

Modern Education Technology and College Physical Education Reform Research

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Abstract: With the rapid development of economy and society, the core of technological competition among countries is talents. As an important component of college education, physical education not only undertakes the task of strengthening students' physique, but more importantly, cultivates complex and innovative talents for the society. Traditional physical education in colleges and universities can no longer better meet the needs of social development, and physical education reform is imminent. This article elaborates on the current situation of physical education in colleges and universities, emphasizes the significance of applying modern educational technology to physical education, and puts forward suggestions on how to use modern educational technology to promote physical education reform in order to promote the innovative development of physical education in colleges and universities.

1. Introduction

There is a close relationship between physical education in universities and modern educational technology. Among them, in order to achieve innovation and development, college physical education must rely on modern educational technology, and to promote the progress of modern educational technology, it also needs the support of college physical education. Therefore, in the actual process of physical education in colleges and universities, relevant educators must have a full understanding of the importance of modern educational technology, and they must be closely linked to promote physical education in colleges and universities Reform work.

2. Analysis of Current Situation of College Physical Education

Traditional physical education is to strengthen students' physique and cultivate students' physical ability by offering physical education courses for students. However, with the rapid development of society and economy, the traditional physical education model has gradually exposed shortcomings and deficiencies in teaching concepts, methods and teacher team building, which is worth pondering. The traditional physical education model adopts the "indoctrination" teaching method, which forces students to improve their physical fitness through high-intensity exercise intensity, and uses a unified judging standard to detect the student's physical condition. It does not study the individual differences of students for targeted guidance. To a certain extent, it is not conducive to the healthy growth of students, and it affects the innovation and reform of physical education. In addition, the traditional sports model pays too much attention to the rigid indicators of young people's physical fitness, while ignoring the systematic training of sports knowledge and the shaping of sports spirit, it cannot be better integrated into education such as thinking cultivation, humanistic spirit, and natural sciences to make students think Divergence is limited and the overall quality is poor.

A high-quality physical education teacher team can promote the improvement and innovation of educational methods. At present, the construction of physical education teachers in colleges and universities is not perfect, and there are problems such as unreasonable structure and conservative teaching methods. On the one hand, the low level of physical education teachers in colleges and universities in our country leads to insufficient understanding and practice of modern educational

technology concepts. According to the survey, there are more than 70,000 physical education teachers in ordinary colleges and universities in my country, and the number of people with master's degree is less than 20% of the total number; teachers with senior professional titles are about 4.7% to 16.4% less than teachers in other disciplines. This fully shows that the physical education teachers in my country are relatively weak and high-level talents are scarce, which limits the popularization and development of modern educational technology in physical education. On the other hand, the teaching methods of physical education teachers in colleges and universities are relatively simple. They still choose the traditional “indoctrination” test-oriented education concept and lack teacher-student interaction. In addition, due to the limited investment of funds in colleges and universities, it is impossible to improve the software and hardware requirements of physical education. College physical education is subject to the school playground, and its boring and uninteresting teaching environment has greatly reduced the enthusiasm of students for physical education.

3. The Influence of Modern Educational Technology on the Reform of College Physical Education

Through the use of modern educational technology, it can effectively transform the concept of time and space in teaching, and use this to break the time limit of traditional teaching, so that higher education can continue to develop and progress in the direction of lifelong education. In terms of the concept of talents, my country's traditional sports talent training model has obvious neat features, and the physical education major is also very detailed. For example, in the actual learning process of college sports majors, when they are in their sophomore year, they need to accept the division of majors, and divide the majors of sports into basketball, athletics, and martial arts, and pay special attention to the education of technology. The overall development of students lacks attention. At the present stage, with the development of information technology, my country's modern educational technology has also been more widely used, and a new talent training concept has been formed, paying more attention to the cultivation of innovative and comprehensive talents.

Through the use of modern educational technology, it not only changes the way people write, read, and calculate, but also further optimizes the way students acquire information. In the context of the new era, it has become an important quality requirement for students to use different ways to obtain and use information. Therefore, in the process of actual physical education, teachers are required to reform the teaching content to strengthen students' information ability. For example, in the teaching of actual physical education theories, teachers often use modern educational technology to increase the content of how to search information on network resources. On the other hand, in modern educational technology, it often follows the principles of the system to design the educational process and use it to optimize education. Therefore, it can scientifically organize educational content according to actual needs to meet the learning needs of students.

In the long-term development process, due to the influence of exam-oriented education, physical education in colleges and universities has received little attention from relevant leaders, and as a result, some sports facilities cannot meet the learning needs of students. However, with the development and deepening of modern educational technology, especially the impact of multimedia technology, the college physical education curriculum has undergone very obvious changes, and fundamentally changes the way students acquire knowledge, which can make a certain sense. Students' horizons are expanded. For example, through the use of multimedia technology, teachers can prepare some more classic cases for students before the actual course teaching, to ensure that sound, text, color and other elements can be fully gathered, so as to provide students with more adequate Sports materials to improve students' motivation to learn.

4. Suggestions for Applying Modern Educational Technology to the Reform of College Physical Education

Modern educational technology is a necessary means to improve the quality of physical

education in colleges and universities. Using the wisdom of the current saying, the method that every student is a sports commissioner can be adopted so that every student can participate in it. The organization of language can be in various aspects. Some students may communicate with familiar classmates very smoothly at ordinary times, but standing in front of all classmates will be timid and the language is not fluent. Students should dare to express and take the initiative to express. Many students have the concept that physical education classes are just to get physical exercise and do not perform any mental activities, which is wrong. In the study of physical education courses, we must constantly develop students' logical intelligence.

Different students should have different teaching goals, not only to develop students' sports intelligence, but also to develop students' introspective intelligence. In physical education, due to the differences in the students' bodies, there will be different degrees of differences in the completion of the teaching content. The students themselves should ask the teachers according to their own circumstances. At this time, the teachers should pay more attention to those students who are less advanced. The students' error correction mainly focuses on the students' active discovery of their own shortcomings and shortcomings in the process of continuous learning. Teachers help students develop more comprehensively and better adapt to today's fierce social competition.

In the traditional evaluation system, the level of sports performance is the main quantitative method, which will lead to the imagination that "students like sports and do not like to take physical education classes." The quantitative indicators of students should be carried out from three aspects: student self-evaluation, teacher evaluation, group evaluation. The comprehensiveness of the evaluation system is to enable students to develop better and more comprehensively. Student self-assessment can better cultivate students' self-knowledge ability. Through the study of physical education courses, students can understand their own shortcomings and the gap between themselves and others, and they can be corrected faster and more accurately. Teacher evaluation can reflect the dominant position of teachers and guide students' progress. At the same time, it can increase the communication between students and teachers and improve students' expressive ability. Group evaluation, in order to develop students' communicative intelligence, in teaching, many students do not like to communicate with others. After increasing the group evaluation, students will actively increase the opportunities for communication and communication with others, and everyone learn from each other, help each other, and promote common development. .

In view of the hardware conditions of colleges and universities, the school should actively create a good hardware environment during the application of modern educational technology. Through the establishment of multimedia classrooms, it can meet the actual needs of physical education and ensure that physical education can be modernized and healthy and steady. development of. At the same time, schools should strengthen the construction of electronic reading rooms and campus networks, and on this basis, strengthen the development of related information resources. (2) For the software resources of colleges and universities, schools should establish supporting application software systems in the process of actual technology application. At this stage, although the corresponding hardware environment has been established in most colleges and universities in my country, the construction of software is relatively lacking, which will result in the inadequate use of some advanced equipment and waste of resources. Therefore, in the future construction and development process, it is necessary to realize the joint construction of hardware and software to provide a good environment for college sports construction.

If we want to make full use of modern educational technology in college physical education, we must strengthen the construction of teachers. In this process, colleges and universities must establish the correct educational concept, break free from the constraints of the traditional education system, strengthen the construction of the teaching staff, optimize the teacher system, improve the openness of the system, and promote the overall improvement of the school's ability to run schools. At the same time, colleges and universities should strengthen the training of teachers and strengthen the on-the-job education of teachers through the use of network resources. With the development of the times, China's science and technology has also achieved further development and progress. In this process, because of the emergence and application of new technologies, the original knowledge

structure cannot meet the actual needs. Therefore, universities should strengthen the the training work of the school can make it fully adapt to the development of the times and scientifically apply new technologies to promote the development and promotion of physical education in colleges and universities.

5. Conclusion

With the development of society and the advancement of high-tech technology, my country's modern educational technology continues to develop, and it has an important impact on all aspects of our society, bringing a great impact to my country's higher education. In the context of the new era, with the advancement of information technology, modern educational technology is also constantly updated and optimized. In the future college physical education process, it is required that the two must interact and influence each other to promote sports in China The development of education improves the teaching quality and level of higher education.

In traditional physical education, there will be a series of problems such as the lack of student status in teaching, the lack of innovation in teaching content, the boring teaching methods, the simplification of teaching objectives, and the unreasonable teaching evaluation system. Multiple intelligence theory can vary from language to language. Intelligence, logic-mathematical intelligence, space-space intelligence, music-rhythm intelligence, body-sports intelligence, self-knowledge-reflective intelligence, interpersonal-communicative intelligence and other seven categories have played a great role in helping college physical education teaching. The new concept of college physical education under the intelligent theory is mainly reflected in the comprehensive development of teaching content, various teaching methods, targeted teaching goals, comprehensive teaching evaluation system, etc., while promoting the continuous improvement of teachers' teaching level the students' physical fitness has also been enhanced.

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