

The Application of Modern Educational Technology in Physical Education and Countermeasures

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Abstract: The development of science and technology has promoted the modernization transformation in the field of education, combining the new technology with the traditional idea, which is not only easier for the students to improve their comprehensive quality, but also can stimulate their interest in learning, play their subjective initiative, integrate into the classroom more quickly, and cooperate with the teachers to complete the teaching goal. Based on this, this paper will explore the current situation and countermeasures of the application of modern educational technology in physical education teaching.

1. Introduction

Affected by examination-oriented education for a long time, many students have a lack of cognition in physical education, neither the habit of keeping exercise nor the method of correct practice, which affects the improvement of their comprehensive literacy. Therefore, in recent years, physical education teaching in colleges and universities has also become the key research direction of many colleges and universities, through the integration of modern education technology, to make up for the shortcomings in the past education process, to help students improve their cognition of physical education courses, and constantly enhance their physical quality.

1.1. Solving the Problem of Insufficient Class Time

Colleges and universities are an important place to cultivate high-quality talents in our country, so the professional quality of students is required to be high. In the curriculum, the professional curriculum is relatively large, many colleges and universities physical education courses only arranged 1-2 a week, and the management is relatively loose, if the school activities, will first occupy the time of physical education, resulting in the students a semester of physical education learning time is seriously reduced, its learning effect will be greatly reduced.

By integrating the modern education technology into the generation physical education teaching and integrating the students'fragmented time together, we can learn some correct physical training methods through the network platform, and improve the daily accumulation of physical education learning. This will also reduce the pressure on teachers to teach, in the course of training evaluation mainly, reduce the time to explain theoretical knowledge.

1.2. Actively Mobilize Students'interest in Learning

Interest is the best teacher and this theory applies to all courses. Compared with the professional courses, the physical education class has little pressure and low learning intensity, which is more popular with students, but its interest in physical education is only due to the difficulty of the course, not the content of the course. With the help of modern science and technology, it can help PE teachers, strengthen the interaction with students, understand the students'interest points, and integrate these contents into the course teaching, so that students can feel the new and interesting physical education with the times, thus increase the learning motivation and enhance the learning interest[1].

In addition, with the help of various terminals of the network platform to carry out physical education learning, enrich the physical education curriculum learning methods, so that students are

not limited by time and place, network learning, so as to cultivate the awareness of physical education learning in daily life, and in the day-to-day training to understand its healthy impact on the body, cultivate lifelong learning habits[2].

2. The Present Situation of Modern Educational Technology in Physical Education

2.1. Current Application of Modern Educational Technology

Although modern educational technology is more in line with the characteristics of students' learning in the new semester and helps to accelerate the modernization transformation of physical education, the application of many schools is not optimistic in the specific application. The author investigated the understanding, application and application of modern teaching techniques by means of questionnaires and telephone follow-up with 31 PE teachers in 3 colleges in this area.

First of all, the level of understanding of modern teaching technology, from Table 1, it can be seen that modern teaching technology has been widely accepted, but the level of understanding of teachers, still need to be strengthened.

Table 1 Teachers' knowledge of modern educational technology

Level of understanding	Number of persons	Understanding rate
Very well understood	3	9.67
Basic knowledge	28	90.32
Do not understand	0	0

The following is the use of modern technology in the actual teaching process, from Table 2, we can see that the application of modern teaching technology is relatively high, but because of the teacher's own limited application of technology, the application of modern technology is relatively single, basically used for demonstration.

Table 2 Teachers' application of modern educational technology

Application	Number of persons	Percentage
Teaching demonstration	30	96.77
Key points	24	77.42
Multimedia Demo	13	41.93
Competition Comments	2	6.45

Finally, the teacher's analysis of the reasons for the lack of application of modern teaching technology, as can be seen from Table 3, the proportion of teaching resources is insufficient and the level of teachers is limited, which has a lot of influence on the application of teachers.

Table 3 An analysis of the reasons for teachers' lack of application of modern educational technology

Cause analysis	Number of persons	Percentage
Insufficient attention by school leaders	23	74.19
Inadequate teaching resources	17	54.84
No corresponding training, incentives	20	64.52
Lack of information literacy	25	80.65
Low degree of student cooperation	5	16.13
There is less physical learning software	13	41.94

2.2. Problems in the Application of Modern Educational Technology

The first is that teachers' information literacy is not enough, with the progress of the times,

teachers should also conform to the development of the times, understand some modern teaching techniques that students are interested in, and apply them to daily teaching. And according to the above data, teachers' application of modern technology still stays on video, PPT, which makes it difficult for students to produce freshness in the process of learning, which will naturally affect the quality of application. Therefore, teachers should improve their own requirements, not only to learn more professional knowledge, but also to pay attention to the promotion of pheromone, flexible teaching means to enhance the ability to apply[3].

The second is that the school leaders pay less attention to the degree, because the physical education teaching and the student professional class achievement correlation degree is small, therefore many university leaders still have the backward idea of "the main and secondary courses ", put the responsibility of physical education teaching on the teacher completely, there is no relevant training, and there is no corresponding incentive measures. It is difficult to mobilize the subjective initiative of teachers themselves, combine modern science and technology with traditional teaching, and actively explore new teaching methods. In addition, the lack of teaching equipment, resulting in the lack of resources has become a technical application of a short board, limiting the free play of teachers space.

3. Application of Modern Educational Technology in Physical Education and Teaching

3.1. Increase the Degree of Attention and Change the Concept of Teachers

Teachers in our country are influenced by examination-oriented education for a long time, and there will inevitably be such backward ideas as "main and secondary classes ". In physical education, they will also consciously relax their demands on students, thus reducing their own requirements. Therefore, the leaders of colleges and universities should play a leading role, first change their own ideas, encourage teachers to learn new teaching ideas and methods, and then change their teaching ideas and strengthen their ability to apply technology.

First of all, we should do a good job of teaching training regularly, hire professionals or teaching pioneers, come to the school to stimulate teachers to learn motivation, provide them with new teaching ideas, and then start from the two aspects of information technology and professional knowledge to open up teachers' thinking and help them achieve transformation. Second, it is necessary to set up corresponding policies to examine the application effect of modern science and technology of PE teachers at the end of each semester, select the best material or spiritual reward, encourage PE teachers to innovate teaching methods, and submit theoretical materials as advanced selection materials.

3.2. Strengthen Self-Learning and be Flexible in Teaching

Although many PE teachers work in colleges and universities, their educational methods and teaching contents are similar to those of junior high school, and there is no way to arouse students' interest, nor will they take the initiative to combine modern technology with physical education. Therefore, teachers themselves should improve their self-learning ability, learn the successful examples of combining other subjects with modern technology, find common points between subjects, and apply them flexibly.

For example, in the teaching method, the college PE teacher group can use the WeChat platform to create the teaching public number, and ask the professional students to be responsible for the microsignal operation, typesetting, design, the teacher is to determine the content theme of each issue, and to communicate with the students before tweeting, to understand the trend of interest of modern students, and to improve the freshness and interest of the public number. Some classes with teaching video, can also be pushed in a series of ways to help students do a good job after class, review, for some of the less understood action essentials can also be a message way to ask questions, teachers can answer online, or set it into the classroom teaching focus, unified explanation[4].

During the students' holiday, teachers can also record their own participation in sports competitions, or the experience of going to the famous gymnasium as a video to share with the

students, to help students expand their awareness of physical education courses, broaden their learning horizons, and enhance their interest in learning.

3.3. Improving Teaching Efficiency by Combining Offline Teaching

Although modern science and technology is a flexible teaching aid, its interactivity is not as good as that of offline courses, and it is difficult for students to strengthen their experience even if they watch video repeatedly. Therefore, teachers should combine on-line and off-line, focus on theoretical teaching, and pay attention to students' practice under the line to improve the quality of teaching in the form of flipping classroom[5]. If you watch some of the Olympic Games with the students in class, and introduce the formal scoring method or the characteristics of the players in various countries, enhance students' interest in learning, and conduct personal inquiry exercises in combination with the teacher's guidance after class.

In addition, teachers can set up relevant competition activities according to the students' situation, record the activities into video, make comments in class, let students observe whether their movements are standard at close range, demonstrate the correct movements to them, explain what damage to the body will be caused by the long-term use of wrong practice methods, improve the students' self-protection ability, and improve the interest of the classroom and the practicability of physical education. Let students in the process of continuous learning, practice, correction, improve the awareness of physical learning, exercise strong physique.

4. Conclusion

Physical education helps students to develop a healthy life and rest, and to exercise a tenacious spirit of fighting, never give up, so it has a great impact on the improvement of students' comprehensive literacy. Integrating into modern science and technology can effectively improve the interest and practicability of physical education classroom, but the current application situation is not optimistic enough, need teachers and leaders to pay more attention to the degree, enhance the awareness of construction.

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