

Reform of Sports Information Teaching in Colleges under the Background of Internet Era

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Keywords: "Internet+"; physical education in Colleges and universities; informational teaching; reform

Abstract: With the development of the times and the progress of science and technology, information technology has become an indispensable part of people's daily life. Under the current "Internet+" background, China's economic level and education level have been greatly improved. This also puts forward higher requirements for our education. Although our country's college sports teaching has made considerable progress and development, there are still places that cannot adapt to the development of the times under the current background. Therefore, it is necessary for us to do a good job in the reform of college sports information teaching, so that it can adapt to the trend of the times, and then train talents to meet the needs of the state and society, and promote the development of our country. This paper is aimed at proposing the reform of sports information teaching in colleges and universities under the background of "Internet+".

1. The meaning of "Internet+".

Since the beginning of the 21st century, science and technology have made great progress worldwide, and information technology and Internet technology have made great progress. Wireless networks, smart phones, mobile payment and so on have penetrated into people's lives. And all walks of life have begun the information process. The arrival of the information age has not only brought great challenges to traditional industries and life, but also brought new opportunities.

The concept of "Internet+" is proposed in the new era for the continuous development and change of the economic form. It combines Internet information technology with traditional industries, and optimizes product sales and transportation channels through Internet technology, so that both sides of the transaction need each other, so as to complete the overall economic development and transformation of the country. The aim is to improve productivity through the deep integration of the Internet and traditional industries, so as to achieve our development goals.

"Internet+" is the trend and current situation of social development. This mode is an effective way to guide our country's innovation driven development strategy. In the traditional industrial chain in the past, product sales mainly through the promotion of sales personnel, in this process caused a large number of humans, financial and material consumption, increased the cost of the product, but also unable to promote the product in a wide range, will cause people in need to buy products, and sellers cannot improve sales to obtain economic benefits. This shortcoming is unavoidable in traditional industries. Now, with the popularization of Internet technology, buyers and sellers can share information and get what they need, which not only improves economic benefits, but also reduces the waste of unnecessary resources. The concept of "Internet+" has greatly promoted the development of society.

2. The current situation and function of physical education in colleges and universities in China

Physical education in Colleges and universities is an important course in Colleges and universities. It is also an important embodiment of quality education in College education. While teaching physical education to students, it is to strengthen students' physical quality through theoretical teaching and practical exercise, and to have a better understanding of basic theoretical

knowledge. In the process of teaching physical education to students, we can not only strengthen the physical quality of students, but also cultivate their sentiments, so that students can have a sound outlook on life and values, and improve their ability to adapt to society.

At present, physical education in Colleges and universities has the following main functions:

2.1 Physical education give students a healthy body

In the physical education teaching of colleges and universities, students can take physical exercises in the physical education classes to ensure that students exercise properly every week, so that students' physical fitness and function can be maintained at a certain level. At the same time, some students who do not like exercise can also be maintained proper exercise opportunities, which has a good promotion significance for the physical fitness of College students. Only in this way can college students have good physical qualities and devote themselves wholeheartedly to their work after graduation, making their own contributions to the construction of socialism.

2.2 Strengthen the ideological and moral education of students

Physical education can not only strengthen students' physical quality, but also improve students' ideological quality. In the process of sports learning, students can learn basic sports knowledge, but also strengthen the friendship between classmates, so that students in the process of sports competitions in line with the principle of friendship first, competition second. Only in this way can students improve their ideological quality in physical exercise.

3. The disadvantage of sports informational teaching in colleges and universities

Physical education in Colleges and universities in China has been carried out for many years, and physical education for students has been fruitful. However, due to the rapid development of the times in recent years, our current college physical education teaching system cannot meet the needs of the times. The following are some problems of physical education teaching in our colleges and universities:

3.1 The methods of physical education teaching are out of date

In the physical education teaching of our colleges and universities, teachers usually only focus on the teaching of theoretical knowledge and basic practical exercises for students, but because the syllabus of teaching is based on the knowledge in the textbooks, this causes that teachers in the education of students, teaching methods are more mechanized, and students cannot be taught according to the actual needs of students [2]. Moreover, in the process of sports learning, students are often passive to accept the teacher's teaching, and cannot fully play their subjective initiative in sports learning. Moreover, physical education teachers do not attach enough importance to physical education teaching, resulting in the teaching process is relatively single and fixed, unable to stimulate students' interest in learning, resulting in poor classroom effect of physical education teaching, cannot fully cultivate students' health and sports spirit.

3.2 Teaching objectives are not clear enough

At present, the main purpose of physical education in Colleges and universities is to meet the quality education policy of our country, so as to cultivate talents with all-round development of morality, intelligence, physical fitness and beauty. However, the teaching policy aiming at this goal is relatively broad, and the teaching goal of physical education in Colleges and universities is not clear. As a result, physical education in Colleges and universities is unable to exert its strength, and cannot meet the needs of students to carry out education. In some physical education courses, teachers will simply teach the textbook knowledge to students, but the teaching methods are relatively single, and cannot use practical guidance to regulate students' physical activities. Moreover, many teachers will design the physical education classroom as a course of students' free activities, which leads to the inability to guide students' physical exercise, nor to cultivate students' sports spirit and moral quality. If we want to improve this situation, we must set clear teaching

objectives according to the current situation of physical education teaching in Colleges and universities, and carry out detailed teaching according to the requirements of the sports syllabus, which can stimulate students' interest in learning and also enable them to have a correct understanding of physical exercise.

3.3 The single teaching method

Physical education plays a relatively low role in College education, so the teaching methods of teachers for physical education are relatively single, often allowing students to carry out free activities, unable to carry out comprehensive teaching of students by various means, which leads to students' low learning enthusiasm and poor teaching effect. On the contrary, if teachers can use more means to teach students, they can not only ensure that students can learn theoretical knowledge, but also exercise in practice to improve the effect of physical education teaching. Therefore, it is necessary for PE teachers to use more teaching methods, such as multimedia teaching to enable students to learn theoretical knowledge, demonstration of standardized sports movements, etc. Only in this way can students truly master sports knowledge and give full play to the effect of sports teaching in Colleges and universities.

4. Reform measures of physical education informatization teaching in colleges and universities

4.1 We should pay more attention to the information-based teaching of physical education in Colleges and universities.

Whether in colleges or universities, teachers or students, there is a lack of attention to physical education. This requires us to strengthen the importance of sports information-based teaching. Now, with the continuous advancement of socialist cause and the continuous improvement of people's living standards, our country pays more attention to physical education teaching in Colleges and universities, which requires colleges and universities to do their own work, strengthen the application of information technology in physical education informational teaching, update the equipment of physical education teaching, and better conclude the traditional physical education teaching and present technical means. At the same time, it is necessary to improve the outline of physical education teaching, carry out effective reform, ensure that students can better learn sports knowledge, so that students have a healthy body and a sound personality [3]. In addition, teachers should also attach importance to physical education teaching. They should not regard physical education teaching as mechanical teaching. They should constantly learn and make progress in the process of teaching, innovate teaching means and methods, and stimulate students' enthusiasm for learning. At the same time, students should also realize that they cannot blindly learn cultural knowledge, but also have a strong physique, only in this way can ensure the smooth development of life, but also can make a healthy contribution to the development of the country.

4.2 We should strengthen the application of information technology in college sports information teaching

The advent of the era of "Internet+" has made life industries more widely applied to information technology, and every industry has been deeply affected. Therefore, the reform of sports informational teaching in our colleges and universities should also be the same. The informational technology should be more applied to the teaching process, such as setting up online teaching platform, online logistics management system and so on. The establishment of these basic network platforms can greatly promote the development of sports information teaching. At the same time, we also need to use information technology to innovate the means of physical education teaching, and use more information technology to guide the study and practice of theoretical knowledge, such as learning theoretical knowledge through network teaching platform, guiding students' professional sports movements through video teaching, etc. At the same time, for the rental and use of stadiums and sports equipment, we can also establish a platform in the network, which can greatly improve our teaching efficiency, so that sports information teaching can be carried out

smoothly.

4.3 We should change the minds of students and teachers.

In our traditional teaching process, teachers often play the role of imparters of knowledge, students are passive acceptance of knowledge. In this process, teachers simply impart knowledge, students' passive acceptance, for students' subjective initiative and enthusiasm in learning are extremely disadvantageous. At the same time, students receive this kind of cramming education, is not conducive to the cultivation of students' own thinking, which is not conducive to our college sports teaching. Therefore, we need to change the teacher's thinking, let teachers design new classroom content, add more information technology means, give full play to students' subjective initiative, stimulate students' enthusiasm for learning. At the same time, students should also complete their own ideological changes, change themselves from the recipient of knowledge to active learners, self-study before physical education, complete the basic understanding of classroom knowledge, and focus on learning where they do not know. Only in this way can we complete the transformation from the traditional teaching mode to the new sports information teaching. Therefore, it injects new vitality into the development of physical education.

4.4 We should improve teachers' ability to use information technology.

Physical education teachers in Colleges and universities are generally on the older side, and their mastery of new information technology is relatively weak. It is necessary for us to strengthen the training of teachers' application of information technology, so that teachers can prepare lessons from the network, classroom evaluation, etc. [4]. And teachers as an important part of physical education teaching, their theoretical level and teaching level is crucial to the cultivation of students' ability. Only by making teachers have better information technology level, can students learn the relevant knowledge better. At the same time, colleges and universities should regularly train teachers on information technology to improve their ability to apply new technology, and at the same time, teachers should be aware of the advantages of information technology, so as to actively apply information technology in teaching.

4.5 Colleges and universities should strengthen the construction of information platform

As a platform and foundation for students' growth, colleges and universities are an important stage for students to learn knowledge and cultivate sound personality. In order to reform our college sports informational teaching, colleges and universities must tilt more resources to sports informational teaching, increase investment in capital and human resources for the construction of informational platform, and build a complete infrastructure, as well as update sports venues and equipment. Only by matching the software and hardware, can we better carry out sports information teaching. Moreover, colleges and universities should also use information technology and Internet technology to place more resources on the Internet, which can also facilitate the communication between teachers, so as to make teachers' work more convenient and efficient. In addition, we also need to reform the physical education teaching in Colleges and universities, clarify the teaching objectives and students' training direction, design the teaching content, and better integrate the physical education and information technology. Only in this way can we really do a good job in the informational of physical education teaching.

5. Conclusion

Under the background of the "Internet+" era, physical education in Colleges and universities has been unable to meet the needs of the times. It has many problems, such as single teaching means, faulty teaching methods, inadequate teachers' ability to master information technology, and unclear training objectives. This requires us to reform the physical education teaching in Colleges and universities, and complete the transformation from physical education teaching to information-based physical education teaching. Therefore, we need to change the ideas of teachers and students, strengthen the investment and attention of colleges and universities in sports

informational teaching, build an information-based teaching platform, and improve teachers' ability to master information technology. Only in this way, we can complete the reform of college sports informational teaching, so that the physical education teaching can really improve the students' physical quality and moral level, so as to make its own contribution to the development of socialist cause.

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