

Research on the Application of Network Teaching Means in College Track and Field Teaching

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Abstract: The application of network teaching means is the inexorable trend of today's education. The application of network teaching method in track and field teaching in colleges not only can improve the quality of track and field teaching, but also broaden the development of track and field teaching in universities. This paper will analyze the current situation of network teaching in track and field teaching in colleges, and study the application of network teaching in track and field teaching in colleges, and provide reference for the track and field teaching in colleges.

1. Introduction

Network teaching in the major colleges track and field teaching by a certain degree of attention, most sports institutions have begun to implement. Nowadays, most of college track and field physical education teaching has adopted multimedia teaching or assisted by network. Many colleges have carried out detailed training and related planning on the way of network teaching in track and field teaching. For example, Shanghai Jiaotong University has established a university-based physical education network in China. The website has compiled the outline, teaching materials and arrangement courses for the PE curriculum of the university. Then, it has also set up the elective system and the result inquiry system for the college students, and instructed the sports associations. The application of network teaching in track and field teaching in colleges has been popularized to every major city in the country, and it will become more and more mature and mature.

Some well - known sports colleges and some colleges sports outstanding course construction outstanding achievement. According to statistics, China has a number of colleges to establish a sports-related quality courses. Tsinghua University Department of Physical Education has begun to adapt the traditional sports textbooks, creative adaptation to the development of the times, in line with student interest and needs, with innovative teaching materials, and development of the teaching materials in accordance with the CAI teaching software. This pioneering work at the beginning of the times will provide great effect to the network teaching of track and field teaching in Chinese colleges.

Physical education teachers' network teaching idea is outdated, the level of network teaching is not high. Network teaching attaches great importance to the two-way teaching process of teachers and students, teachers are students of the guidelines, students are the center of teaching, to achieve this goal, the need to update their own physical education teachers teaching concepts. However, according to the present situation of network teaching, the network teaching is just as a means of teaching, which is contrary to the goal of network teaching. The teaching level and computer application level of teachers still need to be improved. According to the survey, the teaching of track and field teachers in the computer level is generally not high, it is difficult to fully grasp the application of multimedia technology or courseware production [1]. To perfect the network teaching methods used in college track and field teaching requires teachers to change the traditional teaching concepts, enhance the level of network teaching.

The teaching resources of track and field are limited and the teaching quality needs to be improved. Although the amount of information transmission network, but the track and field teaching courseware is not much, a lot of track and field teaching resources such as network courses,

courseware and other low quality. Most of the resources of network teaching communication is still the traditional teaching mode, the mechanical reproduction of track and field textbook content made into PPT spread in the major sites, or just video track and field teachers in the class process, a serious lack of student communication and Q & A. The function of the network is infinite, but it is limited in the track and field teaching in colleges. The non-innovation use of teaching resources repeatedly hinders the long-term development of track and field teaching.

The current evaluation of online teaching is difficult to stimulate the enthusiasm of teachers and students. Nowadays most colleges have fully realized the great significance of the application of network teaching in track and field teaching, and applied and implemented in sports teaching activities. However, the traditional routines are still used in management mode, sports assessment methods and teachers' evaluation. At present, the evaluation object of college track and field network teaching is not clear, the main body of evaluation is material, such as network courses or network resources, does not point to the implementers and receivers of network teaching, and do not pay attention to the evaluation of network teaching process. The purpose of the evaluation is only limited to the form, the evaluation of the learners ignore the individual and the overall bias and summary of the students, the students did not pay attention to the whole process. Therefore, the track and field network teaching does not really play its effectiveness and it is difficult to stimulate the enthusiasm of teachers and students.

2. The Application of Network Teaching Means in Track and Field Teaching

Application of network teaching in college track and field teaching is about a powerful network of flexible database used in college track and field teaching, for example, a large number of track and field text messages, picture information, video information, some of these information on track and field new action display and decomposition, Some of the track and field events were analyzed, the traditional track and field teaching had a great significance. In the traditional track and field teaching process, some teachers due to age, physical fitness or their own professionalism is not strong reasons, a lot of technical action demonstration is not standard or not standardized, misleading students track and field learning normative. In the application of network teaching methods, teachers can make up their own age, physical fitness or their own professional defects, the rational use of text, pictures and video and other network tools to guide students to make standard actions. For example, in explaining or demonstrating the high pole of the pole action, the teacher is difficult to explain the slow action, students need to go through multiple angles of observation to truly understand the normative behavior of rod movements, but through the network of teaching methods, Such as the network slow motion playback, three-dimensional animation mode, students can be effective in the time to observe the most standard multi-angle over pole action, which not only improve the quality of track and field teaching, at the same time, the full use of university teaching resources, To promote the exchange of teaching between teachers and students.

With the rapid progress and development of science and technology, sports teaching methods and track and field information have been constantly updated. Traditional track and field teaching content is still using backward materials, old teaching methods, it is difficult to adapt to the pace of development of the times, the student's sports ability and innovative thinking will be limited. As the Olympic Games continue to spread and hold, the world people are involved in the movement, and fully aware of the importance of the movement and the advantage. The rules of track and field sports are constantly updated with the progress of the times and gradually improved. Track and field teachers, such as still sticking to the rules will be difficult to nurture a number of adolescents to adapt to social development. The effective use of network teaching methods, and constantly update their minds and knowledge stocks, teachers and students can develop and use a lot of new knowledge and new information for the long-term development of track and field teaching to help [2]. For example, in the traditional track and field teaching methods, the flexibility of teachers to train students in general there are two methods, namely the static draft and swing drawing, the two methods are widely used, but in fact not scientific and reasonable, it is Easy to damage the students muscle or ligament. And now with the help of high-tech a new method - PNF method, in the

effective training of student flexibility at the same time, students can avoid muscle or ligament damage, and rapid increase student muscle elasticity and explosive. Teachers need to constantly use the network means to enhance the level of self-skills and master the latest information on track and field teaching methods, and flexible use, this will be the University of track and field teaching to improve the huge help.

The traditional track and field teaching is in colleges generally teachers and students to learn the way. The application of network - based teaching methods in track and field teaching in colleges will be beneficial to the interaction and exchange between teachers 'teaching and students' learning. Facing the change of the network informatization and the teachers have not only been the instructors of the track and field teaching, but also the learners who have accepted the new information of the network, and the students are not only the learners who receive the new knowledge. Because of the open mode of the network informationization and students are also track and field teaching network information in the participants or supervisors. Teachers through the network means of teaching can fully understand the students living conditions or learning progress, students can be through different network platforms and teachers to interact, and even comments. Teachers and students of equal exchange, mutual respect, is conducive to the efficient development of track and field teaching in colleges. However, the prerequisite for achieving this goal is that teachers must change their traditional teaching concepts, the introduction and acceptance of new information on the Internet baptism, proactive and students learn from each other, equal communication.

3. Conclusion

With the development of economic globalization, China's higher education has also followed the changes of the times and continuous progress, college track and field teaching as part of higher education has also made corresponding progress. Traditional track and field teaching methods such as language, slides and so on can not meet the needs of the times and the use of advanced network teaching means, with the intuitive and rich way to assist teaching is conducive to the effective dissemination of track and field teaching. In the process of network teaching, the quality of track and field teaching in colleges has been improved, and the innovation and progress of college PE teaching methods have been promoted.

References

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