

The Application of Informationization Teaching in Physical Education Teaching in Vocational Colleges

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Abstract: The application of information based teaching mode in the process of physical education teaching in vocational colleges is relatively common. With the help of digital media and information tools, the quality and efficiency of physical education teaching in vocational colleges can be comprehensively improved. During this period, vocational college teachers should enrich teaching materials and achieve personalized educational guidance for students. At the same time, it is also necessary to scientifically choose and choose teaching methods and tools during the teaching process, in order to achieve teaching innovation and innovation.

1. Introduction

Physical education teachers in vocational colleges must optimize and improve the existing ecological structure of physical education curriculum in the process of physical education teaching, develop online and offline hybrid teaching classes, and at the same time, integrate the integrated physical education teaching and fragmentation physical education teaching to create a new ecological structure of physical education teaching in vocational schools. And schools should also increase the education and training of physical education teachers, create a good information education platform, and comprehensively improve the level of physical education teaching in vocational colleges.

2. The significance of information technology teaching

In the process of physical education teaching in vocational colleges, physical education teachers must focus on cultivating students' diverse knowledge and skills, organizing diverse teaching activities and projects, and promoting the development and improvement of students' multi-dimensional abilities. Different students often have different learning needs and sports hobbies. Therefore, teachers also need to organize rich teaching resources to carry out teaching activities during the teaching period based on the differences and differences in abilities of each student, combined with diversified teaching indicators and projects. [1]At this point, information technology tools can be used to cultivate students' specific knowledge and skills based on their personalized differences in vocational colleges. For example, teachers can use digital and information media to transmit various sports training videos to students with different learning interests, helping them to practice accurately and efficiently after class. In addition, sports activities are relatively rich and diverse, and more external factors are also considered in the process of physical education teaching.

In order to help students achieve deep development during their learning period, teachers also need to use information technology and information technology to solve various problems that exist during the current physical education teaching period. Overall, with the help of a variety of information technology tools, teaching content can be enriched in the process of physical education teaching in vocational colleges, personalized education and training can be completed for students, meeting the personalized exploration and emotional development needs of every student during physical education learning.[2]

3. The application of informationization teaching in physical education in vocational colleges

3.1. Cultivate students' interest in learning

The physical education teaching activities carried out by vocational colleges should adhere to the basic ideological concept of "teaching with pleasure first and integrating education with pleasure". In the process of vocational education, most students are usually active and have a strong curiosity, willing to spend more time and energy to understand and master new things. At the same time, sports is also one of the favorite subjects for most vocational college students, which has corresponding particularity, and students have a solid foundation in sports learning. However, using a single and boring training method, training mode, and teaching content will not help improve the subjective initiative of vocational students to participate in sports learning and exploration. In response to such situations, teachers can use information tools to achieve personalized and efficient education and cultivation of students.[3] Teachers can use information tools to scientifically and reasonably divide students' interests and hobbies, and create diversified sports club projects during the teaching process. Students can choose corresponding clubs based on their own interests and hobbies to carry out learning and exploration. Teachers can use information tools to manage multiple clubs, Guide students to complete deeper and more efficient exercise and learning during the fun learning exploration period, cultivate students' good thinking in sports learning, and enhance their lifelong awareness of sports learning.

3.2. Helping teachers gain a deeper understanding of students

Teachers carrying out physical education teaching activities must combine subject content, subject objectives, and subject system to optimize and innovate curriculum teaching work. Physical education teachers must refer to the characteristics of the subject of physical education and combine the current ideological state of students to select corresponding teaching content. At the same time, teachers also need to provide education guidance to students throughout the entire process and period of physical education teaching, comprehensively understand their comprehensive situation, take effective educational measures, and help students achieve personalized ability development. At this point, teachers can use information technology and big data tools to create a capability database for each vocational college student. The database records the student's physical education learning status and participating sports activities, including their achievements in each physical education exam, physical and mental health status, specialized sports skills, and development status of sports specialties. Teachers can analyze the physical education learning status of class students through corresponding big data, and take more effective educational rectification measures to improve the level and efficiency of physical education teaching in vocational colleges. Overall, in the process of physical education teaching in vocational colleges, the use of information technology tools can help teachers understand students, cultivate their interests and hobbies, and enrich teaching content to improve teaching level.

3.3. Utilizing information technology to implement scientific and effective education guidance

Information technology has been widely applied in the current era of rapid development and innovation in science and technology, and it has the timeliness of management and operation. In the context of contemporary digital and information-based education, information technology can be used to break through existing time and space limitations. Integrating information technology into physical education teaching can maximize the teaching quality of physical education courses and help students obtain more efficient physical education guidance during their learning period. Specifically, teachers can use information technology to achieve fragmentation physical education guidance for students. In the process of physical education teaching in traditional vocational colleges, they often only carry out relevant course explanation activities on physical courses, while allowing students to practice independently after class to consolidate relevant sports skills. Such methods lack process guidance and tracking guidance for students, As a result, it cannot help students achieve the growth and development of personalized abilities. At the same time, there are also significant shortcomings in carrying out collective classroom teaching. For example, in collective classrooms, physical education teachers cannot fully understand and grasp the learning situation of each student, thus unable to provide more effective guidance to students.

At this time, information technology and information technology can be used to integrate the We Media platform with the help of video, audio and multimedia animation in the process of physical education teaching in vocational colleges, so that students can participate in fragmentation learning. Students can find corresponding exercise videos at any place, at any time, with the help of information technology and information technology, and carry out physical exercise anytime and anywhere, which can improve students' learning efficiency. At this point, teachers can also timely guide students to engage in personalized and efficient physical exercise after class based on the Q&A items proposed by students in the online classroom, and help students engage in deep and multi-dimensional physical education learning after class. Therefore, the use of information technology and information technology can add fragmentation teaching activities to the original integrated physical education teaching activities, can effectively guide and extend after class, can help students achieve further growth and development in the process of after-school exercises, and help students achieve the growth and improvement of ability and quality.

3.4. Effective relaxation through information technology teaching

The physical education teaching activities carried out by vocational colleges have a mature and comprehensive teaching process and procedures, which not only require education and training of students' specialized skills, but also guide them to achieve long-term physical and mental health development. Therefore, the current physical education teaching activities in vocational colleges integrate and interact with physical and mental education, skills, and physical education. However, most teachers do not pay attention to starting psychological teaching activities in the process of physical education teaching, often only focusing on teaching and training of skills and physical fitness, thus unable to further help students achieve the development and improvement of comprehensive quality and emotional thinking during the learning period. At this point, teachers can use information technology tools to carry out some teaching activities related to physical and mental health, such as online Q&A, to transmit and convey the knowledge and skills of physical and mental health to every student. Teachers can timely interpret and answer students' questions related to physical and mental health online, which can help students achieve dynamic development of physical fitness and emotional thinking during the learning process.

At the same time, teachers can also introduce videos, sports news, and more professional knowledge in the process of carrying out sports mental health education. Combining current hot topics

and new sports information, they can transmit and transmit elements related to physical and mental health to students, enabling them to deeply learn and explore sports knowledge and culture. In short, in the current process of physical education teaching in vocational colleges, teachers can use information technology tools and digital media to carry out sports and health education activities, which can break through the traditional situation of emphasizing skill teaching while neglecting psychological teaching in physical education classrooms, and improve teaching quality and efficiency.

4. Strategies for improving the informationization teaching level in vocational colleges

4.1. Building an information-based teaching environment

Through the above argumentation and analysis, it can be seen that in the current process of physical education teaching in vocational colleges, the use of information technology tools and digital media can significantly improve the level of physical education teaching. Especially in the context of the current physical education new curriculum reform, with church, diligent practice, and regular competitions as the core guidelines for teaching guidance, teachers need to highlight the personalized and normalized characteristics of physical education teaching in order to improve teaching level. During this period, teachers using information technology to carry out physical education teaching activities must have a good information based teaching environment, in order to promote the quality and efficiency of physical education teaching work. In the context of the rapid development and innovation of digital technology, vocational colleges must fully recognize the necessity of carrying out information technology and digital teaching. They must further optimize and improve the existing software and hardware facilities of information technology teaching, provide a good learning platform for students and teachers, and enable students to engage in comprehensive physical exercise and learning during their learning period. Secondly, vocational colleges should also supplement and improve existing information-based teaching methods, such as scientifically and reasonably setting teaching mechanisms and procedures that integrate online and offline teaching, designing evaluation indicators for online and offline teaching, and requiring physical education teachers to integrate rich and diverse indicators in the teaching process to carry out physical education teaching activities, thereby promoting the digital and information-based transformation of physical education teaching in vocational schools, Improve the level of physical education teaching in vocational colleges in all aspects.

4.2. Enhancing the informatization ability of physical education teachers

In the context of digitalization and informatization, physical education teachers must provide personalized and efficient guidance to students, and at the same time, they need to introduce, construct, and create various information resources in a multi-dimensional and in-depth manner in the process of physical education teaching, in order to improve teaching efficiency. Therefore, physical education teachers should have strong information processing abilities, be able to effectively respond to various information resources, and achieve flexible and efficient control of teaching work. Physical education teachers should play an active leading role in this process, and construct the existing digital and information-based classrooms more scientifically and comprehensively. Firstly, teachers should have the ability to conduct online teaching, and they should master basic online teaching tools and methods; Secondly, it is also necessary to have the basic awareness and quality to carry out fragmentation teaching, be able to skillfully produce various sports teaching videos and teaching materials, and further expand the online teaching space.

In this process, schools should focus on improving the informatization teaching skills of physical education teachers, enhancing their digital teaching awareness, improving their information literacy,

and making them deeply integrate curriculum teaching and technology teaching. And physical education teachers should also explore and learn through special topics in their spare time, master the basic methods and laws of online teaching, and be able to provide comprehensive teaching guidance to students on various information platforms. At the same time, teachers should also learn the psychology of online physical education teaching, grasp the dynamic development and changes of students' psychological thinking during the online learning process, in order to better guide students' education and vocational education. Overall, in the current process of physical education teaching, teachers should continue to learn and explore, constantly enrich and improve their own information-based online teaching abilities. At the same time, it is also necessary to clarify the primary and secondary relationships in both online and offline teaching processes, in order to comprehensively improve the quality and efficiency of vocational education in the context of informatization.

4.3. Establishing an information-based teaching platform

Establishing an information-based teaching platform, education system, and teaching architecture is essential. The information platform should include rich and diverse functions, including basic knowledge training, communication, and hobbies. The entire platform function must be as rich and complete as possible to improve teaching quality and efficiency. Therefore, schools must contact third-party software companies to scientifically and reasonably organize, optimize, and innovate the existing online teaching platforms. Based on the current practical needs of physical education teaching in vocational colleges, the functional structure of the platform should be improved to further improve the teaching quality and efficiency of vocational colleges. For example, in the process of building an information platform and developing an information window, targeted measures should be taken to highlight the core content of current physical education curriculum teaching. Multiple clubs and interest groups should be integrated on the information platform to effectively integrate and interact with university sports, vocational school sports, primary school sports, and community sports. On the information platform, the interaction and mutual sharing of physical education teaching resources should be achieved. Only then can we comprehensively improve the level of physical education teaching in vocational colleges.

5. Conclusion

Overall, in the process of physical education teaching in vocational colleges, it is necessary to utilize a variety of information tools to cultivate and improve students' various abilities. Schools, teachers, and students must further enrich and improve the existing digital and information based teaching systems and structures, achieve interactive innovation in the entire information system, and improve the level and efficiency of physical education teaching.

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