

Research on the application of multimedia technology in College Aerobics Physical Education

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Abstract: at present, the development of China's education has entered a new stage, great changes have taken place in the educational concept of colleges and universities, and the importance of Aerobics in Colleges and universities is gradually being implemented. In addition, the development of information technology in China is also accelerating, which has promoted the development of many traditional industries. In this context, the application of multimedia technology in Aerobics Teaching in Colleges and universities is particularly important, which is welcomed by the majority of teachers and students.

1. Preface

There is no doubt that the 21st century is the era of the rise of information technology. Information technology has entered daily life. The application of multimedia technology in China's education and teaching activities should have been paid attention to for a long time and achieved ideal results. The application of multimedia technology in College Aerobics Teaching can effectively improve students' interest in aerobics and make teaching theory more comfortable. The combination of multimedia technology and Aerobics Education is a good choice, and the best way to achieve this goal is to create an environment in which young people can participate. So as to ensure students' learning enthusiasm, this paper believes that this is the main line of in-depth research and analysis.

2. Application characteristics of multimedia technology in aerobics teaching in colleges and universities

2.1 Dynamic

The emergence of multimedia teaching technology and advanced technology in the 21st century is also a very important embodiment of the function of information technology. As an important teaching method in the new era, the application scope of multimedia teaching method is gradually expanding, whether in primary school or primary school. It has been fully applied in middle school or University. At the same time, The use of this teaching method in each course is also increasing. In particular, it reflects the dynamics of teaching technology itself. The application of multimedia teaching technology effectively improves the richness of teaching content, which is also applicable to students' learning of other disciplines. It is very helpful. The application of multimedia technology in teaching can make the content of classroom teaching faster and more dynamic. In aerobics teaching, teachers should pay attention to the unity and induction of knowledge, so as to more accurately define the theoretical form of Aerobics Teaching and make the teaching work go smoothly. For students, it is easy to say and easy to move. Therefore, teachers should determine students' psychological state. In the selection of teaching methods, it is very important to consider the scientific design of teaching structure. It should use multimedia technology for teaching. Teaching activities can be highly dynamic, but the overall flexibility of class education has also been effectively improved.

2.2 Integration

If teachers use this teaching method to carry out aerobic teaching activities for students, they can achieve a high degree of quantitative unity of teaching information, make teaching activities more systematic, make students' learning enthusiasm higher, and have a deeper understanding of relevant theoretical knowledge. If teachers use multimedia technology and information technology for teaching, It is very important to take students' interest in aerobic learning as the basis of teaching activities. Only students have a strong interest in aerobic learning can improve students' awareness of autonomous learning. At the same time, the application of multimedia teaching technology also makes it easier for students to understand classroom teaching activities and greatly improve the teaching level of aerobics.

3. Application strategy of multimedia teaching technology in aerobics teaching

With the wide popularization of Aerobics Teaching in Colleges and universities in China, people gradually began to realize the importance of Aerobics Teaching and began to design and study the curriculum development and teaching concept of aerobics teaching, so as to enrich the classroom teaching content. For example, the application of multimedia technology in teaching, after the application of multimedia technology in college classroom, the classroom can not be achieved overnight, and it is difficult to achieve the ideal application effect. Application quality of multimedia teaching technology.

3.1 Revision of traditional aerobics teaching concept

Multimedia technology has been applied in Aerobics Teaching for a long time, and there are still some deficiencies in application mode and application structure, which requires school leaders to pay full attention to actively improve teaching methods, formulate relevant documents and standards, and change the traditional aerobics teaching methods. The application of multimedia technology is an important innovation in Aerobics classroom teaching. Firstly, colleges and universities should change teachers' own education and teaching consciousness. A large part of physical education teachers' educational ideas are relatively conservative and old. In this way, teachers can play an effective role in improving students' independent innovation ability through the application of multimedia technology and the application of multimedia technology. In the teaching process, multimedia technology is used to play some aerobics game videos, so that students can have a deeper understanding of the diversity and beauty of aerobics.

3.2. Multimedia technology should be combined with traditional teaching ideas

The application of media technology aims to effectively improve the learning effect of Aerobics in Colleges and universities. However, while continuing to develop the application of multimedia technology, we should also deeply implement the traditional education and teaching methods and integrate the teaching experience into the traditional curriculum. The combination of multimedia technology and traditional teaching equipment is a good choice. At the same time, the application of multimedia technology will not completely replace the traditional teaching methods to a certain extent, but will diversify and enrich the classroom teaching methods. Ensure the overall quality of Aerobics Education.

3.3 Development and introduction of improved educational software

To make multimedia technology play an ideal role in College Aerobics Teaching, we must fully implement the education and teaching concept, but these are based on the scientific and reasonable teaching software. In College Aerobics Teaching, the application of multimedia technology should be based on such software. First, colleges and universities should establish a special project team for software and hardware facilities, In order to ensure the stability of software and hardware development funds, more detailed software and hardware research can be carried out in Colleges and universities. Second, colleges and universities should also pay attention to the development of unified management software, which will make the development of aerobics teaching more efficient;

While improving the quality of education and teaching, it is also more convenient for teachers and students to communicate online, which effectively reflects the communication of educational activities and the concentration of resources.

4. Conclusion

In short, the importance of Aerobics Teaching in Colleges and universities is becoming more and more prominent. The combination of multimedia teaching and aerobic teaching can effectively improve students' interest in learning, is also conducive to the management of teachers, and enriches the teaching content, but also improves students' learning enthusiasm. Learning plays an important role in promoting the all-round development of Aerobics Education in Colleges and universities in China.

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