Extracurricular assessment. This can improve the enthusiasm of students to participate in sports, further increase the real data of students' sports, improve the accuracy of big data system, and form a more perfect personalized service.

### 3. Conclusion

To sum up, under the background of "Internet +", colleges and universities should promote the reform and optimization of physical education curriculum by strengthening top-level design, deepening interactive teaching, reforming teaching methods, improving evaluation methods and other methods and strategies, so as to create an information-based, audio-visual, interactive and diversified curriculum learning environment for students, and enable students to form lifelong sports awareness, Obtain better development prospects.

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