

Analysis on the Reform Strategy of Physical Education Teaching in Colleges and Universities under the Internet Plus Background

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Abstract: from the Perspective of the Current Physical Education Teaching Mode, Most of the Current Teaching Mode is Still Some Relatively Old Teaching Mode, Which Sets a Great Obstacle to the Improvement of the Quality of Physical Education Teaching. under the Background of the Internet + Era, It is Imperative to Change the Teaching Mode of Physical Education. the New Sports Teaching Mode is the Inevitable Trend of Teaching Development. in View of the Internet + Era, the New Sports Teaching Mode is Analyzed and Explored, Hoping to Provide Some Suggestions for Improving the Quality of Physical Education in China. with the Continuous Enhancement of China's Comprehensive Strength and the Rapid Development of Science, Technology and Economy, China's Higher Education Has Also Ushered in a Wave of Reform. One of the Difficulties of Physical Education in Colleges and Universities in China is the Lack of Correct Theoretical Guidance. Although Higher Education is Changing the Current Difficulties of Education through Reform, Physical Education in Colleges and Universities is Also Changing the Direction of Teaching, But There Are Still Some Deficiencies in Physical Education in Colleges and Universities. It is One of the Problems That Physical Education in Colleges and Universities Can Not Be Effectively Combined with Internet Technology, Which Seriously Affects the Realization of Teaching Objectives.

1. Introduction

Because of the rapid development of science and technology, the concept of Internet + has been applied to different industries. The combination of Internet and logistics has become "Internet + logistics". The era of Internet plus has arrived. The combination of all walks of life and the Internet will be the trend of the times. It is believed that the effective combination of Internet and education can bring greater convenience to the development of teaching. At the same time, "Internet + education" is also an important national development strategy. The effective combination of Internet and education plays a decisive role in the realization of educational modernization. National quality should not only be reflected in knowledge, but also in physical quality. This paper discusses the problems faced by physical education in Colleges and universities, and puts forward strategies for promoting the reform of physical education teaching in Colleges and universities in the context of Internet plus.

2. Problems of Physical Education Teaching in Colleges and Universities under the Perspective of "Internet +"

2.1 The Content of Physical Education is out of Date

Due to their older age and more mature physical and mental development, college students often need more professional teaching when they are interested in a certain sport [1]. However, influenced by the traditional education mode, some colleges and universities still adopt a single mechanical sports teaching mode, and only stay at the level of basic sports skills training when teaching students sports skills. Moreover, most of the teaching materials used in Colleges and universities are the same. With the rapid development of Internet technology, no colleges and universities can realize the combination of new media technology and sports teaching materials.

The basic reason is that there are more and more versions of physical education textbooks, but the content is the same.

At present, the environment of physical education teaching in Colleges and universities has changed due to the development of higher education reform, and the requirements for the content of teaching materials have also changed. The original teaching materials are not able to adapt to the current education environment. Due to the untimely update of teaching tools, teachers can not explain the latest theoretical knowledge to students, which leads to the phenomenon of obsolete teaching content.

2.2 Single Physical Education Teaching Mode

At present, the traditional teaching mode is often adopted in the physical education teaching in Colleges and universities in our country. Teachers first explain the principles of sports to students, demonstrate the normal actions for students, and then let students imitate and train them. Based on the traditional teaching mode of physical education, students will always be in a passive learning position in the process of learning, but teachers become the leader of the classroom, this teaching mode greatly limits the potential of students. Under the background of “Internet +”, although a small number of colleges and universities use the network learning platform to carry out teaching, there will also be some problems in practical application. For example, teachers can not use interesting language to lecture, make students lose interest in lectures, and some experienced teachers can not skillfully use the function of network learning platform. The teaching effect is greatly weakened.

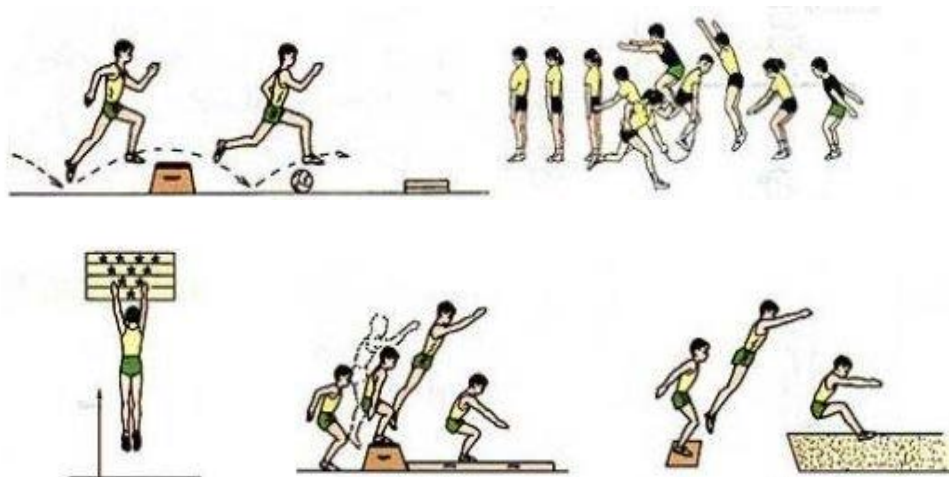


Fig.1 Schematic Diagram of Sports Activities

2.3 School Education Cannot Be Closely Combined with Society

To a great extent, the realization of diversified physical education depends on the openness of the society. At this stage, the development of efficient physical education is still limited to the campus, and most of the teaching resources are school resources. Under such an environment, the teaching naturally results in the narrow connotation of Physical Education [2]. Some colleges and universities do not have a strong concept of social sharing, and then they can not effectively integrate the sports resources inside and outside the campus. At the same time, the laws and regulations on the safety responsibility of sports activities outside the school are not perfect, which increases the safety risk that the school needs to bear, and reduces the utilization rate of sports resources outside the school.

3. Reform Strategy of Physical Education Teaching in Colleges and Universities under the Background of “Internet +”

3.1 Enrich Teaching Content and Realize Diversified Teaching Classroom

Under the background of “Internet +”, the traditional teaching system has been unable to meet

the current educational needs, so colleges and universities need to build a new curriculum system, bringing different kinds of teaching content into the classroom of physical education. For example, colleges and universities can appropriately reduce the competitive events such as track and field, and replace them with healthy or recreational ones. Interesting sports schools such as 24 Style Taijiquan, Mass Rhythmic Gymnastics and primary long boxing can be increased appropriately. As the purpose of physical education is to enhance the physical quality of students, in terms of curriculum setting, colleges and universities still need to set up compulsory courses and elective courses. For students who are not fit for sports, they can also set up physical health courses [3]. In order to enhance students' interest in physical education, the school can also set up such interesting sports as fitness Qigong and Wuqinxi. At the same time of enriching teaching content, the school can also set up expanding courses. For example, in the “find a partner” project, the students in the class form a circle to jog. When the teacher gives the password of several people in a group, the students need to group quickly. Such an expanding course can not only increase the fun of physical education teaching, but also enhance the communication between students.

3.2 Enriching Teaching Methods and Strengthening the Teaching of “Internet + Sports”

After investigation, it can be found that the original single physical education mode can not be applied to the reform of college physical education. Under the background of “Internet +”, it is necessary to actively explore the teaching mode of “Internet + sports” and strengthen the teaching construction of “Internet + sports”. If colleges and universities want to implement the teaching concept of “Internet plus sports”, the leaders of colleges and universities must first change their ideas and look at this problem with a long-term development attitude, and plan the teaching mode of “Internet + sports” from the perspective of strategic goals.

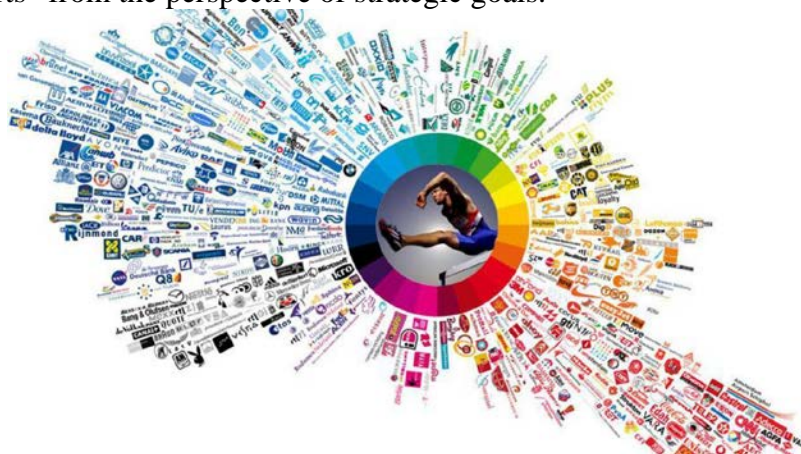


Fig.2 “Internet + Sports” Teaching Mode

Secondly, in order to conduct efficient Internet + teaching, schools need to increase investment in wireless networks and photographic equipment. With the strong support of hardware and equipment, the teaching mode of “Internet + sports” can be carried out more smoothly. Then the school needs to strengthen the construction of the teaching platform, for example, the school uses the school website for teaching, then the school needs to hire staff to maintain the platform, so as to facilitate the timely maintenance and update of the platform. The use of the campus website will be more convenient for the students in the school to learn. At the same time, in the campus platform, functional modules such as curriculum review area, teachers and students' rafting bottle can be added to strengthen the communication between students and teachers, and also facilitate the sharing of learning experience among students [4]. Finally, the school should make a perfect incentive system, and reward the teachers who have excellent teaching performance on the platform. Schools need to divide the performance points according to the workload of platform teaching, so that teachers' teaching direction is more clear.

The smooth implementation of “Internet + sports” teaching needs not only the attention of the school level, but also the active cooperation of teachers. Teachers have been playing an

irreplaceable role in students' study and life, and physical education is no exception. On the one hand, teachers need to define their own position and play a leading role in the learning process of students; on the other hand, teachers need to constantly improve their professional skills, only the improvement of professional skills can provide students with higher quality teaching classes.



Fig.3 Schematic Diagram of Teaching Class

3.3 Innovate Teaching Mode and Carry out Cooperative Teaching

The sharing of teaching resources between the University and the society increases more possibilities for the teaching mode of physical education. For example, some sports clubs can provide training and knowledge lectures for teachers of cooperative schools through wechat and other network platforms [5]. Teachers can also train students after learning knowledge. After training, the sports club can invite students to experience different ways of sports teaching in the club. Such cooperative teaching can not only enhance students' interest in sports, but also help the club achieve the task of publicity. Colleges and universities can also use mobile social media, websites and other platforms to discuss sports teaching design and curriculum construction with sports clubs. If university teachers listen to external opinions when making teaching plans, then physical education will become more perfect. In order to make the cooperative teaching more smoothly, the school needs to set up a special department responsible for the off campus cooperation to carry out specific cooperation on network resource sharing and curriculum cooperative development.

4. Conclusion

To sum up, the development of “Internet +” technology has improved the information level of physical education in Colleges and universities, and has also enhanced the enthusiasm of college students in learning sports. The realization of “Internet + sports” teaching construction is not completed overnight. This requires the attention and support from the school level, as well as the efforts of teachers themselves, the transformation of their roles and the enhancement of professional skills, which play a key role in the smooth progress of physical education.

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