Research on the Promotion of Sports APP to Physical Education Teaching from the Perspective of " Internet+"

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Abstract: With the in-depth development of the "Internet +" model in the field of education, "Internet +" has become an important entry point in the reform of college course teaching. Especially in the field of physical education curriculum reform, on the basis of the traditional physical education curriculum, the application of sports apps to assist the integration of physical education inside and outside the curriculum not only enriches the forms and contents of college students " physical exercise outside the curriculum but also plays a positive role in the collection of students physical fitness test data, the establishment of students physical health records, the supervision and feedback of the curriculum process, the whole process guidance of physical education, the exchange of experience and mutual evaluation.

1. Introduction

On April 13, 2018, the Ministry of Education issued the action plan for education informatization 2.0, pointing out that it is necessary to gradually form an intelligent learning system, promote the deep integration of information technology and intelligent technology into the whole process of education and teaching, and build an integrated "Internet + education" platform[1]. In the "Internet +" perspective, on the basis of traditional physical education classroom teaching, Internet technology is introduced, and sports app is developed and applied to carry out teaching reform and innovation, so as to realize teaching concept innovation, teaching practice innovation, collaborative interaction inside and outside the class, expand the development space for the innovation of physical education classroom teaching mode, and improve the physical education teaching and management service system with sports app.

2. Analysis of Existing "Internet +" Sports Products in the Market

At present, the school physical test is biased towards results. The application of "Internet +" software will greatly promote the students to develop sports habits. The whole process of assessment in the classroom can also bring sports to the students' lives. The effect is not only reflected in the results but also helps students to develop good sports habits [2].

There are many sports software in the market, which have their own advantages. The survey found that some existing sports apps in the market can also meet the basic needs of students in sports and promote students to participate in the exercise in terms of function setting and implementation, but they have little effect on the scientific and systematic improvement of students' physical functions and lack the presence of students' Sports growth system [3].

3. Design Concept of Sports APP Product in the Perspective of "Internet +"

3.1 Overview of Product Design

3.1.1 Product introduction

The project tries to improve the physical test method, put physical exercise at ordinary times and link it with students' physical test results, so as to cultivate students' healthy living habits and sports habits, use information technology to move physical tests from "in-class" to "out of class", change the final evaluation of physical test into formative evaluation, and change "passive" into "active", data-driven, and help students to persist in exercise through customs and promotion, match runners with data[4].

3.1.2 Main products business scope

Main products: Yun Dong campus app. Business scope: all college students

3.1.3 Product features and innovation

Data matching running partners can help students find sports partners with similar interests and broaden their circle of friends. Set the option of "match competitor competition" to enable students to make progress in the competition. Help students improve their sports level and gradually change from passive sports to active sports. Help students release the pressure of their daily study, so as to learn efficiently. It can better enable students to make full use of their free time.

3.2 Product Design Advantages

In addition to the two systems of growth system and social system, this software also provides a matching mechanism for students to progress in the competition, stimulates students ' internal motivation and improve their physical quality[5]. Both to urge students to exercise, but also to promote students to develop exercise habits. Through the exchange of data, the use of social attributes to create contact between each user's friends, the data feedback, improvement, according to local conditions to design each user's exercise tutorial, this is the Yun Dong campus APP the original intention and concept of the software.

4. Sports APP Product Design Technical Route

4.1 Software Design

The "Yun Dong" app can be implemented in the following ways:
The development program of the management layer and the user layer is designed and developed separately, so that the frequent switching of identity can be avoided when the user logs in. Can improve the efficiency of software use, to avoid unnecessary waste.

When users and administrators log in, they can log in according to their account and password, and the software will identify users and operating systems to perform services, as shown in Figure 1.
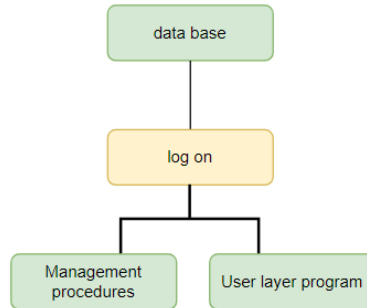

Figure 1: Program design of database

After the user logs in, he/she can enter the interface he/she wants to go through the sports module, the statistics module, the task module, and the query module, and reach the purpose he/she wants to achieve through the applications in each module. The sports module is only shown by the running group, as shown in Figure 2.
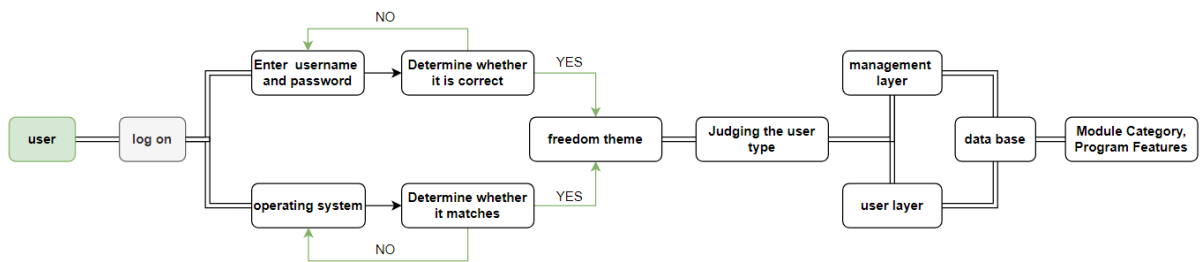

Figure 2: User login process explanation

For example, the student user can use the device to enter the user layer program, log in the account and password, click the "matching and competition mechanism" module, and the student user can play sports with friends with similar interests, as shown in Figure 3.
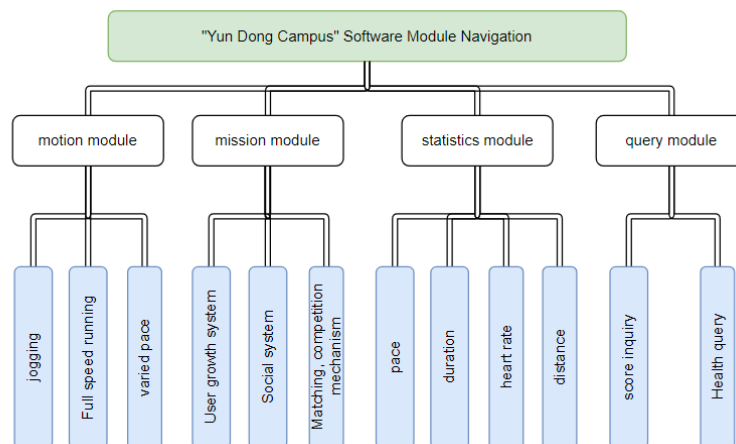

Figure 3: "Yun Dong" Software Module Navigation (take running as an example)

5. The Positive Effect of Sports Apps on Physical Education Teaching

5.1 Positive Factors in Physical Education Curriculum

Cultivate students ' exercise habits in class. Physical exercise depends on students ' own exercise habits. For some students who do not love sports, their sports activities are basically physical education [6]. Therefore, we should also make full use of this point, reflect on the physical test results of college students in many aspects, the whole process, and use the function of sports apps to form an integrated teaching mode inside and outside the class. In terms of assessment, comprehensive and dynamic evaluation of the whole process of students ' sports exercise, the results and process evaluation are combined, quantitative and qualitative analysis, students ' achievements and progress are combined for comparison, so as to mobilize students or users ' enthusiasm for physical exercise.

5.2 Positive Factors outside Physical Education Curriculum

This sports app software uses comparative psychology to connect users and their friends and compares the sports data of the two in the visual interface. Under the effect of being competitive, it indirectly urges students to exercise daily. Let students have interest in sports, actively participate in sports, and then develop good sports habits.

5.3 Physical Curriculum Management Positive Factors

As an APP program, we will show the students ' recent sports situation through a period of data, including pictures, videos, and task points, rationally analyze the recent sports situation, conduct process assessment, and tell users the improvement methods, so that users have a sense of honor and pride, so that users can deeply understand the charm of sports[7].

At the same time, the physical test results of each stage will be counted and compared closely. For individuals, the results of different physical tests will be compared in different time periods; For groups, their body measurements will be compared. Pay attention to the quantification of the body test. Only when a large number of quantitative changes are carried out, users can obtain a sense of achievement through their own performance improvement, it is possible to achieve qualitative changes.

5.4 Physical Education Curriculum Interaction Positive Factors

This software plays the role of community. It cooperates and binds itself with social software to make contact and comparison between users, greatly increasing the social fun in sports. Users can make many friends, supervise, and encourage each other, and make sports normal[8]. At the same time, the positive life attitude and positive energy lifestyle will be transmitted to and affect more students, and we will constantly improve ourselves in this environment.

6. The Expected Effect of Applying Sports APP to Carry out Physical Education Curriculum Teaching

6.1 Expected Objectives

The goal of the product is to change the physical test into daily exercise, and carry out the process evaluation from multiple angles, so as to encourage students to actively participate in the teaching process and improve their learning autonomy [9]. Collect data from peacetime, use social

attributes and remote interaction, and constantly feedback and improve. Formative evaluation allows students to improve their level of exercise, exercise habits become an indispensable part of life.

6.2 Preliminary Tasks

The preliminary stage of the product is to cooperate with the school physical education teachers to realize the whole process assessment method, supervise and help students complete the corresponding physical education curriculum, and count the problems in the process of product use, collect the feedback of physical education teachers and students on the product, and do a good job. Products actively respond to the feedback of students, there are shortcomings in timely rectification, timely and teachers and students coordinate and solve problems, so that products and students have zero distance. Learn from experience and lessons before the next stage, and actively improve the product[10-15].

6.3 Expected Effect

Yun dong campus APP aims to serve the sports software of physical education curriculum reform. The expected effect of the product is to complete the school physical education curriculum and physical test work well and to gain more than 80 % of the students ' praise. It has initially achieved the supervision and help of college students to develop good exercise habits, so that the students ' performance is fairer and more scientific. In addition, help students make more like-minded people, encourage each other, learn from each other, and achieve their own progress goals.

7. Conclusion

With the deepening of professional construction in colleges and universities, the reform and development of the physical education curriculum provide an important guarantee for the construction of various majors. The goal of college physical education is not only to improve students ' sports ability but also to cultivate students ' sports spirit and form a healthy sports culture on campus. In the teaching of physical education curriculum, we should apply sports software, innovate teaching modes, improve the quality of physical education teaching, improve the dimension and frequency of students ' participation in sports activities, promote students ' all-around development, and develop healthy habits of lifelong sports.

Acknowledgments

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