

Research on Diversified Evaluation Model of Physical Education Teaching in Colleges and Universities Based on Modern Information Technology

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Abstract: with the deepening of china's higher education reform, the reform of physical education in colleges and universities has gradually entered a scientific and standardized track. With the rapid development and popularization of computer technology and network technology, modern information technology has entered all aspects of human life, especially its application in education and teaching, which further reflects the modernization of teaching methods. In this context, it is imperative to continuously promote the reform of the evaluation system of physical education in colleges and universities, and to establish a diversified evaluation model of physical education can effectively promote the reform of physical education in colleges and universities. Only by clarifying the relationship between modern information technology teaching and traditional physical education can modern information technology teaching play a very good role in physical education. In order to optimize the teaching effect, we should scientifically design diversified modern information technology teaching materials and courseware according to the different goals of physical education.

1. Introduction

The so-called teaching evaluation is to judge the value of teaching process and teaching results based on teaching objectives. This process is not only an important link in education, but also a key factor to promote the development of education [1]. In modern physical education, there are more and more items to learn, and the contents of physical education teaching are more and more diversified. Some teaching strategies related to physical education teaching should also be changed accordingly [2]. Some students' evaluation of teaching provides corresponding basis for the continuous reform of physical education teaching, which is an indispensable element in teaching. Under the background of multiple times, the reform of college physical education evaluation system must focus on the environment of multiple development, and provide strong support and guarantee for college physical education by establishing and perfecting multiple teaching evaluation modes [3]. With the deepening of china's higher education reform, the physical education reform in colleges and universities has gradually gone on a scientific and standardized track. In this context, the continuous reform of the evaluation system of physical education in colleges and universities and the establishment of a diversified evaluation model of physical education can effectively promote the reform of physical education in colleges and universities. At present, it has become imperative [4].

In order to better promote the development of physical education curriculum in colleges and universities, we must organically combine information technology with college physical education teaching. The teaching methods of modern information technology are lively, novel and diverse, overcoming the traditional teaching model of past demonstrations by teachers [5]. Its use conforms to the psychological characteristics of students, and can create a better situation and experience. Modern information technology is not widely used in physical education, but has been applied in the training of outstanding athletes and professional teams [6]. To optimize the teaching process, modern information technology must be used reasonably and be complementary to traditional teaching methods [7]. The rapid development of contemporary college physical education has brought new problems to the reform of physical education, and the pace of physical education reform has been accelerating. The teaching evaluation process, which is an important part of physical education in universities, has naturally become an important aspect of reform [8]. For a

long time, there have been problems in the evaluation of physical education in colleges and universities, such as the single evaluation content, rigid evaluation methods, and the failure of the evaluation results to truly reflect the learning situation of students. This problem has not only greatly affected the impartiality of physical education evaluation [9]. Different modern information technology teaching materials and courseware should be scientifically designed according to the different teaching objectives of physical education to optimize the teaching effect.

2. Characteristics and Functions of Diversified Evaluation of Physical Education in Colleges and Universities

2.1 Characteristics of Diversified Evaluation of College Physical Education Teaching

Compared with the traditional evaluation of physical education teaching, with the hope that the mid-term examination and the final examination will be a single examination time and examination content, the reformed evaluation process of physical education teaching in colleges and universities will be more dynamic. Teaching should run through students' interests, so that students' interests can be consistently expressed as attention, waiting, research and action in the teaching stage. At the same time, the dynamic evaluation process is also characterized by the diversity of evaluation contents. In the evaluation process of physical education teaching in colleges and universities in the new era, not only the students' sports performance and physical quality are evaluated, but also the students' interest and enthusiasm in participating in sports and the students' progress in physical education learning are evaluated [10]. The use of modern information technology not only conforms to teenagers' thirst for knowledge and new psychological characteristics, but also creates better situations and emotional experiences to attract and maintain students' attention and interest. Diversified PE teaching evaluation model also has significant incentive. Under the effect of diversified teaching evaluation model, students fully realize their own advantages and disadvantages. So as to better carry out mutual help and cooperation with students in the learning process, which is conducive to the all-round development of students.

In sports teaching activities, students' interests, hobbies and personal expertise in sports are different and have distinct personality characteristics. Sports test item management manages the information related to sports test items. Its functional modules mainly include the addition of sports test items, modification and deletion of sports test items, weight setting, etc. The database tables involved in the implementation mainly include test item information tables. Here, only a detailed implementation description will be given for the addition of test items. The implementation process is shown in Figure 1.

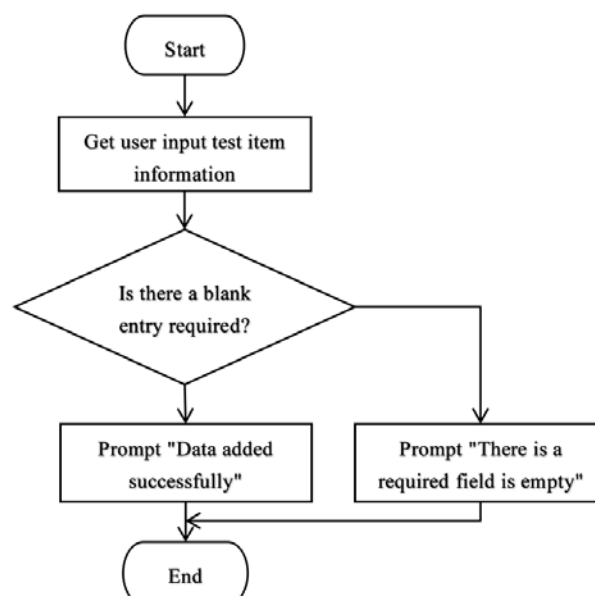


Fig.1 Program Flow of New Test Items

2.2 The Function of Diversified Evaluation in College Physical Education Teaching

The reform of the evaluation system of physical education in colleges and universities is to promote the all-round development of students. The diversified evaluation system can effectively promote students to acquire physical education knowledge, sports skills, exercise awareness, healthy psychological quality, cooperative spirit and other diversified modes of teaching evaluation. Starting from the students' own situation, personalized analysis is carried out according to the different situations of students, so as to carry out targeted follow-up teaching. Different from the single standard of traditional PE teaching evaluation, diversified PE teaching evaluation models fully respect students' personalities and pay attention to their individual differences, thus contributing to the development of students' personalities. Physical education teachers' evaluation of students' mastery of sports skills must fully consider the students' sports foundation and individual differences, and understand the students' overall physical fitness level according to the student's physical health test. Diversified sports evaluation also needs to comprehensively evaluate the students' sportsmanship, innovation spirit, team spirit and other aspects, which can also reflect the enthusiasm and comprehensiveness of sports learning for student growth. Teachers should make a variety of evaluations based on students' listening situations and learning attitudes, and show their level of progress and classroom performance in a timely manner through process evaluation to encourage students to continue to study seriously.

3. Application Mode of Information Technology in College Physical Education

The development of information technology and its application in education have provided strong support for the modernization of education. Information technology is a new teaching environment, which can help complete the reform of subject teaching. In the method of educational organization, the contents of general education are divided into common courses and elective courses according to the diversity of individual needs and the diversity of environment. After understanding the needs of students, specific outward bound training items should be selected according to the actual situation of schools and the characteristics of physical education classes. According to the requirements and contents of outward bound training, the physical education class will promote some places where outward bound courses cross with physical education courses and forms of outward bound courses that are easy to carry out in physical education classes. Teachers should transfer their energies to studying learning methods, studying students and studying learning methods suitable for students. Teachers' application of multimedia technology in multimedia teaching can stimulate students' thirst for knowledge. Students enter a good learning environment in a pleasant state of mind to promote the overall improvement of students' quality. In sports teaching activities, classroom questioning and answering and commenting are to guide students to think positively about problems. To set up a new evaluation system and innovate evaluation tools so as to achieve a targeted teaching. Table 1 shows the degree to which the physical education teaching achieves the educational objectives of physical education.

Table 1 Survey and Statistics on the Achievement of Physical Education Goals in Physical Education

Degree of realization	Complete realization	Partial realization	Not implemented
Number of people selected	37	95	68
Percentage (%)	18.5	97.5	34

As an important part of quality education, physical education should also enter the modern multimedia teaching era as soon as possible. The activities are flexible and varied, and the contents of the activities are rich and exciting. Students are the main body to challenge under pressure and solve problems in cooperation. With the mode of outward bound training, the content and function of physical education should be supplemented and extended, which must be paid attention to. Its development space is also very large and meets the requirements of current health goals. According to the requirements of the training plan, after reasonable arrangement of venues and equipment, outward bound training can be carried out. Physical education class not only needs to help students

master physical education professional knowledge, but also needs to cultivate students' comprehensive ability and improve their comprehensive quality. Mentality is negative, thinking will be limited, the training goal of outward bound training is to tell you to keep a positive attitude towards everything. The future teacher education should change the situation of training teachers as researchers in various disciplines. The task of teacher education should train teachers to become educators with the mission of organizing creativity, participation and training learning. Modern teaching methods are of great significance and function to optimize physical education classroom teaching, stimulate students' motivation and interest in physical education learning, deepen students' understanding of action concepts and physical education theoretical knowledge, and improve the quality of physical education teaching.

4. Conclusion

With the deepening of the concept of quality education, it has become an inevitable trend for colleges and universities to incorporate information technology into physical education practice. In physical education teaching, full use of modern information technology can improve students' interest in learning, promote students' knowledge and understanding, and broaden their thinking. Diversified mode of PE teaching evaluation in ordinary colleges and universities is a challenge to the traditional evaluation mode. Only on the basis of grasping the characteristics of diversified mode of PE teaching evaluation in ordinary colleges and universities, can we find the specific implementation path of diversified mode of PE teaching evaluation. In the future, colleges and universities should pay more attention to information technology and effectively integrate it into physical education practice. While enriching the teaching contents, we can also improve the teaching methods. The application of information technology in school physical education teaching is to cultivate these qualities in a targeted way so as to improve students' overall quality. Physical education teachers should give full play to the advantages of modern information technology teaching, enrich some new teaching methods into our physical education classes, and use them reasonably and correctly so as to truly realize the modernization of physical education teaching.

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