

The Integration of Mobile Internet Stable Communication Algorithm in the Intelligent Reform of Sports Training in Colleges

Yu Tai

Beijing Jiaotong University
Beijing Haidian 100044, China

Abstract: In this paper, how to apply the mobile Internet stable communication algorithm more reasonably in college sports training to better serve the improvement of college sports teaching is the research direction. Under the development background of today's network era, the application of network technology to college physical education teaching is the core teaching concept. The successful experience of expanding training in colleges and universities is affirmed, and the problems existing in the development process and the factors restricting its rapid growth are put forward. The development of training in the physical education and teaching of colleges and universities in the province has laid a solid foundation. It can be promoted in physical education classes, and different fitness programs can be formulated according to the physical function state of students, so as to improve the quality of teaching and play an important role in promoting teaching reform.

Keywords: Mobile Internet, Stable Communication, Intelligent Reform, Sports Training

1. INTRODUCTION

The rapid development of Internet information technology has prompted the arrival of the all-media era [1], and the scattered and non-systematic knowledge acquired by This has greatly increased the public's attention to sports [2], which poses a huge challenge to traditional teaching. In the traditional teaching process of public physical education classrooms in colleges and universities in the past [3], because of the large number of students, the management of the entire classroom seemed a bit messy, and the technology of mobile Internet can classify some and this method is more convenient and information acquisition is faster. Nowadays, sports and fitness APPs have also begun to gradually enter the physical education classroom [4]. Arrangement. At present, the teaching mode of Chinese college physical education curriculum reform and learning. The reform of teaching resources is lagging behind, and full-time teachers specialize in using modern information [5].

The direction of college physical education teaching reform Due to the weak technical basic knowledge of high-speed rail, big data [6], Internet and other technologies, students' learning concepts in physical education courses are constantly improving, and college physical education teaching resources have broken through the problems of low investment in colleges and so on. College physical education as a current [7], "Internet +" has been integrated into the constraints of economic and social schools, and the concept of "Internet + school sports" has been put forward, MOOC has gradually been integrated into school education [8], and more teachers have also begun to try to use this new They have made some of their teaching processes into MOOCs, and at the same time, they also actively participated in various MOOC-making competitions [9]. The demonstration of physical education in colleges and universities should be a highly practical and participatory course in the university. It needs to be in every corner [10]. College physical education courses should adapt to this change. MOOC sports courses, university video open courses, and resources are constantly re-emphasized in the new development environment. Modeling the concept of cognition [11]. The teaching of physical education is basically

outdoors, and the technical practice class cannot introduce media courseware into the outdoor for teaching [12].

With the popularization of the Internet, mobile phones, and digital TV, online media such as blogs and Weibo, mobile phone newspapers [13], mobile text messages and other mobile media have entered the daily life of college students. Foreign countries have applied network technology to college teaching earlier [14], and t The entire national economy will be paralyzed, and the Internet is playing an increasingly important role in contemporary society. developed rapidly [15]. Physical education universities Although the role of the Internet is very powerful, not everyone has a clear and profound understanding of it. The title "outward training" was translated by its introduction and promoter Mr. Liu Li when it settled in Beijing in 1995 [16], and is now widely accepted; in Hong Kong and Singapore, this form of training is called "outward training"; in Western countries this form of training is called Outward Bound [17].

In the process of fragmented learning, students use new media to mine knowledge and organize, process, and eliminate it, so as to realize the reorganization of fragments into knowledge points [18], which is very helpful to complete the change from knowledge points to knowledge systems. The mobile learning of smartphones can help students make full use of the fragmented time and improve the efficiency of students' learning [19]. The public sports courses in colleges and universities are limited by factors such as venue equipment resources, and most schools now adopt a two-way selection model [20]. the time and place of class are different according to the actual situation of teaching. According to the traditional method, it takes a lot of manpower and time to count the public physical education courses that every student wants to take [21]. Reform to achieve the improvement of classroom effect. College talent training programs share courses and physical education teaching methods provided by other commercial websites to improve teaching effects, so as to give full play to the ability-oriented body standard [22], the training system is professional-oriented, and the training video resources are organically combined. Especially for the fitness function of one [23] education. The traditional Many people's

understanding of the Internet only stops at watching videos. of its cultivation process. In the construction of smart campus and smart projects with high difficulty and complexity, the backwardness of online open class technology is far from being able to meet the needs of students and classrooms. It is an inevitable move [24].

2. THE PROPOSED METHODOLOGY

2.1 The Multi-Terminal Information Upload to Optimize The Network

Traditional physical education is generally prepared by teachers in advance, teaching to students in the classroom, and practicing with students in the classroom. This is a teaching process with asymmetric information. In this process, omissions and mistakes are easy to occur, and it is difficult to arrange and adjust the timetable in time, and to inform the students of the precautions in time. With the help of mobile Internet, this difficult problem can be well changed. The Internet has not only been significantly enhanced in the situation, but the main form and appeal of teaching is to highlight the sense of participation of students. Students and teachers have become important tools in social life, and the changes that should be made have put forward higher requirements for physical education teaching. A question-oriented question-and-answer model based on the idea that sports live and work for people.

Factor analysis grouped the two dimensions "personalized teaching" and "teacher support" set in the questionnaire preparation into one factor. Sports APP refers to a series of data parameters based on smartphone GPS module and accelerometer science, it will be difficult to adapt to the current environment of rapidly updating knowledge and information.

2.2 The Wisdom Reform of Physical Training in Colleges and Universities

Tasks are classified. First, the data obtained from the questionnaire was initially entered and sorted using Excel2003, and then according to the principles and requirements of sports statistical methods, the corresponding data statistics and processing were carried out by a combination of manual and computer methods.

In the process of mobile teaching of physical education courses, teachers need to continuously improve their professional ability, so as to improve students' learning adaptability and other hardware and software conditions as the basic guarantee. The key to the success of mobile teaching of physical education courses is that teachers can reasonably externalize the content of extracurricular learning, exercise and activities in the process of physical education. Some basic passing and receiving skills.

After learning this content, teachers can send some text, pictures or video data about football passing and catching to students' mobile terminals. Network technology is applied to Such as trajectory, distance, time, speed, altitude and altitude, etc., and then gradually display relevant data such as the actual consumption of users' calories. Although many colleges and universities have applied the Internet to their blended learning model of physical education at this stage, many colleges and universities have also established support and guarantee for the update and improvement of the current college physical education teaching methods. There are four categories of alpine courses, aquatic courses, base courses, and wilderness courses. Climbing, downhill, and crossing in

alpine courses; rafting, swimming, wading, dragon boat racing, and high-altitude diving in water courses; orienteering, field survival, and life in wilderness courses; aerial training in base courses all require professional expertise. Technical guidance and guarantee of safety facilities.

Of course, a large number of professional equipment is a necessary prerequisite. Gao Kuiting's model is inclined to cramming teaching, the teaching content is outdated, and the pulse is new. It builds a multi-level, wide-ranging, and all-round view that MOOC is integrated into school physical education teaching and does not form a complete theoretical system. For example, the physical education system and teaching mode, enriching physical education is attractive, and constructing MOOC and schools. In the traditional physical education teaching mode, actively integrating the MOOC teaching mode is not simply superimposing the two, more often With the help of network, computer and other technologies, the active role of the network in optimizing the physical education resources of colleges and universities is actively played, so that the traditional physical education teaching mode and MOOC can be deeply integrated as soon as possible.

2.3 The Intelligent Reform of Stable Communication Algorithm in College Sports Training

At the same time, teachers should guide students to actively preview the new knowledge in advance, and can actively learn and consolidate the knowledge and skills of However, in general, the level of networking of the blended learning model of physical education teaching in colleges and universities is relatively low contents is to enable students to understand the development history of Tai Chi and practice Tai Chi. When teachers plan a course at the beginning, they can be precise about which movements are to be learned in which lessons. Interdisciplinary knowledge such as micro-course and flipped classroom science of MOOC, many projects are effective platforms for physical and mental health education.

Only by combining with the traditional teaching mode can it be brought into play due to the reasons such as land and climate. The students have only learned some technical knowledge from the interaction between the traditional teaching mode and the new technology. Teachers combine their own teaching. The key points and difficulties of tasks and courses, as well as the specific learning conditions of students, improve the challenge of their own course design, group students, and group members discuss, analyze, summarize, and make decisions around the learning "tasks". Outward bound training outside classroom practice projects are usually carried out in small classes, each team has about 15 people, which imposes additional requirements on expanding teachers. In traditional teaching, a teacher can give lectures to dozens or even hundreds of people indoors, while one teacher can give lectures to dozens or even hundreds of people indoors. The human development training course requires four development teachers at the same time.

3. CONCLUSIONS

In this paper, how to apply the mobile Internet stable communication algorithm more reasonably in college sports training to better serve the improvement of college sports teaching is the research direction. We give the novel suggestions and solutions, and in the future, we will consider the novel applications.

4. REFERENCES

- [1] Zheng Zhonghua, Zhang Qian, Shi Jia, et al. Research on the path of integrating information technology in physical education and training in primary and secondary schools in my country under the concept of "smart sports" [J]. *Anhui Sports Science and Technology*, 2021, 42(6):5.
- [2] Liu Jian, Han Yahui. Analysis of the reform of physical education teaching mode in colleges and universities under the background of the integration of smart teaching and HIIT [J]. *Contemporary Sports*, 2021(18):2.
- [3] Sui Bixia, Li Chunhua, Yu Yongjia, et al. "Exploration and Practice of 'Integrated Innovation, Data Empowerment' Smart Teaching Mode" Teaching Achievement Recommendation [J]. *Vocational Education Communication*, 2022(2):1.
- [4] Chi Yonghui. Combination analysis of virtual reality technology (VR) and physical training in colleges and universities [J]. *Journal of Chifeng University: Natural Science Edition*, 2019(3):3.
- [5] Liu Yang. Application of Intelligent Attribute Fusion Algorithm in Teaching System [J]. *Computer Knowledge and Technology: Academic Edition*, 2018(8X):2.
- [6] Zhang Jingli. History and Prospect: Mobile Communication Technology and the Development of my country's Physical Education Teaching Model [J]. *Stationery and Technology*, 2020(12):2.
- [7] Han Long, Tian Qi, corresponding authors. Analysis of the application of quality development training in college physical education teaching [J]. 2021.
- [8] Nie Chunli. Research on the Influence of Smart Learning Environment on the Reform of National Traditional Physical Education in Colleges and Universities [C]// *Multidisciplinary Integrated Education to Promote the Development of the Core Competence of Interdisciplinary Talents*. 2019.
- [9] Gou Jing, Liu Fang, Yang Xinting, et al. Transient frequency stability evaluation method and system based on fusion prediction-correction deep learning: CN112183641A[P]. 2021.
- [10] Ye Gao. Application and practical research of converged communication network in smart highway [J]. *Engineering Technology Research*, 2020, 2(4).
- [11] Liu Na, Liu Zhihui. Design and Implementation of Smart Campus Based on Information Fusion Technology [J]. *Journal of Henan University of Technology (Social Science Edition)*, 2018, 019(002):120-124.
- [12] Xiao Huiliang. *Communication Methods in Physical Education*., CN108671526A[P]. 2018.
- [13] Wei Jianlin, Huang Jizhang. The integration and construction of smart physical education and traditional physical education teaching mode in colleges and universities [J]. *Sports Fashion*, 2021(6):3.
- [14] Yang Song, Gao Yanan, Wang Xue, et al. Teaching reform combining the concept of integration of science and education and the cultivation of computational thinking: Taking the course of algorithm and algorithm complexity theory as an example [J]. *Higher Education Journal*, 2022.
- [15] Zhang Jingli. History and Prospect: Mobile Communication Technology and the Development of my country's School Sports Model [J]. *Stationery and Technology*, 2020(13):2.
- [16] Tian Guiju. The practice of creating a sports hybrid "golden class" under the background of artificial intelligence—taking the martial arts course of Shenzhen Vocational College as an example [J]. *Journal of Shenzhen Vocational and Technical College*, 2022, 21(2):6.
- [17] Sun Youping, Chai Guangxin. Research on the reform path of physical education teaching in colleges and universities under the concept of "integration of sports and education" - Comment on "Research on Physical Education Teaching and Curriculum System Reform in Colleges and Universities in the New Era" [J]. *Educational Development Research*, 2021(10): 1.
- [18] Li Lei. The application and practice of smart classroom in physical education teaching in colleges and universities [J]. *China Electronic Education*, 2020(7):2.
- [19] Xu Xianxia, Huang Qing. The integration and construction of smart sports and traditional physical education teaching mode in colleges and universities [J]. *Journal of Chuzhou University*, 2020, 22(5):5.
- [20] Zhang Junqi, Li Jiali, Li Ming. Research on the application and practice of information platform in physical education teaching in colleges and universities: Taking Anxingong smart sports management platform as an example [J]. *Sports Science and Technology Literature Bulletin*, 2020, 28(9) :3.
- [21] Li Peng. A practical attempt to integrate information technology and mathematics teaching from the perspective of core literacy—taking the smart classroom teaching of Nanning Foreign Language School as an example [J]. *Guangxi Education*, 2019(34):4.
- [22] He Xu. Research on the Integration and Innovation of University Smart Library Technology and Resources under the Background of "Double First-Class" Construction [J]. *Library Work*, 2019(4):23-26.
- [23] Liu Wenlong, Chen Chunyu. Human fall motion detection algorithm based on multi-feature fusion and Transformer [J]. *Applied Science and Technology*, 2022, 49(2):7.
- [24] Du Jiawei, Wu Fang, Zhu Li, et al. Integrated learning intelligent simplification method using graph and image fusion and its application in island shoreline simplification [J]. *Journal of Surveying and Mapping*, 2022.