

# *The Reform Path of Physical Education and Training in Colleges and Universities Based on the Internet Background*

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**Abstract:** In the context of the reform of the Internet, a new development model has emerged in physical education and training in universities, reflecting the important application value of Internet technology. In sports training, actively applying Internet related technologies to improve the effectiveness of sports education and training plays an important role in promoting the cultivation of excellent sports professionals. Nowadays, the field of Internet education in China is still in its infancy and development stage. It is necessary for teachers to understand the important reform path of physical education and training in universities under the background of the Internet, improve their own teaching methods and methods, and analyze in detail the important application value of the Internet in physical education, contributing to the improvement of the level of physical education in universities in China.

## **1. Introduction**

Internet technology has become increasingly mature in recent years, and is widely used in physical education activities in universities. It has become an important factor in the development of the new era, promoting the efficient development of physical education activities in universities. Especially nowadays, the teaching work related to physical education and training in colleges and universities is gradually improving, teaching methods are gradually novel, and more and more innovative teaching activities are being introduced. These are inseparable from the effective application of Internet technology. Physical education and training not only cultivate students' sports skills, but also need to strengthen their comprehensive knowledge education to make them become comprehensive talents. In terms of physical education and training, it is necessary to strengthen education planning and training in combination with Internet technology, and guide and promote the further development of students in all aspects.

## **2. Analysis on the importance of the application of Internet in physical education and training in colleges and universities**

### **2.1. Enrich curriculum education resources**

The application of the Internet in college physical education and training can greatly enrich curriculum education resources, thereby better improving teaching quality, broadening students' knowledge horizons, and enhancing students' sense of experience and participation. There are a large number of physical education resources on the Internet, such as online courses, videos, books, etc.[1] Through these resources, students can learn various sports items and knowledge, and improve their physical quality and comprehensive ability. The Internet is an information age. Through the Internet, students can learn the latest situation of sports education and competitions at home and abroad, broaden their knowledge horizons, and enhance their sports literacy and international vision. The Internet provides a convenient platform for online communication and sharing. Students can participate in various sports training and competitions on the Internet, interact with other students, and enhance their participation and experience in sports learning. Due to the huge amount of resources on the Internet, educators can integrate various excellent resources for teaching, improve teaching efficiency and quality, and achieve sharing and optimization of teaching resources. The Internet provides more flexible and diverse teaching methods, which can promote traditional teaching reform and innovation, introduce more personalized and interactive teaching methods, and improve students' learning enthusiasm and autonomy. [2]

### **2.2. Promoting students' autonomous learning**

The application of the Internet in college physical education and training can promote students' autonomous learning and improve their autonomous learning ability. The Internet provides a convenient platform for information acquisition and resource sharing, allowing students to freely choose sports projects and courses of interest to learn at their own pace and needs, thereby improving their ability to learn independently and manage themselves. Due to the rich resources and communication platforms provided by the Internet, students can more freely participate in different sports projects and courses, communicate and share with each other, thereby improving their participation and sense of experience.[3] There are a large number of physical education resources on the Internet, where students can choose sports projects and courses that they are interested in, thereby improving their interest and motivation in learning, and enhancing their awareness and understanding of physical education. There are a large number of domestic and foreign sports events and knowledge resources on the Internet, from which students can learn about different sports cultures and knowledge, broaden their knowledge horizons, and improve their overall quality. Network resources provide more flexible and personalized teaching methods, which can promote traditional teaching reform and innovation, and introduce more personalized and interactive teaching methods to better meet the needs of students and improve teaching effectiveness.

### **2.3. Improve the physical education and training mode**

In the context of the development of the Internet, the active application of Internet related technologies in college physical education and training has to some extent improved the training mode of physical education, changed the training methods of traditional education, and reflected the important value and role of the Internet in college physical training. The use of Internet technology has to some extent improved the training efficiency of physical education in colleges and universities, which can help teachers better manage students, monitor their training progress and plans, and

optimize their training plans. In this way, students can participate in training anywhere by using online teaching, video teaching, live streaming, and other related teaching methods. In addition, the important applications of the Internet have also enriched teaching content, making education and training models gradually develop in a diversified direction. For example, online courses and virtual venues are provided, which can allow students to experience more sports, enrich the teaching methods of the course, and stimulate students' interest and enthusiasm. In different content teaching activities, teachers implement personalized training programs for students based on their physical conditions and training factors through online teaching technology. By measuring students' physical data and analyzing their behavioral and sports data, students can choose appropriate programs to improve their comprehensive training effects.

### **3. Analysis of the current situation of physical education and training in colleges and universities**

#### **3.1. The application effect of sports network technology is not ideal**

According to the analysis of the current situation of physical education and training in colleges and universities, one of them is that the application effect of sports network technology is not ideal. Due to the limitations of sports venues and teaching equipment in universities, many universities have inadequate construction in the application of sports network technology, affecting the effectiveness of physical education and training. For example, due to insufficient video equipment and insufficient technical strength of coaches, network technology cannot be applied to actual physical education and training. One of the drawbacks of the application of sports network technology is the lack of interactivity and personalization. Although Internet technology can provide rich teaching resources and course content, it is difficult to adapt to the personalized needs of each student. Students may lack practical coach guidance and interactive communication on the network, and cannot achieve practical training results. There are many unscientific and non-standard problems in the application of sports network technology. For example, some sports teaching videos are not scientific, and some websites provide non-standard course content, which can affect the effectiveness of students' learning. Moreover, the application of sports network technology is difficult to achieve practical supervision and evaluation, and cannot achieve scientific and standardized teaching and training results.

#### **3.2. The assessment and evaluation system is not set scientifically**

According to the analysis of the current situation of physical education and training in colleges and universities, the unscientific setting of the assessment and evaluation system is one of them. The assessment and evaluation methods of physical education and training in colleges and universities often only focus on performance and competition results, ignoring the evaluation of students' sports skills, athletic ability, physical fitness, cooperative ability, and other aspects, and lacking diversified assessment methods. This single assessment method often cannot comprehensively evaluate the comprehensive quality and ability of students. The assessment and evaluation content of physical education and training in colleges and universities often only focuses on sports skills and achievements, ignoring the practical significance of students. For example, students' motivation and interest are ignored, and students' sports attitudes and health quality evaluation are ignored. This evaluation method cannot fully reflect the development status of students' physical and mental health. The assessment and evaluation methods of physical education and training in universities often ignore individual differences and lack personalized evaluation methods. Different students have different sports interests, hobbies, and special circumstances, and different assessment standards and methods need to be set according to the characteristics of different students in order to fully reflect their individual differences.

### **3.3. Single means and methods of physical education and training**

The traditional method of physical education and training in colleges and universities is often for athletes to learn skills from coaches and then test the training results through competitions. This method attaches great importance to physical and technical training, but ignores other aspects of training, such as emotional intelligence and aesthetic ability. This traditional method can no longer adapt to the diversified development of physical education and training in universities nowadays. New technologies can greatly enhance the diversity of physical education and training. For example, through virtual reality technology, students can experience different sports events, venues, and atmospheres immersively, increasing their interest and participation. However, in practical applications, the application of new technologies is still insufficient, limiting the diversified development of physical education and training.

## **4. Important strategies and methods of physical education and training in colleges and universities under the background of the Internet**

### **4.1. Improve teachers' thinking and understanding of online education**

In the context of the Internet, teachers need to improve their own educational thinking, transform traditional ways of thinking, actively utilize Internet technologies and platforms, seamlessly connect educational and teaching content, teaching resources, and teaching management, achieve information-based teaching management, enable teachers and students to interact and communicate on the Internet, and improve teaching effectiveness and quality. Try to meet the diverse learning needs of students, improve their interest and initiative in learning, and enhance the modernization and practicality of education and teaching through innovative teaching models, such as online classroom, online tutoring, and online discussion. Applying multimedia technology to physical education and training provides students with rich teaching resources such as images, sounds, and videos to improve teaching effectiveness. Using data mining technology, in continuous data analysis and research, identify the characteristics and needs of students' learning, and provide more scientific guidance for physical education and training. In promoting teachers' thinking and understanding of online education, teachers should actively learn Internet technology, understand the education and teaching models and management methods under the Internet background, and be familiar with the educational theories and methods of online education and online teaching. Teachers need to innovate educational models, utilize Internet platforms and technologies, design diverse teaching models and programs, and carry out interactive and multimedia teaching activities. Teachers need to conduct educational and teaching research, improve the scientificity and effectiveness of online teaching, and constantly explore new teaching methods and strategies.

### **4.2. Improving educational methods and means of physical education and training**

In order to improve the educational methods and means of physical education and training, educators can try to introduce multimedia teaching, using various teaching resources such as electronic whiteboards, audio and video to display, explain, and demonstrate, thereby enriching the teaching content and improving students' learning interest and effectiveness. Adopting a cognitive oriented teaching method, applying cognitive psychology theories to teaching, improving students' learning effectiveness and experience by guiding their ability to think and solve problems. At the same time, project based teaching is adopted to integrate sports into project based teaching, and through the design, implementation, and display of projects, students' comprehensive and practical abilities are improved. Social learning can also be introduced, allowing students to interact with peers and teachers through social media, online interaction, and other ways to enhance their learning experience and sense of achievement. The use of data driven teaching methods is also a relatively

novel method. Through data analysis and mining, we can understand the learning situation of students, achieve more targeted teaching, and optimize teaching effects. Finally, personalized teaching is also an important means of improvement. According to students' individual differences, adopt differentiated teaching strategies, methods, and means to meet students' learning needs and interests. It is necessary for educators to constantly try and explore, gradually adapt to and respond to new trends and changes in education development, continuously optimize teaching effects, and make physical education and training more effective and meaningful.

### 4.3. Implement scientific and informational management of physical education and training

In implementing the scientific and informational management of physical education and training, teachers must first establish a scientific management system, including teaching plans, teaching standards, teaching quality evaluation, and other aspects, to ensure that the teaching objectives, teaching content, teaching methods, and effects of physical education and training are scientifically and reasonably organized and managed. Using information based means and technologies, establish an information based management platform and an information based teaching resource library, and realize the networking, digitization, and sharing of education management information and teaching resources. Adopt advanced technologies such as the Internet, big data, and artificial intelligence to improve teaching effectiveness and the efficiency of education management.

Secondly, it is necessary to strengthen the construction of the teaching staff, cultivate professional and informationalized teachers, enhance teachers' ability to apply information technology and innovative awareness of education and teaching, so as to better meet students' learning needs and interests. Strengthen the education and teaching quality evaluation and feedback mechanism, establish a scientific teaching evaluation system and mechanism, implement teaching effectiveness and quality monitoring, and form a multi-dimensional and multi-level feedback mechanism to help teachers and students continuously improve the teaching process and optimize teaching effectiveness. Finally, it is necessary to deepen education and teaching reform, promote comprehensive innovation in education and teaching, strengthen curriculum construction, teaching method reform, teaching resource sharing, and other aspects of work, continuously promote the scientific, information, and modernization of physical education and training, and provide better protection for the long-term development of students.

## 5. Conclusion

In summary, in the context of the Internet, the education and training of physical education in colleges and universities presents a new development model. Teachers need to clarify the application value of Internet technology, follow the development trend of the times, and innovate existing teaching methods, exploring new teaching methods, and promoting the construction and development of modern physical education.

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