

Effects of Internet + on Physical Education in Colleges and Universities

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Abstract: With the continuous development of network information in China, the Internet has been deepening into our life, and various industries have also begun to bring Internet + into their own development system, and so has the education community. The Internet began to develop as if it had been introduced into the dry fields of spring water, with the rapid trend of thunder into every corner of our life, and our daily life is closely linked, affecting our food, clothing, housing and education. Now that the Internet has spread all over the world, physical education in colleges and universities is naturally influenced by it, catering to the requirements of the times, adding the application of the Internet to teaching, combining the advantages of the Internet with the content of physical education teaching, and communicating the physical education teaching to students in a better and easier way as far as possible. Based on the influence of Internet + on physical education in colleges and universities in China and how to deal with such problems in the era of Internet development.

1. Introduction

The times are constantly improving, with the progress of the times, the economy and science and technology are also constantly developing, can not keep up with the flood of progress of the times, will be lost in the waves, be eliminated by the times. No business is willing to be eliminated, so they can only strive to progress, keep up with the pace of history, education is no exception. Education is constantly developing in the reform, with the deepening of education reform, people's demand for education is constantly improving, education more and more scientific, humanized and information. China's educational resources have always been unevenly allocated, and for physical education in colleges and universities, the distribution of educational resources affects the level of education, and the quality of education level affects the shaping and training of talents. Therefore, we should combine the Internet, use the advantages of the Internet to optimize the allocation of educational resources, so that sports talents can get more teaching resources training, can better enhance the ability.

2. The Role of Physical Education in Colleges and Universities

2.1. Physical Fitness

This is the most important role of physical education in colleges and universities, the ultimate goal of physical education is to enhance the physical quality of students, because of the development of economic science, life is more and more convenient, most students have a lack of exercise, physical strength, poor physical fitness and other problems. So physical education is to teach students how to exercise, in order to strengthen the physical fitness of students.

2.2. Spiritual Development

College physical education is not only to cultivate physical training, through some project training, can cultivate the team spirit, sense of responsibility, and awareness of the rules. Can also exercise everyone's spirit of hard work.

2.3. Improving School Competitiveness

The sports facilities and the physical education mode of the school are a great way to publicize

and recruit students. All kinds of sports activities and competitive competitions can also reflect the characteristics of the school, attract attention, attract students to apply for an examination, and enhance the reputation of the school.

3. Current Situation of Physical Education in Colleges and Universities

At present, the development of physical education in colleges and universities in our country is not very ideal. First of all, the school does not pay enough attention to physical education compared with other teaching, and the students generally do not pay enough attention to physical education courses and physical activities, expand training and so on, and even reject to participate in physical education activities; secondly, the level of physical education of teachers is also uneven, some teachers' physical education quality is not high, physical education talent is scarce; finally, the teaching mode is too traditional, guidance is not enough, it is difficult to arouse students' interest [1].

4. Influence of Internet on Physical Education in Colleges and Universities

4.1. Positive Impact

By using the way of network, the theoretical knowledge that needs to be popularized in traditional physical education teaching is expressed in the form of video, PPT、 pictures and so on, which is more easily accepted and absorbed by students and easier to remember. For students' personalization, such as giving girls high-light moments about female athletes on the field, playing basketball-loving students with NBA competition links and some cool skills, or playing some sports movies, can also put some sports fitness before and after the contrast video of the figure of men and women, can easily catch the eyes of students, let students interested in sports, arouse students to learn sports, want to sports enthusiasm.



Figure 1 Pictures + the internet

The traditional teaching mode generally only pays attention to the part of teaching, but neglects the part of learning, takes the teacher as the main body, does not notice that the teaching is unwilling to learn and where to teach? This pattern deviates from the students' learning rules. Teaching should be from the perspective of students, student-centered. The traditional teaching mode is too rigid, which is not very conducive to the promotion of physical education. And the addition of the Internet allows many teaching methods to be shared, updating teachers' ideas and teaching methods. Let students become the main body of teaching, become the central point of teaching, get better teaching training, promote students' interest expansion and the stimulation of sports potential, but also help students to enhance their awareness of autonomous learning, enhance students' spiritual cultivation.

Through various network platform to carry on the analysis to each kind of information, such as the normal physical fitness test, carries on the statistical analysis to the student each achievement, can clearly see the student each aspect synthesis situation, also can understand the student some common phenomenon.

Some software can evaluate students' sports ability, input some data of students can detect

whether students' ability is qualified, whether need to work harder; even some software can estimate students' health according to these data to give reasonable advice, then some enterprises or countries need sports talents, through the Internet can also be more convenient to find talents [2].

In the past, the traditional mode of teaching resources are always distributed unevenly, some schools have excellent teachers and equipment, and students are well educated. Some schools may be short of teaching equipment because of addresses, funds and other reasons, so that the unreasonable allocation of teaching is also a kind of unfair teaching, which will also lead to the loss of physical education talents. The addition of the Internet allows some teaching theory knowledge to be truly shared through the network, so that some students can also obtain a better teaching environment get better training, also bring convenience to the provision of sports talents, and more conducive to the allocation of resources for physical education.

4.2. Negative Effects

Of course, there are advantages and disadvantages in everything and there are no absolutely perfect things. We have to look at the development of new things with a debate perspective. The Internet does bring a lot of convenience to physical education and relieve the pressure on teachers to teach. But the Internet does not bring all the benefits, but also some bad and negative parts. The Internet brings a lot of convenience to our life and makes physical education more modern, but there are also many temptations to let students learn at the same time be affected by the loss of the direction of learning, may also fall into the trap of the network, the network fraud misguided. Moreover, if the teachers use it improperly, they may make the Internet take over the main task, get the students' attention, and the teaching efficiency is not good. If the network teaching time arrangement is unreasonable will affect the student physical education teaching time, the physical education teaching originally pays attention to the activity or the movement, the theory knowledge is only the auxiliary effect, lets the student master the method better and safer to go to the sports, has achieved the physical fitness, or grasps a skill, has a good physical education item to be able to shine the heat, wins the honor for the school, wins the honor for the country, adds the pen color to own youth. If the proportion of online teaching is too large, it is contrary to the essential function of physical education teaching, which is not conducive to strengthening students' physical fitness and strengthening their physique [3]. This purpose, let alone let students cultivate interest in sports, master a skill.



Figure 2 Outdoor physical education for students

5. Countermeasures of Introducing Internet into Physical Education in Colleges and Universities

5.1. Change of Mind

The combination of Internet and education has been an inevitable trend of the development of the times. Schools can only change their inherent concepts, adapt to the requirements of the

development of the times and introduce the Internet into teaching, attach importance to the role of the Internet, make full use of the advantages of the Internet, avoid its bad influence, and slowly improve the quality of teaching and optimize the teaching system. Strengthen the publicity of Internet education, through lectures, posters and other forms to let teachers and students attach importance to the role of the Internet in teaching. Schools should also purchase multimedia equipment, so that daily courses can be more convenient to combine with the Internet, so that teachers and students experience the convenience of the Internet to teaching.

5.2. Internet Training for Teachers

Teaching teachers are proficient in the use of multimedia equipment, as well as teaching related software applications, improve teachers office software application ability, enhance teachers' video production, courseware making skills, so that they can use the Internet freely, proficient in the heart.

5.3. Making Full use of Internet Resource-Sharing Capabilities

We need to make good use of this resource and bring it into the classroom. We can find out some mistakes found by some athletes or other schools for students to watch and analyze the causes of these mistakes so that students can pay attention to them and avoid the mistakes they make when they do them [4].



Figure 3 Multimedia class

6. Conclusion

Using the Internet to make a response to the differences of students, each student is different, have their own characteristics, hobbies are also different, like some people are good at basketball, some people like football, others are born not good at sports, this is what we call difference. So how to adjust for different individuals? We can carry on the data questionnaire to each student, then classify them, then make the relative strategy according to the characteristic, strive to arouse each student's movement enthusiasm, let the person who is good at sports have the space to play, let the physique is weaker, the student who is not good at sports or does not love sports also can move, strengthen the physique.

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