

Research on Application of Network Teaching in Track and Field Teaching Reform in Colleges

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Abstract: The interactive, scientific and timeliness of online teaching can promote the development of physical education in colleges and universities. Of course, the track and field teaching in physical education is also included in the teaching of college physical education. In track and field teaching of college sports, a considerable number of track and field teachers in colleges and universities are not familiar with the relevant knowledge of online education, private network education in track and field teaching can not be carried out smoothly. On the basis of analyzing the application of network education, the paper discusses the effective implementation of network education in track and field teaching reform in colleges and universities. It needs to promote the reform of track and field education system, make the benefits of network teaching fully show and improve the goal of track and field teaching. More track and field related talents.

1. Introduction

With the deepening of economic globalization, the advent of the information age, the promotion of the Internet and the rapid development of modern information technology, which at the same time to the university's track and field education provides a new way of thinking. The use of network teaching in college track and field teaching has been paid more attention to by the college physical education. The rise of the network makes the network education provide the resources for the track and field teaching. At the same time, the track and field education has broken the traditional limitation. Space constraints, in the teaching process, how to achieve the use of network teaching in track and field teaching, as at this stage to solve the problem. Network teaching needs to change the concept of past track and field teaching, pay more attention to the effectiveness of network teaching, the purpose is to comprehensively improve the overall quality of college students. Network education must have its characteristics, but in the use of track and field teaching is still in the exploratory stage, our educators have not clearly understand the key, did not find the difference between online education and traditional education and the advantages and disadvantages of contrast .

2. Track and Field Teaching Innovation

In the traditional track and field teaching mode, the main is the teacher-centered track and field education, ignoring the active position of the educated. This poured-in teaching mode is not only to impose the concept of teaching to the students and a serious lack of teachers and students, between life and life interaction, it is difficult for students to generate strong interest in the realization of the purpose of education and the quality of their own students' improvement. Teachers are the main center and key of teaching, and most of the students are in passive acceptance, which makes the efficiency of track and field teaching significantly lower. How to change the current situation of track and field education and realize the goal of track and field education is worth pondering. To break the traditional teaching mode and create a new classroom situation, teachers need to make full use of the resources on the network in the teaching activities to design novel teaching contents. Modern educational methods are used to fully mobilize the enthusiasm of the educated , To guide and encourage students to actively participate in network teaching, and constantly from multiple perspectives, multi-ways to strengthen communication between teachers and students, give full play

to the spirit of collaboration among students, the use of network design features, making teaching content diversification , So as to effectively ensure the effective combination of track and field teaching and network application.

3. Adapt to the Characteristics of Network Teaching and Constantly Promote the Teaching of the Network in the Track and Field Teaching Reform

In the use of the network to the track and field teaching, the course design and teaching content to reflect the efficiency and modernization of the Internet, and constantly tap the potential of students in athletics, carry out related activities to enable students to track and field exercise and ability Training, activities continue to show students creativity and divergent thinking. The use of network teaching makes the resources of track and field teaching more abundant. Under the conditions of this era, the track and field educators who go in the preface should re-design the educational content, simulate the actual teaching scene, and continuously optimize the curriculum in the simulation. Design content and way of narration. Can take a variety of ways related to track and field education, allowing students to act as the teacher's role in explaining the relevant knowledge in the preparation of the students experience the preparation of the teacher's hardship, but also to their own design courses in the progressive and unique mode of education So that students have a strong interest to stimulate the enthusiasm of students, so students are willing to discuss with teachers how to use the network resources, teaching content and how to achieve the best results, in this mode to strengthen the exchange between teachers and students , And the distance between students and students is relatively rivalry, in the classroom teaching students become active atmosphere, to take effective measures to maintain the enthusiasm of students, promote the integration of online teaching and track and field education, so as to promote the development of students themselves [1].

3.1 The language ability.

In the network teaching, the frequently used way is question-answer, question-and-answer method is widely used in modern university physical education, and has made certain achievements. Question-and-answer teaching methods stimulate the active atmosphere of classroom education, the exchange between teachers and students, student exchanges and cooperation can be question-and-answer method, of course, the teacher can go deep into the lives of students to understand and understand Student learning, living conditions, and gradually establish the regular communication between teachers and students, which in the future education plays a vital role. In the network teaching, to emphasize the progress of learning and efficiency of the control, between teachers and students, between life and life to explore the issue should pay attention to the balance between some usually relatively introverted students, to each student to answer questions, pull Near the distance between the students. For relatively difficult issues, teachers should encourage students to use their brains, speak their minds, the students were thinking, the teacher detailed explanation and Q & A. The integration of track and field teaching and online education, we should give full play to the role of the network database, from a different point of view to find out the different answers, to develop students' divergent thinking. In answering questions and answers in the continuous improvement of students' language organization and language skills.

3.2 The independent thinking ability of students.

Students and students to discuss the current hot topic about the track and field, to provide students with a platform to speak freely, the teacher pointed out that students of the extreme and wrong thinking of the department. Early network teaching and track and field education in the exploration, you can take a variety of ways to explore practical, you can play other school teaching demonstration video, and constantly stimulate student interest. Students can use the Internet class platform for grouping, each group recommended a student representative, student representatives responsible for this group of students between the discussion and the collection of views to a group in the form of the overall view of their own group. It can also be driven by the network video, after

the group for the relevant topics for the debate between groups, the active participation of each student is very important. In order to ensure the effective teaching activities, educators should take the initiative to supervise or participate in the discussion with the identity of the students, through the early training of students in the training of thinking ability and the courage to speak, you can do whatever you want, , Students can play a bold imagination to express their point of view [2].

3.3 The role of students in the exchange capacity.

When the university uses the network teaching to carry on the track and field education, may simulate the actual teaching process, like this causes the teaching form to be more diverse, also may use the network interactive function to carry on the role to play and the transformation. Educators must be fully prepared before the class, in the design of educational content and educational methods must be carefully considered, should be based on the situation of different students to adopt appropriate teaching mode. In the actual classroom teaching, teachers to guide students to organize themselves, so that the active participation in the teaching of track and field. The advantages of online video can be combined with the relevant characteristics of student life, to mobilize the enthusiasm of students, students can play for the classroom imagination, enhance their communication skills.

3.4 The combination of network teaching and track and field education and evaluation of reform.

Breaking the traditional teaching philosophy, focusing on student-centered teaching, track and field-related students to actively participate in the teaching of track and field. From a large number of practice can be drawn, relaxed, active classroom atmosphere is more conducive to students to master the knowledge, the teacher's guidance and encouragement role also allows students to consciously participate in them, so the role of the guide can not be neglected. Teachers should pay attention to the learning situation of each student, for the progress of the students to praise in order to promote the enthusiasm of students. For students to encourage more, as little as possible to do evaluation, pay more attention to analysis and guidelines, concerned about the students heart, so that students dare open to the teacher heart, making the problem an effective solution [3].

4. Conclusion

On the whole, the combination of network teaching and track and field education is the inevitable choice of college physical education reform. Although it has achieved good results, it still needs to explore and realize the purpose of teaching and promote the comprehensive development of students' quality. The content of the track and field teaching curriculum design will seriously affect the quality of student learning, so colleges and universities to increase the network of teaching professionals, to promote the practice of constructivist theory of teaching, so that students become the dominant learning, and constantly strengthen the teachers and students Interactive, easy, pleasant classroom atmosphere for the development of track and field education in colleges and universities to contribute. This paper introduces the innovation of the track and field teaching mode, then discusses the characteristics of the network teaching, and advances the reform of the network teaching in the track and field teaching, including the improvement of the language ability, the independent thinking of the students, the training of the role swapping ability.

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