

Thinking and Practice of Integrating Information Technology into College Physical Education Teaching

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Abstract: With the continuous development of information technology, the application scope of information technology is expanding. The integration of information technology and physical education teaching can effectively stimulate students' enthusiasm for training, mobilize their enthusiasm for learning, cultivate their sense of cooperation, and establish the awareness of lifelong sports. For this reason, physical education teachers should deeply explore the way of integration of information technology and physical education teaching. From the perspective of integration, this paper constructs a learner centered environment based on modern information technology. Taking people's active learning activities as the main line, it explores the way of deep integration of modern information technology and physical education teaching and puts forward countermeasures for effective integration of information technology and college physical education curriculum.

Keywords: Thinking and practice; integrating information technology; Physical education teaching

1. INTRODUCTION

Physical education plays an important role in school education. It can not only help students to keep fit, but also cultivate students' interests and hobbies. It has far-reaching significance for students' all-round development. Adolescent stage is the stage in which students systematically and professionally learn scientific and cultural knowledge. For students at this age, it can be seen that the integration of information technology in college physical education must be based on the change of teaching thinking of college education administrators, and enhance the importance of information technology application, so as to lay a solid foundation for the integration of information technology in physical education.

In practical teaching, teachers should be guided to change their teaching thinking through the following aspects: First, physical education teachers in colleges and universities should pay attention to changing their educational thinking, innovating their teaching ideas, updating their teaching ideas, effectively integrating information technology into physical education teaching, and making teaching plans and teaching objectives more in line with the actual situation of college students with the help of information technology, Realize the overall improvement of teaching effect and quality. The life and practice of sports are unified, and the two cannot be neglected or separated. There are two phenomena in current physical education teaching:

One is to pay too much attention to the teaching of skills and neglect the cultivation of humanistic spirit.

(1) First, it deviates from the core value of educating people, neglects the real experience of students, and in fact, it makes the sports culture education empty. Under these two circumstances, it will be difficult to cultivate the core quality of sports discipline. It is of great significance to integrate information technology into college sports teaching.

(2) Based on the change of PE teachers' teaching concept, they should pay more attention to modern education means such as information technology, and constantly strengthen their ability to apply information technology in teaching

practice, so as to lay a foundation for the comprehensive penetration of information technology in teaching. The transformation of thinking is elaborated from the following two aspects. The integration of information technology and physical education teaching is a new teaching method for teachers to organically combine information technology, information methods, information resources, big data resources and physical education curriculum content in physical education classroom teaching.



Figure. 1 The Cloud Computing Model (image from the Internet)

2. THE PROPOSED METHODOLOGY

2.1 Integration of Information Technology and Physical Education Teaching to Promote Students' All-Round Development

The starting point of integration is to emphasize the application of information technology to physical education courses and teaching; The function is to break through the traditional sports teaching concept, promote the development of quality education, enrich the teaching methods of sports class, and break through the key and difficult points of sports teaching. Secondly, we should reasonably handle the

transition from traditional sports teaching to modern sports teaching, so as to avoid causing greater learning burden and psychological burden to students, and having a greater impact on the teaching effect and quality; Finally, we should pay Teachers can carry out theoretical teaching with the help of information technology, which can not only effectively enhance the interest of theoretical teaching, but also make the relevant teaching content more intuitive; Modern physical education management system (including: teaching management system, course learning system, examination management system, information query system, billing management system, data statistics and analysis system, physique monitoring system, sports technology evaluation system, etc.); College physical education network teaching curriculum; wait. As the leader of physical education teaching, teachers should pay attention to the renewal of teaching ideas, the innovation of teaching ideas and the transformation of teaching thinking.

2.2 The University Students' Career Education

In order to promote the effective integration of sports teaching and information technology, teachers need to formulate teaching plans and goals that meet the actual needs according to the actual situation of students and the functional characteristics of information technology, so as to improve the effectiveness of sports teaching as a whole. Improve teaching efficiency, guide students to change from "passive learning" to "inquiry learning", and teachers' teaching gradually to "research"; The significance lies in that it cannot only stimulate the creativity of teachers and students, but also promote the improvement of teachers and students' information level, which is conducive to the experiment and promotion of new courses under information technology.

In addition, the integration of information technology and physical education teaching is conducive to breaking through the traditional physical education teaching mode, so that teachers' choice of teaching materials is no longer limited to what they like and are good at, so that students can get comprehensive and positive development and exercise. Secondly, we should pay attention to the cultivation of information technology application level and information technology literacy of college physical education teachers. As the key factor of physical education teaching, teachers have a crucial influence on both the effect of physical education teaching and the integration of information technology. Therefore, colleges and universities should constantly strengthen the cultivation of information technology application level and literacy of college physical education teachers.

3. CONCLUSION

The skillful use of information technology to carry out physical education teaching not only greatly stimulates students' enthusiasm for learning, but also gives students the influence of beauty, so that students can increase their ability to feel, express and create beauty, and organically combine modern teaching methods with traditional methods, complement each other, and make comprehensive use of them, making physical education teaching form In the process of physical education teaching, teachers should also flexibly use modern information technology according to different

teaching contents and methods to maximize its teaching role. While emphasizing the importance of information technology, we should also adhere to the laws of physical education teaching, which can promote the development of physical education teaching.

4. REFERENCES

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