

# Exploring the New Ideas of the Reform of Physical Education in Higher Vocational Education from the Perspective of Multimedia

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**Keywords:** Multimedia, Vision, Higher Vocational Physical Education, Teaching Reform

**Abstract:** Under the background of the new education reform, the research of college physical education is gradually deepened. First of all, this paper expounds the role of multimedia teaching method in Higher Vocational Physical Education, and puts forward new ideas of higher vocational physical education reform. The purpose is to provide useful reference for improving physical education in higher vocational education in China.

## 1. Introduction

At this stage, the continuous development and innovation of network information technology has brought more new directions to education and teaching reform. The multimedia teaching mode shows great application advantages in the development of physical education in higher vocational colleges. It not only enriches the content of physical education, but also develops students' interest in sports knowledge and learning in the development of innovative models.

## 2. The Function of Multimedia Teaching Method in Vocational Physical Education

### 2.1 It Improves the Technicality of Vocational Physical Education

Classroom teaching is the main form of traditional physical education in higher vocational colleges. However, the difference between the limited classroom time and teachers' personal teaching level leads to the poor quality of students' physical education. As we all know, in sports activities, students are more involved in some practical sports activities. Therefore, it is difficult for oral teaching to directly show students the specific sports essentials, which is also the main reason for the lack of effect of sports teaching. Many students do not learn the basic knowledge of physical education, and the teaching effect is affected to some extent. Through the multimedia situational physical education teaching model, teachers can use multimedia equipment to make textbooks into text or video, or use network materials to enrich textbook knowledge and use multimedia equipment to display. Sound, video, animation, etc. vividly express the original boring teaching content and create a good learning environment.

### 2.2 Help Students Understand the Content of Physical Education

The traditional physical education curriculum is not comprehensive enough to explain the theory of physical education. Teachers simply talk about the precautions in physical exercise, while students seldom pay attention to physical exercise. Physical education in higher vocational colleges has improved what traditional teaching lacks. For example, when students have enough outdoor activities and sports, they can offer multiple indoor courses and use multimedia technology. By playing the videos related to sports that they need to learn, students can intuitively understand the main points of action. At this stage, some students have some misunderstandings about sports knowledge. They pay little attention to the importance of proper exercise and reasonable exercise. They mistakenly believe that in sports, more exercise is better. In response to this situation, teachers can play some videos of insufficient preparation activities to affect physical exercise before the start of the exercise. And play the video of correct exercise, explain the harm of wrong exercise, help students understand and master the knowledge and skills of exercise.

### **2.3 Broaden Students' Horizons**

As far as most of the higher vocational colleges in China are concerned, in the process of physical education, there is not enough teaching time and the teaching content is too single. There has been no innovation for a long time, resulting in physical education not advancing with the times. At the same time, the teaching thoughts of PE teachers in higher vocational colleges are often outdated, and they do not know the new teaching methods and professional knowledge. They don't know how to use some effective teaching techniques. This has an impact on the effect of physical education. The impact is huge. With the continuous improvement of the level of science and technology in China, multimedia technology has been gradually applied to teaching. Through the use of online resources, we can achieve more convenient and intuitive teaching. Secondly, from the perspective of multimedia, we can see the feasible strategies of higher vocational sports.

### **3. Make Use of Rich and Excellent Curriculum Resources**

Multimedia teaching resources play an important role in higher vocational education. It can show students sports related knowledge through video. Let students understand and master the relevant theoretical knowledge in the process of independent learning of physical education. Teachers can choose more popular sports or more innovative teaching videos when using teaching resources. At the same time, it is necessary to combine the key points and difficulties in teaching. Video lessons can attract students' attention in a short period of time, allowing students to mobilize their enthusiasm for learning by explaining, imitating and broadcasting. At the same time, multimedia teaching resources can repeatedly display action points in the form of video playback. For example, gymnastics competitions at the Olympic Games are extremely attractive to students. Teachers can use multimedia teaching resources to break down certain gymnastics one by one. At the same time, explain to students the relevance of precautions for each action and other related actions. The process of repeatedly playing videos is also a process of imitating and learning by students. This teaching method greatly improves teaching efficiency.

### **4. Rich Physical Education Content**

The diversity of physical education curriculum content is most directly reflected in the attractiveness of the curriculum to students. The teaching process of most vocational education is mainly based on the teacher's oral explanation. The teaching content is single, tedious, and the teaching method is relatively backward, which has aroused the enthusiasm of the students for the study movement. The multimedia teaching form improves the originally monotonous classroom learning environment and stimulates students' enthusiasm for learning. With multimedia, you can express sound and video more vividly. Simple and short video learning so that students can fully enjoy learning. At the same time, the vivid image of physical education curriculum also makes students have more intuitive and real physical experience. Multimedia teaching form is applied in physical education classroom teaching, animation video and real video form can be used for corresponding display, which not only increases the interest of the classroom, but also shortens the distance between teachers and students. Naturally, students are willing to cooperate with teachers to complete learning tasks and achieve teaching objectives. Before multimedia teaching, teachers should prepare for the course, and use diverse teaching content to stimulate students' enthusiasm for learning. To ensure the flexible application of teaching materials, and constantly enrich the content of teaching materials, so as to be more effective in the regular learning of students.

In the teaching process of higher vocational colleges, to ensure that students have a healthy system in traditional teaching is the main purpose of setting up physical education. Physical education in higher vocational colleges still stays on the surface image of curriculum learning, only focusing on the application of basic theoretical knowledge and sports skills. The traditional teaching thought of physical education in Higher Vocational Colleges centers on "improving the individual physical quality of students". This kind of teaching thought is no longer suitable for the needs of

educational adaptability reform. The students should take the physical education teaching standard as the main body and carry out the physical education teaching reform. Combined with the individual differences of different students' cognitive ability and receptive ability, set up reasonable teaching methods, inherit the advantages of previous teaching, and continue to integrate a variety of teaching methods. Teachers are required not only to pay attention to the teaching of sports theory knowledge, but also to pay attention to the dynamic nature of teaching, so that students have the ability to independently perform sports in daily life. In the current reform of physical education, higher vocational colleges in China should seize this opportunity, improve the physical education curriculum system, and integrate more elements of the times and diverse content. At the same time, the introduction of advanced technology and equipment also makes the introduction of sports courses colorful. Secondly, the teaching methods of physical education courses in traditional vocational colleges are too backward and loose, and students often have a negative and loose mentality in physical education. Multimedia teaching method can improve students' learning autonomy.

## **5. Improving the Teaching Efficiency of Demonstration Courses**

In physical education, demonstration teaching plays a key role. Students can see the action essentials intuitively. In the teacher's demonstration study, they can easily find the important action essentials. According to the previous teaching experience, when teaching students new movements or sports events, teachers need to use their own oral teaching. Although it can achieve some teaching purposes, it usually leads to students' vague understanding of what they have learned. Knowledge seriously affects the teaching effect. Through multimedia teaching method, teachers can use multimedia to explain the theoretical knowledge of movement. And give students enough time to consider teaching content, teachers can immediately solve the problems raised by students. The efficiency of demonstration classroom teaching has been improved. Teachers need to choose materials in multimedia teaching and choose representative and representative related videos. For example, the teaching of many sports theories is relatively complicated, and it is impossible to analyze the transition of each action from different perspectives based on the teacher's narration alone. And use some documentaries about sports to analyze them from the perspective of sports professionals. For different types of motion, there are different distribution decompositions to analyze and study them.

Today, the speed of network and information technology upgrades is increasing. With its own advantages, multimedia technology is widely used in various fields of social production and life, presenting advantages unmatched by other methods, especially in the field of education. Multimedia technology has injected new vitality into it. According to the research results of teaching practice, the application of multimedia technology in physical education teaching plays a good role in expanding students' cognitive vision, enhancing teaching effect and training physical skills, and indirectly points out a new direction. For the physical education reform of higher vocational education. In this respect, based on the view of multimedia, this paper focuses on the new ideas of the reform of physical education in higher vocational colleges.

## **6. The Importance of Multimedia Means in Higher Physical Education**

The multimedia method has high application value in higher physical education. It plays an important role in improving students' enthusiasm for learning and the significance of physical exercise. Fundamentally speaking, the purpose of physical education courses is to enhance students' physical fitness and guide students to develop good physical exercise habits. If students are healthy, they can only carry out a series of work-learning activities. There should be multimedia auxiliary means in the teaching of physical education in higher vocational colleges, which can change the teaching mode of single explanation by teachers, form a comprehensive teaching mode of "watching video + action simulation + key explanation", create a good teaching atmosphere of classroom environment, and relieve students' tense learning mood. In addition, physical education

teachers in higher vocational colleges can use multimedia assisted teaching method to arrange teaching content reasonably according to the actual situation of students, create multimedia teaching situation, guide students to understand the benefits of physical exercise, and clarify relevant matters. We need to pay attention to physical exercise.

## **7. On the Reform of Physical Education in Higher Vocational Colleges from the Perspective of Multimedia**

### **7.1 Making Teaching Courseware to Show Theoretical Knowledge in a Visual Way**

The theoretical knowledge of physical education in higher vocational colleges is very complicated. If teachers only use language interpretation to carry out theoretical teaching activities and stimulate students' interest in learning, it will be more difficult to stimulate students to build a visual thinking mode, and it will be difficult to ensure that students accurately grasp the focus of theoretical knowledge. This makes it difficult to overcome the insurmountable effect of theoretical teaching. The application of multimedia technology in higher vocational physical education can make theoretical knowledge points become ppt courseware, and present them to students in the form of video, pictures, video materials, etc., in order to stimulate the students' sense of vision and hearing, and enhance the students' image. Thinking, to stimulate the enthusiasm and enthusiasm of students in Higher Vocational Colleges for sports learning to the greatest extent, opens up a new channel for students to learn and understand the theoretical knowledge of sports in higher vocational colleges. For example, when explaining the knowledge of "basketball" sports theory, teachers can play NBA videos for students and introduce basketball sports stars such as Kobe, James and Jeremy Lin in the form of PPT courseware to awaken students' existing emotional experience. Based on NBA game videos, teachers should analyze various tactical relationships and sports skills with students to help students deepen their theoretical understanding of basketball, guide students to establish a correct outlook on sports, and effectively complete the teaching tasks of this lesson.

## **8. Integrate Teaching Resources and Optimize Physical Education Teaching Plans**

In the process of professional sports education, teachers must use the Internet, information technology and other channels to collect high-quality teaching videos, combine professional sports knowledge points, and effectively integrate teaching resources to achieve high quality. By repeatedly playing the teaching video, the purpose of physical education teaching, consolidating the students' knowledge points, and overcoming teaching difficulties and priorities are achieved. For example, teachers can download popular sports videos of current teaching on the Internet and combine them with the knowledge points of textbooks to motivate and motivate students and broaden their knowledge horizons. At the same time, teachers can use multimedia technology to make micro lecture teaching video, and establish a "flipped classroom" teaching mode based on micro lecture. Taking "basketball shooting" as an example, teachers can make Mini class video before class, and gradually improve the teaching content according to the three-step shooting requirements framework, and use voice, speaking speed, tone, etc. to enhance the teaching content and highlight the teaching focus. Students are required to download or watch the micro learning video on the teaching platform before class. In the classroom, the teacher divides the students into equal number of cooperative groups with close ability, and each group carries out the actual basketball shooting practice, which is checked and guided by the teacher. Finally, each group sent representatives to show the results of shooting practice. Teachers, group leaders and students can be referees, observe the shooting movements and point out the shortcomings, and then the teacher will summarize them.

## **9. Choose Teaching Content and Carry out Dynamic Teaching Activities**

According to the objective requirements of students' physical and mental development, physical

education teachers in higher vocational colleges should take the cultivation of students' physical concept, improvement of physical quality and development of sports skills as the guidance, carefully select the contents of physical education and actively carry out physical education. Carry out teaching activities with dynamic characteristics.

## **10. Conclusion**

From the perspective of multi-media, the reform of physical education in Higher Vocational Colleges makes students have a more intuitive understanding of physical education curriculum. At the same time, it has also promoted the comprehensive development of teaching content and teaching reform ideas in higher vocational colleges. Greatly inspired the enthusiasm of teachers and students, better completed the task of physical education, and reached the ultimate goal of physical education in vocational colleges.

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