

New Idea of College Physical Education Reform in the Background of Internet Management

Jia Jin, Wenjun Liu*

Nanchang Institute of Technology, Nanchang, Jiangxi, 330044, China

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Abstract: With the development of Chinese economy and the upgrading of Internet technology, college sports education reform has also been a new platform. Not only produced an unprecedented network of teaching reform, but also in the network environment examination and related education reform related to all content, so as to classroom teaching and research activities to create a variety of carrier. So as to make the college physical education teaching present the long-distance teaching, the on-site teaching, the network resource selective application teaching as well as the interactive exchange teaching and so on. So it has expanded the new train of thought of the university's physical education reform.

1. Introduction

With the rapid development of Chinese economy and science, Internet technology has become an indispensable part of people's daily life. Whether college sports are in a passive state or active state, will be in the network environment. At present, the network has become an important channel for college teachers and students to learn. College physical education reform in the network, with the help of innovation efforts, but also the inevitable trend of development, but also college teachers need to break through one of the subjects. The reform of physical education in colleges and universities is affected by the growth needs of college students and the development of the times. This study, the author of the network in the context of the times, Chinese reform of college sports a new way of thinking. As detailed below:

2. The Extensive Application Impact of the Network on College Physical Education

As one of the important fruits of human education, it will counteract education. Universities are one of the main battlefields of scientific research and education, which promote the application and innovation of network functions. In addition, the Internet has become an important means of college physical education reform and platform, play an irreplaceable role.

The network is both static and dynamic, so it has the superiority that other knowledge carriers do not have. At present, the college sports education knowledge is also gradually network carrier. The first is the knowledge of the network of sports knowledge, which is currently the most important manifestation of knowledge. By an individual or a unit open to the Internet, to facilitate the free use of others or other units. For example, many sports types of monographs, papers and research materials are presented in the form of papers. Because many of the knowledge is not discussed in depth, nor into the form of words, for example, some sports skills and technology, can use the form of the impact of video to show. For example, domestic and foreign well-known sports events and sports forms of Chinese ethnic minorities, can use the video recorded in the way down, as a kind of information, lay the foundation for future research [1].

As a modern university teachers office, learning and teaching and research the necessary facilities, Internet technology and people's lives have been closely linked together. With the help of modern network technology, the enthusiasm of the teachers in teaching and research activities has been significantly improved, and the results of the dazzling harvest. Not only promoted the development of sports in China, but also effectively promoted the reform of Chinese college sports education. On the one hand, we strengthen the communication between teachers and students. This

communication overcomes the time and space barriers between teachers and students, in the establishment of a sTable contact method and it can be scientific research and teaching activities of the exchange. For example, you can use qq group or the way the network forum to communicate. On the other hand, it is necessary to enhance the mobility of information. Teachers can use a more equiTable sharing of information and exchange of learning after receiving information from a teacher or a school. For example, in the knowledge network paid download, you can expand the role of information, so as to college sports and lay a solid foundation for innovation. In addition, we need to strengthen scientific research. Universities can carry out related scientific research activities, such as questionnaire research, network data analysis, etc., can be achieved as soon as possible the sharing of scientific research.

With the development of social economy, college PE classroom teaching has also undergone enormous changes. From the past simply rely on the theory of teaching teachers, began to network teaching development. Not only the form of teaching began to diversify, and teaching resources are increasingly rich. For example, relying on online video to carry out sports dance teaching and yoga teaching for students to make action demonstration, so that the classroom teaching more three-dimensional form, diversification. Teachers can proceed from the actual students, amateur sports activities in extra-curricular. For example, the uses of community form, so that students develop Parkour, fitness and hip-hop and other network fashion experience activities. Because of the systematic and regular nature of physical education in colleges and universities, teachers can broaden the horizons of students with the help of relevant network resources [2].

3. Chinese College Sports Education Reform under the Internet Age

At present, under the impetus of Internet technology, the reform of college physical education has made great progress. Both colleges and universities themselves, or physical education teachers and individuals, are actively engaged in related activities, not only in the macro progress, the micro also slightly effective. For colleges and universities or the Department of Sports, if the reform ideas more clearly, the harvest of experience will be more abundant. One of the important influences brought about by the Internet era is the promotion of network application and reform of classroom teaching.

Distance education is the education department in the education program under the guidance of organizations with authoritative experts and scholars, carried out by the public in the form of teaching activities. According to timeliness can be divided into two, the first is the remote real-time teaching. Is the national colleges and universities under the guidance of the relevant plans, the organization of students together on the network using the network in the form of learning. For example, a teacher in the university network in the form of instant class, this time other school students are learning, this classroom teaching, generally in aerobics and sports dance and other indoor courses. However, this form of teaching there are some limitations, many colleges and universities can not be carried out simultaneously. The other is flexible application of remote quality teaching resources. After the completion of the recording of teaching video, teachers can implement the form of network-on-demand, in the teaching plan under the guidance of an orderly manner to carry out teaching activities. This form is widely used in teaching, in particular, very difficult sports skills performance. For older physical education teachers, to adopt this teaching method can help them achieve the teaching objectives [3].

This teaching method is to network teaching resources as a clue to the teaching of college PE teachers, students can stimulate interest in learning and create a good learning atmosphere. The implementation is usually displayed in two ways, one of which is applied as the main part of college PE teachers' teaching. The use of this subjectivity does not require the full implementation of remote use, but the teaching network resources throughout the classroom as a clue to guide students with the idea of in-depth study of teachers. The second is used as part of the teaching of college physical education teachers. Teachers in order to be able to teaching activities, to make their own teaching can be further expanded, the network of teaching resources as an illustrative supplement.

As one of the newer teaching forms, the network real-time interactive teaching form needs to

adopt the way of distance teaching, so that the interaction between the realization is not limited by time and space. It is mainly in the following two ways, first of all students in the classroom teaching network. That is, different classes or different faculties of students, in a different location of teachers at the same time teaching, students held between the activities. The second is the classroom interaction between teachers and students in the network, that is, teachers and students in the video connection between the two sides, the teacher of the students to implement teaching, or student practice, teachers, the corresponding guidance and comments [4].

4. Conclusion

The rapid progress of Internet technology has had an important impact on college physical education. In its unique multimedia and artificial intelligence, it gradual grows to be the new network of education for the education system. Not only adds a variety of teaching strategies and methods, but also expand the students' learning horizons, enriching the life of college students, but also affect the value orientation of college students. College physical education reform in the teaching subjects, the traditional content of the trade-offs, absorbing a lot of new culture; in teaching methods, for different teaching, select the appropriate teaching methods. With the development of Internet technology and the advent of the information age, the reform of higher education system has abundant resources and broad horizons.

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