

The Value of Modern Education in Intelligent PE Class

Liu Juping

Neusoft Institute Guangdong, Foshan, Guangdong, 528225, China

email: liujuping@nuit.edu.cn

Keywords: Physical Education, Intelligent Physical Education Classroom, Colleges and Universities

Abstract: By using the methods of literature and materials, the mobile Internet, the new generation of Internet of things technology and sports teaching reform are integrated, the new sports classroom teaching mode in the information age is explored, and the intelligent sports classroom based on "wechat public platform" and wearable devices applied to heart rate monitoring is preliminarily constructed. The main research conclusion: the intelligent teaching mode includes three parts: pre class "prophet", in class "perception" and after class "exploration", which realizes the three functions of pre class multimedia micro course electronic textbook preview, in class interactive teaching and after class micro course sports guidance, aiming to improve the teaching efficiency and quality of physical education class, scientifically evaluate the effect of achieving the goal of physical education class, and achieve the goal At present, the physical education classroom is really integrated in and out of class.

1. Introduction

With the development and practicality of mobile Internet, new technology Internet, wearable devices, cloud computing, big data technology, intelligent sports research has become a hot topic in sports industry. The result of the combination of sports and science and technology is to enter the competitive sports, a large number of fitness, sports and other fields [1]. The introduction of new concepts, such as smart sports park and smart Sports City, has created the core driving force of many innovations in the field of Sports - Smart sports. Similarly, the sports field is also facing the transformation from traditional education to smart classroom. In the context of big data information education, what kind of mobile network, physical education classroom wearable device (wearable device and other technology education, in order to apply to the optimization of classroom teaching, improve the quality of education, make the evaluation of physical education objectives, and promote the reform of physical education. In addition, to build an efficient and intelligent PE classroom model and promote individual education and collaborative education are topics that need to be thoroughly considered and discussed with PE educators[1]. From the perspective of the significance, elements, value, design and application of the guidance model, this study investigates the construction and implementation of the smart sports classroom. It aims to improve the efficiency and quality of physical education classroom teaching, and scientifically evaluates the realization of physical education classroom teaching objectives. In order to provide new ideas and methods for deepening the reform and development of college physical education, the integration of physical education inside and outside the classroom should be realized.

2. The Meaning and Elements of Intelligent Physical Education Class

2.1. Meaning

In this study, the understanding of smart classroom is basically "traditional classroom", that is to use information technology to create the educational environment of smart classroom[2]. From this point of view, the definition of smart classroom is based on the learning theory of constructivism. Based on the "Internet +" thinking mode and big data, "cloud computing" and other new generation

of information technology, to create intelligent and efficient classroom[3]. With the help of information technology, smart classroom and learning can stimulate people's wisdom, formulate a comprehensive cooperation of people in learning space-time environment, and promote the development of the concepts of "learning as the center" and "wisdom provided by learners". The purpose of the intelligent physical education classroom discussed in this paper is to transform the educational methods and methods from the perspective of information technology, integrate information technology into the teaching of physical education classroom, and realize the personalized construction. In order to effectively promote the teaching environment of knowledge and electronic classroom, the cultivation of creative ability of students in intelligent physical education classroom not only reflects the modernization of education methods, but also the wisdom of education concepts[4]. The essence is based on the analysis of dynamic learning data and the use of "cloud, network and terminal", the education decision-making, real-time evaluation feedback of database, and three-dimensional interactive communication. In order to achieve the goal of "learning and sports", the significance of promoting the construction of cooperative communication is formulated. Through intelligent education and learning, to promote the personalized growth of all students. Intelligence development

2.2. Elements

There are three essential elements in intelligent physical education class.

Intelligent mobile terminal is an operating system that can connect to the network and has open functions[5]. Based on its own equipment, it carries all kinds of external operating systems, borrows the functions of its own equipment and operating system, and can obtain the fitness information and data when using terminal equipment in sports fitness.

The intelligent teaching environment in the intelligent physical education classroom teaching mode includes the intelligent classroom and the intelligent learning platform. The physical education classroom is mainly conducted outdoors (playground) and indoors (gymnasium). Combined with the classroom teaching characteristics of the physical education discipline, the intelligent classroom here is a new generation of sports monitoring intelligent products that need to be equipped with sports bracelets or armbands, which are both economical, convenient and portable. There are mobile 4G or campus network WiFi, Bluetooth, etc[6]. followed by intelligent learning platform.

There are many kinds of intelligent sports learning resources, including electronic documents, pictures, films and television, voice, PPT and other resources; there are also many ways to push resources, including automatic push, manual push and other ways, as well as independent subscription of learning resources, which can meet the diverse learning needs of learners with personality, so that students can study everywhere Unconsciously develop the habit of exercise

3. The Value of Intelligent PE Class

In recent years, the results of the national survey on the physical health of young students show that the overall situation of the vital capacity reflecting the physical function and the speed, strength and endurance of the physical quality of college students has not increased or has a downward trend [6]. In order to change the current situation of the continuous decline of students' physique, the state and some provinces and cities have issued some relevant policies, the core of which is to strengthen the school physical education, and whether the physical education teaching is efficient and effective is the focus of the work of promoting students' Physique Health [7-8]. It can be seen that these policies put forward new requirements for the effectiveness, informatization and intellectualization of PE classroom teaching from different aspects and levels. Under this background, intelligent physical education classroom is a new teaching mode, which aims to stimulate students' interest in learning and improve teaching effect[9]. It can effectively solve the problems of lack of preview, difficulty in monitoring and evaluation, and inability to effectively connect in and out of class in traditional physical education classroom teaching. Based on the dynamic analysis of information and data, an efficient physical education classroom is realized, which is mainly reflected in the

following aspects: Three aspects.

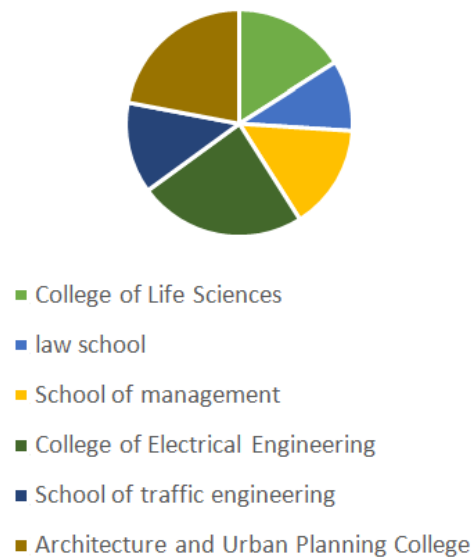


Figure 1 Major composition and percentage of students

3.1. Promoting the Informatization and Effect of College Physical Education

With the popularity of mobile Internet and smart phones, college students' sports and fitness have quietly entered a new era of technology. The development and application of smart phone sports application software, which separates learning from students' sports, transcends the era. The teaching method of information education such as "micro method" and the instruction book after the applicable course of physics education are the teachers who are accepting their specialty. The inspiration of on-demand program design and personalized teaching tell me that this kind of emotion can be forgiven in the creative work concentration. It is beneficial to improve the efficiency of the classroom, effectively improve the time and density of students' teaching practice, and improve the quality of teaching. In addition, many knowledge education management platforms developed on the basis of mutual "network +" thinking are the links between the front and back class classrooms, which can promote the time and space expansion of students' learning and teachers' education, the quality and effect of teaching.

3.2. Strengthen University Sports Monitoring and Database Construction

The most popular application of Internet in sports is intelligent wearable device. The intelligent wearable device is directly worn on the body or portable device integrated in the user's clothes. Now there are smart glass, smart bracelets, smart watches and other products on the market. It's hard to see that wearable devices play an important role in training athletes since the Rio Olympics. Introduce to the field of sports. First, it can effectively reduce students' sports accidents and escort their health. The second is to improve the efficiency of teachers' management, so as to monitor teachers' sports load and teaching effect. More scientific and reasonable arrangement of sports intensity in physical education. Finally, it can also establish a sports database for students, which has important reference value for the formulation of physical education plan, formulation and implementation of sports prescription. Based on the purpose of this study, sports wearable device (wearable device, from the traditional experience deployment design of scientific sports education conversion, promote the mature use of students' sports data and students' Sports process of personal guidance and implementation process.

3.3. It has Innovated the Way, Structure and Mode of Physical Education Teaching

Under the background of "Internet +" education, the concept, structure and mode of the intelligent PE classroom have undergone tremendous changes, and the teaching mode is even more new. The traditional physical education classroom includes three parts: preparation before class,

practice in class and summary after class. The teacher centered teaching emphasizes the transmission of sports skills. The intelligent physical education classroom includes three modules: "prophet" before class, "perception" in class and "exploration" after class. The students centered teaching pays attention to the formation of their ability and accomplishment. The intelligent teaching mode realizes the multimedia micro course before class The three functions of e-Textbook preview, in class interactive teaching and after class micro course sports guidance are realized. The teaching mode of physical education class has realized the transformation from the traditional imitation correction teaching to the real-time interactive teaching supported by information technology. The communication between teachers and students is more three-dimensional and real-time. Teachers can make differences according to the physical and mental characteristics of different students Targeted teaching, teaching students in accordance with their aptitude, is conducive to the acquisition of sports knowledge and skills, optimize the learning process of the classroom, and improve the learning efficiency and teaching effect of the classroom.

4. The Teaching Mode of Intelligent Physical Education Class

Compared with the traditional PE classroom teaching, the most important feature of the intelligent PE class is the integration of the teaching methods into the new generation of information and technology. Teaching design can carry out process evaluation on the whole learning stage of students according to the student's motion data, and change the single mode of summative assessment in traditional physical education teaching. The teaching mode of intelligent sports classroom is based on the constructivism theory, based on the traditional physical education teaching mode, using the Internet + thinking mode and the new generation of information technology such as the Internet of things. Based on the WeChat public teaching platform and the sports load monitoring system, the teaching process of ten steps before class, in class and after class is designed. The first step is to explore one of the three steps. A new teaching mode of "prophet" before class, "perception" in class and "exploration" after class. Each stage of teaching embodies the deep integration of traditional physical education and information technology, highlighting "intelligence", not only reflected in the "wisdom" of teaching means, but also the "wisdom" of teaching concept, which can realize three functions: pre multimedia micro course electronic textbook preview, interactive teaching in class, and after class micro course sports guidance.

5. Conclusion

In the "Internet +" education, we begin to explore the construction of intelligent sports classroom through two aspects of theory and practice. According to the "wechat public platform" constructed by this research institute and the use of intelligent physical education classroom, professor the inherent thinking mode, break the tradition, through the reform of physical education mode, the integration of traditional classroom education and new information technology. In order to break the disadvantages of traditional physical education, break the inherent space-time constraints of physical education, and realize the combination of physical offline and virtual online, please use online learning. In the first semester of classroom practice, the intelligent physical education teaching mode of "prophet" before class, the "perception" in class and the initial exploration of "detective" after class can effectively solve the problem of more active acceptance, which is the improvement of learning effect and learning satisfaction of college students. Moreover, the concept of "Internet +" has also been used to build a school sports platform in line with the actual situation of schools. Integrate education resources, evaluation projects, information disclosure, data management, student sports information data management system. Then, the school's fitness equipment and physical health testing system integrated education platform is the physical education and extracurricular sports and effective monitoring, in order to unify physical education and promote health personalized platform, in order to establish the network connection. It also stimulates the enthusiasm for physical activity, scientific evaluation and guidance. Students' physical movement plays an important role.

References

- [1] Zhao, Yongfeng. (2017). Research on the Diversified Evaluation Index System and Evaluation Model of Physical Education Teaching in Colleges and Universities. *Journal of Computational & Theoretical Nanoscience*, vol. 14, no. 1, pp. 99-103.
- [2] Görücü A, Cantav E. (2017). A Comparison Of Students In Physical Education and Sports College and The Students In Other Departments In Terms Of Problem Solving Skills, vol. 5, no. 5, pp. 36.
- [3] SHI Cheng-yin. (2017). Value and Application of Expansion Training in College Physical Education. *Journal of Heze University*, vol. 55, no. 4, pp. 360.
- [4] Cai J Y, Zhang P P. (2017). The Support Environment Construction for Teaching and Research of Physical Education Based on Emerging Information Technology, vol. 14, no. 4, pp. 2015-2020.
- [5] Herold F, Waring M. (2018). An investigation of pre-service teachers' learning in physical education teacher education: schools and university in partnership, vol. 23, pp. 1-13.
- [6] Akkoyunlu Y, Acet M, Karademir T. (2017). Evaluation of Healthy Lifestyle Behaviour Level of Active Athletes and Sedentary Students Study at Physical Education and Sports College, vol. 28, no. 1-2.
- [7] Wei X, Liu Z. (2018). Comprehensive Assessment of the Psychological Burden for Students in Physical Education Classes in Chinese Universities, vol. 24, pp. 79-83.
- [8] Theodore Michael Christou. (2017). Tending the Student Body: Youth, Health, and the Modern University by Catherine Gidney (review). *Journal of the History of Childhood & Youth*, vol. 86, no. 4, pp. 611-613.
- [9] Jelka Gošnik, Andrija Tuđa. (2017). *Physical Education and Sports*, vol. 68, no. 3, pp. 890117117698088.