Research on the reform of physical education teaching mode in Colleges and Universities under the background of information technology

Huaxia Zhang

Teaching Department of Sports, Qufu Normal University, Qufu, Shandong, 273165, China

email: 32693310@qq.com

Keywords: Information Background, University Physical Education, Multi-Multi-Multigraphic Teaching Model, Reform Research

Abstract: With the rapid development of network technology and the improvement of information level, the elements covered by university physical education classroom are increasing gradually, and the teaching mode is increasing, which makes the college physical education classroom more diverse and interesting, so that students can gain more valuable content in the process of college physical education learning, and add more convenience to the process of college physical education learning.

1. Introduction

With the continuous development of the society, the degree of informatization is higher and higher, in many fields, the elements of informatization will be integrated into it, and the use of informatization in education will be more and more, to a certain extent, it has promoted the development of education in our country, which is a powerful guarantee for the continuous progress of education level in our country, but now the more avant-garde multi-mixed teaching mode is also very suitable for informatization, and the rapid development of network technology has accelerated the transformation of education mode in our country.

The popularization of information technology has not only changed the modern people's way of life, but also reformed the education to a great extent, and promoted the traditional teaching mode effectively. In the traditional college physical education course, the teaching form is relatively simple, which is that the teachers teach some professional physical education knowledge to the students in the classroom, and the students may feel more abstract in the course of learning, which is very bad for the students'learning efficiency. However, it is very difficult for the students to really apply their knowledge to the university, but it is difficult for them to teach many professional skills in the course of physical education in the university. However, the lack of the media and the students cannot understand thoroughly in the course, it is very difficult for the students to understand the effect of the course, and the course of physical education. The multi-mixed teaching mode of college sports is more convenient and universal, so that more students can learn the effective professional knowledge in the college physical education class, and improve the comprehensive accomplishment of the students. This paper will carry out the analysis of how to carry out the multi-mixed teaching of college physical education most effectively.

2. The Role of Mixed Teaching Model for University Physical Education in the Context of Information Technology

The hybrid teaching mode can break the malpractice of the traditional university physical education to a great extent, make the new university physical education course not limited by the time and space, make the students have a better experience in class, also make the platform of university physical education expand, it is an effective innovation to the traditional university physical education teaching method, many new media methods and media elements are integrated into the teaching of university physical education, so that the physical education is not limited to the

theory of teaching on the playground, but let the university physical education in the process of continuous exploration and progress. Under the information background, the university sports multi-mixed teaching mode can enrich the physical education resources to a great extent, let some students feel more passionate about the boring physical education into the college physical education, the traditional single form of college physical education teaching makes many students feel that the physical education course is more boring, without the motivation of deep learning, over time, they lose interest in the subject of college physical education, which makes it difficult for teachers to achieve the desired effect in the classroom, and it is very difficult for students to gain the necessary physical education in the classroom, the mixed education is a little more practical, the students can get rid of the traditional physical education in the process of learning, the students cannot only carry on the off-line physical education, but also the special needs of some special circumstances, the students can carry on the corresponding physical education in the form of the media, so that the teachers can be more active in the process of physical education, so that the students [1].

Figure 1 Multi mixed teaching mode under the background of information technology

3. An Analysis of the Current Situation of Physical Education Teaching in Universities

University physical education course is a compulsory course in the university at present, which plays an important role in the whole university education system. Through the investigation, it is found that the college physical education teaching method in our country is relatively single, basically takes the form of outside big class to carry on the teaching, the students are more likely to complete the education-style class, so the students are less motivated to study, more often are in the passive teaching, but in the recent years, the higher and higher the higher the higher the emphasis on the physical education, the more competitive the students need to have the better physical education and physical quality, the more intense the social competition, the higher the physical quality is also a big standard of the talents, the current society also has a lot of professional personnel for the comprehensive literacy and high requirements, but the current physical education and physical education quality, the weak physical quality, the university or the lack of physical education and the classroom atmosphere, the students cannot [2].

Figure 2 Multiple mixed teaching mode of Physical Education

4. The Reform Strategy of Multiple mixed teaching mode of Physical Education in University Sports under the Background of Information Technology

4.1. Reform of the Existing University Physical Education Model

The multi-mixed teaching mode under the information background is the mainstream teaching mode at present, the students as the main body of the classroom, the teachers need to choose some ways to guide the students to carry on the university sports study, to maximize the students'learning enthusiasm and learning efficiency, the teachers need to change the traditional university sports teaching mode, to make full use of the richness and openness of the resources, to enrich the students'physical education learning resources from different dimensions and levels, to convey the physical education elements to the students in various forms, to stimulate the students'interest in learning, to set up the classroom content in the form of three as the main body, to create some specific situations for the students to create the specific learning situation in the university, to take the active form of flipping in the classroom, to keep the students'freshness and attention in the course of physical education, to mobilize the students'interest in the classroom structure reform of the university.

Figure 3 Classroom format for screening classroom content

4.2. Effective Integration of University Sports Online Resources

College physical education plays an important role in the new form of society, it is an important course to transfer comprehensive talents to every post in our country, which needs to be fully integrated into the comprehensive content in the process of college physical education teaching, besides the professional knowledge of college physical education, but also need to add more practical elements. So that students can effectively improve their comprehensive literacy in the process of college physical education, and the subject of physical education cannot become a burden to students, we need to let students actively participate in the process of college learning, which requires the teaching materials of college physical education and teaching more targeted. In the information age, it is necessary to pay more attention to this aspect of university physical education, the information on the Internet has the characteristics of interactivity and openness, which requires teachers to integrate the online content effectively, to give full play to the advantages of online teaching, to ensure that students can be targeted in the process of college physical education, rather than to carry out the aimless online education, to maximize the help students to carry out the effective learning, from the root to help students improve their physical education learning efficiency, so that students can maximize the benefits in the university physical education mixed teaching.[3].

5. Conclusion

Through the above analysis, we can find that in recent years, the university physical education teaching mode in our country is undergoing the reform, with the increasing degree of information, the multi-modal education of college physical education is gradually becoming the mainstream, this teaching mode is the innovation of the traditional teaching mode, which can maximize the students to gain more effective knowledge in the university physical education class, help the students to stimulate the interest in learning, and make the students'comprehensive literacy improve effectively.

References

[1] Huang Li. A study on the Reform of Multi-Multi-type Teaching Model in Universities under the background of Information Technology. Education and Teaching Forum, no. 31, pp. 82-83, 2019.

[2] Chen Ruojing, Wang Yufeng. A study on the Reform of Multi-Multi-Multi-teaching Model in College English under the background of Information Technology. Journal of Hubei correspondence University, vol. 31, no. 10, pp. 168-169, 2018.

[3] Lu Xunqian. A study on the Reform of Multi-Multi-Multi-teaching Model in College English under the background of Information Technology. Journal of Suzhou Institute of Education, vol. 21, no. 02, pp. 143-145, 2018.