Research on the Application of Information Technology in Physical Education Teaching in Colleges and Universities

Dai Xianpeng

School Of Physical Education,
Liaoning Normal University,
Dalian, Liaoning,
China,116029

Abstract:Research on the application of information technology in physical education teaching in colleges and universities is studied in the paper. In physical education in colleges and universities, teachers and students should clearly understand that building an excellent sports culture under the needs of the modern era and society is the organic integration of physical training and moral education in a subtle way. With the advent of the Internet, it has provided a wealth of rich information, which enriches people's brains and enlivens students' minds, modern information technology provides information resources that are far beyond the reach of the teacher. Hence, this paper discusses the novel conbinations of the different models into the idea and propose the novel comprehensive information technology in physical education teaching in colleges.

Keywords: Colleges and universities; physical education teaching; educational system; information technology

1. INTRODUCTION

Traditional sports are rich in content and in various forms, and the cultural value contained in it is created by people and in turn serves the shaping of human beings. From the perspective of anthropology, traditional sports have absorbed the essence of the philosophical thoughts of "Confucianism, Buddhism and Taoism". Advocating the intimate relationship between people and between people and nature [1-5]. It pays attention to people's moral cultivation and social cultivation.

The educational function of its cultural form has both the Confucian "gentle, kind, respectful, general frugal, and the accommodating" style of the mean, as well as the Buddhist self-cultivation, generosity, charity-based, forbearance and also subtlety, olerance and philosophical philosophy. From the perspective of sports teleology, sports are activities to enhance human physique, cultivate sentiment, and enhance people's awareness of cooperation and friendly relations [6-10].

That is to say, the main body of sports is people, and it is carried out around people in order to meet people's all-round development. important way. The development of the sports model can be understoond from listed aspects.

(1) Fashion sports are colorful and have own characteristics, which can meet the different needs of people of the different genders, ages, specialties and hobbies, and people get great fun from them, so it is easy for people to become interested in it. Interest is a key factor in fashion sports appeal.

(2) In modern college physical education, the introduction of digital sports mode, teachers can use its technical means to take the fast and slow, playback and other transformation functions when showing technical movements, highlighting the teaching content, making the key points and difficulties of teaching clearer and easy to learn.

(3) In modern society, with the increasingly fierce competition of competitive sports, the application of the

science and technology often plays a vital role in sports competitions. In digital sports, the core of scientific and technological content is digital technology as the basic platform, and with the help of the application of information technology, to optimize the competitive training method and then effectively improve the sports performance.

Considering this, the paper discusses the application of the information technology in the physical education teaching in colleges and universities and to begin with, in the figure 1, the sample scenario for college sports is shown.

Figure. 1 The Sample Scenario of College Sports
(https://www.collegiateparent.com/student-life/when-to-quit-college-sports/)

2. THE PROPOSED METHODOLOGY

2.1 The Information Technology in Physical Education

The organic integration of the modern information technology and teaching is a new trend of computer-aided teaching. Now it has developed from a single teaching mode using computers as teaching media to various forms of teaching ideas. Through the review, the advance models are as follows.

(1) The use of information technology in teaching work can greatly improve the work efficiency and save manpower. For example, curriculum setting, the students' required courses,

elective courses, professional courses, etc. must be reasonably arranged, and it must also cooperate with teachers without conflicting class hours. If only human resources are used to complete their workload It is quite large and time-consuming; but using the relevant software only needs to then enter the relevant information, and the result can be obtained in an instant.

(2) The application of the information technology makes the educational means become diversified from single, and the teaching methods become personalized from standardization. It can show the educational content according to the logic of the image, and the image can show the reality sensitively, intuitively and concretely.

With the advent of the Internet, it has provided a wealth of rich information, which enriches people's brains and enlivens students' minds, modern information technology provides information resources that are far beyond the reach of the teacher. The information resources provided by the modern information technology are far beyond the reach of a teacher.

In the ocean of the Internet, the student is free to get what he wants Students are free to get what they want in the ocean of the Internet. In the process of exercise activities, students are forced to change from passive to active passive to active, and the learning ability and exercise ability are constantly as the learning ability and exercise ability will be then improved. Teaching through multimedia is often more intuitive, more vivid, and easier for the students to accept than teachers' demonstration explanations.

Therefore, on the one hand, information technology improves students' interest in learning, makes it easy for students to learn and understands, and makes a deep impression; on the other hand, it also promotes students to use scientific methods to actively engage in the general physical exercises.

2.2 The Suggestions for College Sports

With the general analysis, we can see that the integration of traditional sports into physical education teaching in colleges and universities can not only enrich the teaching content, but also help promote teaching reform. The unique entertainment function of the project itself can also greatly activate the classroom atmosphere and meet people's physical and mental needs and emotional experience to the greatest extent.

Therefore, to build an excellent physical education culture in colleges and universities is to realize the development of the college physical education activities that combine in the classroom and outside the subject, which is an effective measure to build an excellent sports culture. We not only want to promote the development of students' physical and mental health, but more importantly, we want to make the students acquire the ability to engage in practical physical activities through physical education. course of study to acquire the ability to engage in practical physical activities and to lay the foundation for the general lifelong physical and mental health development. The foundation of lifelong physical and mental health development.

Taking physical education as a perspective, we grasp that physical education is a skill-based educational activity that focuses on students' physical activity. The core of the physical education curriculum is a skill-based educational activity that focuses on students' physical activity. We should promptly establish and improve a set of the relatively complete and systematic social service policies for the sports facilities, including financial investment policies, industrial project capital construction investment policies, social fundraising policies, tax policies, sports funds, etc. The hierarchical policy system creates a good environment for the development of the sports in colleges and universities.

3. CONCLUSIONS AND PROSPECTS

Research on the application of the information technology in physical education teaching in colleges and universities is studied in the paper. To sum up, in the physical education of colleges and universities, build an excellent sports culture. It then reflects that college physical education is not only the cultivation of college students' physical quality, but also the optimization of the trend of comprehensive education. This paper gives the novel ideas regarding the related models to then construct the efficient teaching methods.

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