

Evaluation and Improvement Method Analysis of College Physical Education Teaching Based on Modern Information Technology

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Abstract: Evaluation of college physical education is an important link in college physical education. Teaching evaluation is an evaluation of the whole process of teaching activities. It is a process of judging educational achievements and values through the implementation of the teaching process and the systematic collection and processing of information. Based on modern information technology, this paper will analyze the evaluation and improvement methods of college physical education teaching. This paper briefly analyzes the problems existing in the evaluation of physical education teaching in colleges and universities, and discusses the characteristics of physical education evaluation and the principles that should be followed in evaluation. The traditional teaching mode pays too much attention to students' physical and motor skills, while ignoring the generation of students' internal sports literacy. This has caused many problems in the current physical education teaching. Therefore, changing the traditional teaching evaluation mode has become an important topic in the current physical education field.

1. Introduction

Physical education is an integral part of educational evaluation and an activity to evaluate the performance of the sports field [1]. It is based on the established physical education goals, using effective evaluation techniques and means to measure, analyze, compare and give value judgments to the process and results of physical education activities [2]. With the gradual deepening of people's understanding of the evaluation function of physical education, the evaluation of physical education has been paid more and more attention, and the way of expression has also presented a variety of situations [3]. The mode of traditional physical education focusing only on knowledge transfer and skill training is obviously incompatible with this [4]. At present, modern information technology is not widely used in physical education. It is only used in the training of excellent athletes and professional teams. Physical education is a basic goal, which uses effective evaluation methods and techniques to give value judgment to teaching activities, result measurement and comparative analysis [5]. However, with the development of the society and the change of people's needs, school physical education is dynamic, and the evaluation of school physical education also needs constant changes [6]. Take an active part in physical exercise and strive to achieve a "one hour of exercise every day, a healthy working year and a happy life for a lifetime" concept. However, the current evaluation method of physical education teaching is undoubtedly the main reason for this phenomenon. Different modern information technology teaching materials and courseware should be scientifically designed according to different teaching objectives to optimize the teaching effect. Information technology is the general term for all kinds of technologies mainly used to manage and process information. Since the future society is a society that requires people to learn continuously, it is only through continuous self-development and improvement that they can adapt to the society of existence [7]. As a basic link in the physical education teaching process, physical education teaching evaluation is a daily work of school physical education, which can judge teaching activities and their teaching effects. Through information feedback to control the teaching process, to ensure the effectiveness of the teaching activities towards and reaching the predetermined goals [8]. The evaluation of physical education in colleges and universities should emphasize the developmental function of evaluation, because the inherent requirement of quality education is to promote the all-round development of college students' quality through scientific

evaluation. School physical education also does not regard modern information technology as a main means of physical education. To achieve the optimization of the teaching process, modern information technology must be used reasonably and complemented by traditional teaching methods [9]. For college physical education, because of its own requirements, it promotes students to pass the scientific evaluation and promote the development of students' quality. It can be seen that it mainly highlights the characteristics of development. At present, most students only care about the results of sports assessment, but they are indifferent to lifelong sports. They have not really established the idea of "health first" [10]. This paper analyzes the status quo of physical education evaluation in colleges and universities in China, finds out the deficiencies and clears the direction, aiming to make the evaluation more scientific and practical.

2. The Problem of the Evaluation of Physical Education Teaching in Colleges and Universities

2.1. Cannot reflect the goal of physical education

Physical education evaluation can promote the realization of physical education goals and promote the improvement of learning and learning. The evaluation of physical education should aim at promoting the realization of physical education goals. The goal is an important basis for evaluation. The evaluation is the inspection, identification and summary of the achievement of the target, and provides feedback for the adjustment and improvement of the target. In actual work, both teachers and students have deviations in the understanding of physical education evaluation work, and there are widespread problems for evaluation. The important basis is the goal, the scientific evaluation method to detect and summarize the target realization, and provide corresponding basis for the adjustment, correction and improvement of the target. Therefore, the evaluation of physical education should promote the realization of physical education goals and promote the improvement of learning and learning. However, in the traditional evaluation of physical education, it is said that the goal is to improve health, but some physical limit indicators that are not conducive to health affect health. Pay attention to the effect of physical education teaching, ignore the process of physical education teaching, and lack the necessary evaluation of students' developmental goals. Some adverse effects on physical health standards will affect the corresponding evaluation, such as the original purpose is to enhance physical fitness and promote sports learning. However, due to some objective reasons, it is decided that physical fitness indexes should be used to evaluate sports results. Only when students master how to learn, learn how to adapt and adjust themselves, and then develop into "lifelong sports", can physical education really play a role.

In recent years, the number of related research on college sports evaluation and improvement methods is increasing, which shows that related research projects are being paid attention to by the majority of scholars. Figure 1 shows the trend of the number of related research projects in recent years.

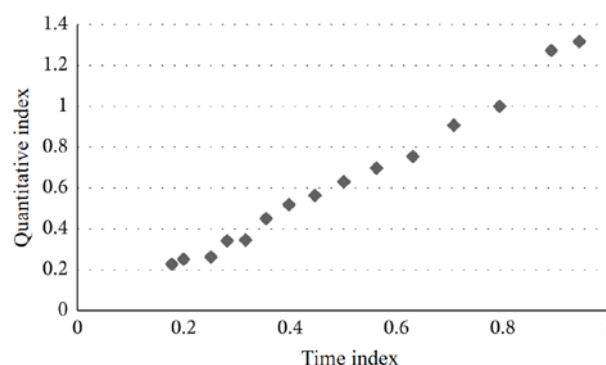


Fig.1. Trend of related studies in recent years

2.2. The evaluation content lacks rationality

The current evaluation system of physical education is realized through evaluation. Because of

the long-term influence of traditional disciplines and thoughts, this is limited to individual courses of physical education teaching evaluation division and does not involve the integration of courses. In the evaluation of quality education, the main body of evaluation is extensive, not only school leaders and teachers, but also students can become the main body of education evaluation. Scientific research shows that sports skills are largely related to people's natural physical quality and types of motor nerves. If we only pay attention to the evaluation of sports and skills, some students can succeed without hard work. This makes it impossible for other students to succeed even if they try hard. This has seriously dampened some students' self-confidence and self-esteem, weakened their enthusiasm for learning and even kept them away from sports activities. As an important tool to measure the effect of physical education activities, physical education teaching evaluation can reveal the rationality and irrationality of physical education teaching. Therefore, it gives affirmation and negation, and plays a role in promoting and guiding the development of physical education in the right direction. At present, the main body of college sports evaluation is mainly teachers. Student self-evaluation and mutual evaluation among students have not been included in the evaluation, which has caused the one-sidedness of evaluation and the incompleteness of evaluation subjects. Teachers and students spend a lot of time and energy to complete tasks that are not teaching content.

At present, regarding the hardware and equipment of information technology, the school has spent a lot of money and energy to set up the school's multimedia classroom, campus network, electronic reading room and so on. Table 1 summarizes the teacher's satisfaction with college sports hardware facilities.

Table 1 Teachers' satisfaction with college sports hardware facilities

Satisfaction	Number of people	Percentage%
Fully equipped	4	15.3
Basic satisfaction	9	35.3
Can not fulfill	12	49.4

3. The Improvement Method of Physical Education Teaching Evaluation in Colleges and Universities

3.1. Combination of summative evaluation, formative evaluation, and diagnostic evaluation

The attendance rate is only a kind of summative evaluation index. In the traditional evaluation of physical education, the summative evaluation plays a dominant role in college physical education. This evaluation method can reflect the final result of teaching. When evaluating students' physical education, students should not be regarded as an isolated individual, but should be placed in the overall physical education of the school. However, because this evaluation method and the teaching process are not synchronized, the problems exposed in the teaching process cannot be given timely feedback. According to the goals and contents of the physical education curriculum, an evaluation system based on the combination of qualitative and quantitative measures to measure the health of students should be formulated. There must be logical causal relationships between things and things, and quantitative evaluation is to use these relationships. Modern teaching methods can optimize physical education classroom teaching, stimulate students' motivation and interest in physical education learning, and deepen students' understanding of action concepts and physical education theoretical knowledge. As the last link of physical education teaching, the evaluation of physical education teaching should also reflect the concept of "people-oriented". In view of the defects of this evaluation method, we suggest combining summative evaluation with formative evaluation and diagnostic evaluation. The comprehensive application of three different evaluation methods can make the whole teaching evaluation in a dynamic environment. After quantifying some factors, qualitative analysis is carried out on the results obtained, so that qualitative evaluation and quantitative evaluation are organically combined, and the learning situation of the evaluated person is comprehensively grasped.

Table 2 lists the problems that college physical education teachers think exist in the construction of physical education hardware facilities in colleges and universities.

Table 2 Problems faced by college teachers in the construction of hardware facilities

Existing problem	Number of people	Percentage%
Insufficient number of equipment	7	29.6
Low grade equipment	6	21.1
Network construction is not in place	5	19.7
Poor management, no one to maintain	7	29.6

3.2. Pay attention to the status of students in evaluation, and combine self-evaluation with other evaluations.

Teaching evaluation is a part of teaching. Students are the main body of learning and should also be the main body of teaching evaluation. Through multi-ball practice, the teacher can adjust the strength, speed and placement of the ball, which is helpful to the students' reaction speed to hit the ball. Teachers play a leading role in the learning process of students. Teachers' role should be fully reflected in students' performance evaluation, but students' self-evaluation should also be emphasized. The process evaluation should be carried out in the teaching process and after the unit study. As long as the evaluator follows certain method specifications, the evaluation results can be popularized in a wider range. It is of great significance and effect to improve the quality of physical education. Teachers can visually and vividly reflect the dynamic process of technological movement through images, animation, video, sound and other media. To establish an evaluation system to promote students' all-round development, it is necessary to change the single status of the evaluation subject, so that the evaluation subject has both physical education teachers and class teachers or other classroom teachers. It must be pointed out that this exercise should be placed in the tennis technology teaching course, not at the end of the class, and should be controlled in terms of time. It should not be too long. Students are required to hit the tennis ball in the shortest time.

4. Conclusion

Exercise is a very effective teaching method in the teaching of sports technology. It can make students' physical and mental health develop, cultivate their interest in tennis and enhance their self-confidence. We must change the traditional evaluation system of the past, dilute the screening and selection functions, and strengthen the incentive mechanism. Especially for students with poor physical quality, they should find out the bright spots on their bodies in a timely manner, and provide timely feedback to incorporate their progress into sports performance. However, if you change your mind, you will find that if the teacher guides and helps the students to correctly evaluate and evaluate each other so that they can see their progress and deficiencies, and motivate them to learn more effectively, then what is not? it is good. Curriculum is a process in which teachers and students participate in exploring knowledge. Curriculum objectives are no longer completely predetermined and unchangeable, but can be adjusted according to actual conditions. Promote students' various abilities, actively exercise, improve students' quality, and improve students' viewing ability. Moreover, we should cultivate a correct outlook on life, aesthetic sentiment and a positive sense of competition so as to truly optimize physical education. Make students understand the significance and importance of exercise until they exercise for life. In the evaluation, the formation and development of students' lifelong physical education consciousness should be examined so that the evaluation of physical education teaching can affect students' willingness to exercise in the future.

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