

## Discussion on Construction and Practice of Modern Distance Education Network Resource

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**Abstract:** With the discovery of economy and the progress of modern science and technology, people's daily life can not be separated from computer technology. Because of the new requirements of the society, the modern distance education with the network as the core has gradually become the main direction of the higher education reform. Modern distance education has the advantages of good resource sharing and fast speed of information dissemination. The construction of network resources of distance education in physical education is the development and expansion of the traditional way of physical education and has promoted the development of modern physical education. The network physical education teaching resources can develop the teaching field of vision, has provided the open teaching environment for the student, is advantageous to the student all-round development.

### 1. Introduction

Distance education refers to the form of education between students and teachers, between learners and educational groups using a variety of media methods for systematic instruction. This kind of modern educational technology can deliver the course to the campus inside and outside, as well as many place learners. Modern sports long-distance education refers to the video and video will be delivered to the PE curriculum inside and outside the campus education. As the sport is more special, so most of the time students and coaches are outdoors, learning theory, not much time. So its distance education and other professional distance education there is a certain difference, the development is relatively lagging behind. This study explores the construction and practice of modern distance education network resources, as described below:

### 2. Constructs the Modern Sports Distance Education Network Resources

As one of the important parts of internet teaching, it is the main way to implement the modern distance education, create the open classroom and realize the teaching resource contribution. It can make the students in the process of learning the self-education function and self-awareness fully into play, is conducive to cultivating students' innovative spirit and the existing knowledge of innovation and analysis ability, so as to promote the students practical ability and problem-solving ability. The network teaching resource of physical education curriculum has the characteristics of sharing, openness, autonomy, interactivity and cooperation. It is the main way to broaden the content of college physical education curriculum and develop curriculum resources, which is conducive to forming students' lifelong sports consciousness. The network teaching resources of physical education curriculum mainly include network courses and excellent courses, which can make school sports adapt quickly to the quality education required by the times so as to make the future physical education of colleges and universities develop healthily.

Network courses are mainly through the Internet platform, according to teaching content to start teaching activities. With a variety of teaching activities and a wealth of teaching resources to help students improve learning flexibility and enthusiasm, highlighting the status of students as learning the main, in order to achieve personalized teaching and learning.

The scientific and effective online course is not a mechanized handling of lesson plans and book knowledge, nor is it merely a traditional course to network and multimedia. We should sort out and

choose the corresponding teaching content according to the specific characteristics of the network course. The network resources of physical education curriculum not only need to integrate with professional features, build network teaching resources, broaden the teaching field, supplement the teaching site and the shortcomings of class hours, but also keep up with the pace of the times, Collection and preservation, so that more colorful teaching resources, the theory and practice linked to solve the teaching difficulties. Course site construction to navigation clear, fast and easy to use, the modern educational philosophy fully demonstrated. To provide students with a complete model of online course learning, allowing students to learn according to their own characteristics and needs of targeted learning, interactive and initiative to fully play out [1].

Physical education students are the main body of physical education course network resources learning. Therefore, in the construction of network course resources, we should make reasonable use of physical education students 'higher cultural level and mature physical and mental development advantages, effective for students' various needs Analysis, to provide students with more convenient and efficient learning as a starting point. In addition, physical education teaching network courses must take a variety of display means, not only to introduce the relevant knowledge, but also in the animation and action video with the help of the action to explain and analyze, so that students can exercise Technology has a more profound understanding. Moreover, teachers need to interact through some means to guide students to participate in the practice of sports links to, through the production of animation and video recording, the difficulty of a breakthrough, broaden the horizons of teaching.

### **3. The Modern Sports Distance Education Network Resources Development Process**

According to the education department promulgated the "National General College Physical Education Teaching Outline" in the specific spirit described in each section of physical education curriculum as a blueprint for the textbook, so that teachers in all subjects in accordance with the specific requirements of the syllabus, Write a script. And to write a good script based on the collection and production of text materials [2].

According to the specific needs of the construction of physical education network resources, the use of Internet downloads, video clips, digital camera photography and scanner scanning methods such as material collection, and then in Acdsee and Photoshop and other software with the help of image material integration and processing, And finally to JPG format to save and compress it, and use Flash, Powerpoint and Autorware and other software for animation.

According to the textbooks and scripts, the teacher's class scene intact recorded with acquisition card access. In addition, you can use the video screen to produce instructional video, and then use Adobe Premiere software to edit and synthesis, and the transition and effects into them. After the completion of the above work, and then use the corresponding software to produce it into wmv and asf and other media formats, which can enhance the convenience of its spread on the Internet.

With the help of asp dynamic webpage production technique, the online database of exercises and test papers is designed to improve the convenience of online test and practice for the students, so as to get the feedback of the results more quickly [3].

### **4. Distance Education Network Resources Teaching Practice of the Modern Physical Education**

In the past, the process of teaching physical education, the most important and most intuitive teaching method is action demonstration. However, due to the growth of physical education teachers and their physical fitness decline, a lot of technical action demonstration is difficult to place, can not be standardized and coherent display to the students, which led to many students in the novice, it is difficult to grasp the correct concept of action. However, the development and use of network resources such as video and video allows students to view the standard postures and movements of outstanding athletes around the world with the help of the course website, or watch videos of young teachers' movements in sports, and incorporate the correct concept of action into

Heart.

As the world's sports are constantly moving forward, so the rules of the game is also updated. This requires physical education teachers need to always pay attention to the hot issues of the sports industry, and advanced teaching methods into the actual teaching, the latest sports knowledge in the first time to the students. On the rational use of network teaching resources, teachers can download the latest knowledge from the Internet, not only enrich the content of teaching, but also to their own teaching level and quality of teaching more on the floor.

Internet course resources are open, interactive and independent of the main features and each student can work according to their own time and knowledge structure to plan their own learning plan, from the fundamental realization of individualized teaching. In addition, students can be in the curriculum site, with the support of teachers and other students to carry out close exchanges and discussions, so as to further enhance the ability of self-learning [4].

## **5. Conclusion**

The construction of modern physical education course network resources is the main way to implement the modern distance education, create the open classroom and realize the teaching resources contribution. Reasonable development and effective use of physical education courses online teaching resources, can innovate the college sports curriculum teaching methods, teaching forms, teaching methods and teaching concepts. In addition, students can also fully enhance the initiative to learn sports knowledge, physical education curriculum to improve teaching resources. At present, people begin to understand the network course deeply, develop energetic resources of the network teaching resource of the physical education course, in the near future, the network sports teaching will certainly become the important link of college physical education and lifelong physical education.

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