

Research on the Construction of College Physical Education Classroom Based on Information

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Abstract: Course integration of information technology and other disciplines is a hot issue in the process of popularization of information technology education. It is the core of information technology applied to education and the key and difficult point of further deepening teaching reform. The application of information technology in physical education can not only make teachers' teaching methods more flexible, make the teaching process more intuitive, but also increase students' enthusiasm for sports and learning, and improve students' understanding of sports. In college physical education, we must also change the traditional teaching mode, pay attention to the integration of information technology and curriculum, and improve the teaching process. According to the current situation of physical education in colleges and universities, this paper clarifies the significance of the integration of information technology and physical education curriculum, and proposes corresponding improvement measures.

1. Introduction

Under the background of the global information age and the deepening reform of physical education teaching, information technology will certainly affect the trend of education reform. At present, various disciplines in China have applied modern information technology to the teaching of subject courses to varying degrees, and the development of school physical education can not be separated from information technology [1]. The effective integration of information technology and physical education curriculum is not only the only way to modernize school physical education, but also the direction of development. In the background of the Internet era, explore the application methods and modes of modern information technology in college physical education classroom teaching [2]. The integration of modern information technology into the teaching process can change the expression of teaching content, change the teaching methods of teachers, and the learning style of students [3]. Both physical education researchers and physical education workers must attach great importance to integration and comprehensively examine some of the substantive changes brought about by integration. Better use of information technology to optimize teaching effects, improve teaching quality, and promote the smooth implementation of physical education reform in colleges and universities in China.

From the point of view of the application of information technology in teaching in today's countries, information technology is not only a teaching aid or auxiliary means, but is the pursuit of fully integrating information technology with teaching courses to build a new, ideal and effective learning. The environment interacts with teachers and students [4]. Using information technology teaching, you can vividly teach sports knowledge and skills, fully demonstrate the connotation and skills of certain motor skills, stimulate students to actively participate in learning and practice, improve learning effects, cultivate their learning and innovation skills, and expand learning. And thinking space. In recent years, the reform of college physical education classroom has never stopped. From Wechat Public Number to Mu Course Platform to Virtual Reality Technology Classroom Platform, which is likely to be popularized in the future, is the combination of higher education and modern information technology [5]. With the rapid development of today's society, it is necessary for

schools to cultivate compound talents. Physical education curriculum in Colleges and universities is an important subject. It is necessary to strengthen the integration of information technology and achieve the teaching objectives of physical education in the new curriculum reform.

2. An Overview of the Integration of Information Technology and College Physical Education Curriculum

The integration of information technology and curriculum is essentially the theory and practice of information technology implementation in the curriculum. It aims at the separation of information technology and subject curriculum in the field of education. Through the interactive two-way integration of information technology and curriculum, it promotes the democracy of teachers and students. Cooperative curriculum implementation and implementation of teaching organization. It is a technology, not only sports technology, but also involves interdisciplinary applications of various scientific achievements, so it is widely included [6]. Today's era is the information age. Modern information technology, with personal computer, network technology and multimedia communication technology as its main content, has brought revolutionary changes to many fields. It is a new teaching method that integrates information technology, information resources, information methods, teachers' resources and curriculum content in the course of teaching and completes teaching tasks together. It is conducive to breaking through the traditional teaching methods of physical education, which mainly focus on language transmission information teaching and physical exercises, adopting advanced teaching techniques and methods, enhancing the intuition and interaction of teaching, and promoting perceptual knowledge to become rational knowledge.

Physical education curriculum in Colleges and universities is a public compulsory course for college students to take physical exercise as the main means, through reasonable physical education and scientific physical exercise process, to achieve the main objectives of strengthening physical fitness, improving health and improving physical literacy. The integration of information technology and physical education teaching is to combine sports science and technology with computer science. The effective integration of information technology and physical education curriculum is conducive to breaking through the traditional physical education teaching model, so that teachers' choice of teaching plans and the choice of teaching materials are no longer limited to their favorite and good content. Physical education teachers can use information technology and information resources to develop more. More teaching content and resources. It is an important part of the school curriculum system. It is an educational process that promotes the harmonious development of mind and body, ideology and morality education, cultural science education, life and sports skills education in physical activities and organic integration. Therefore, the integration of information technology and physical education is an interdisciplinary cross-combination. Although computer technology is an auxiliary and a necessary condition for physical education nowadays, although physical education is the main body and needs information technology to innovate, the two are paved. Become and promote each other.

3. The Significance and Function of the Integration of Information Technology and Physical Education Curriculum

The integration of information technology and physical education curriculum provides theoretical guidance for the exploration of modern physical education teaching mode and the change of educational concept; it provides a modern educational technology means to expand the scale of education, improve teaching efficiency and school efficiency, and improve teaching quality. Using multimedia computer network technology, we can carry out image, vivid and intuitive teaching, break through the limitations of time and space, and use the methods of simulation, simulation, visualization and modernization in the process of teaching. Realistically displayed. Physical education teachers can make full use of the network resources, search and organize the rich resources, and design the corresponding teaching according to the teaching content. In the process of learning, students do not need to rely too much on teachers, they can study independently, and promote the

initiative of students in the process of learning. To continuously enrich the classroom teaching content to fully mobilize students' subjective initiative, provide high-quality teaching resources and then conduct group self-learning. We effectively integrate information technology with physical education curriculum and rationally develop physical education curriculum. It is also part of the education reform. There is no doubt that these reforms are inseparable from the curriculum development theory of information technology and curriculum integration.

Today's information technology has the advantages of independent learning, active exploration, cooperation and communication. Through multimedia and network technology, various teaching modes can be implemented with high quality. You can find rich teaching resources, enrich your knowledge system, and enrich the classroom teaching model. The network multimedia environment can effectively disseminate information, achieve high cognitive efficiency, and facilitate the implementation of the collective teaching mode. With rich experience, we can deal with the teaching content appropriately, understand and implement the new syllabus or objectives more flexibly, and fully learn to use new technology and new means to carry out various teaching activities. In terms of educational concepts, the integration of information technology and curriculum really establishes modern teaching ideas and concepts with students as the main body and teachers as the leading role. Teachers should change from simply teaching knowledge to designing teaching process, and students should change from simply accepting knowledge to relying mainly on self-study and learning. In addition, it can also carry out exchanges and discussions between teachers, students and classmates, and carry out group cooperative learning.

4. Countermeasure and Measures to Achieve Effective Integration of Information Technology and Physical Education Course

Teachers are the leading factors to realize the effective integration of information technology and College Physical Education curriculum. Without teachers' active participation and practice, the effective integration of information technology and college physical education curriculum is impossible. Only by mastering information technology and recognizing the role of information technology in promoting the teaching process can it be practiced in teaching. Physical education teachers must constantly learn, accept new knowledge, learn to use information technology, and be able to follow the pace of information technology updates. To effectively change the strategic position of physical education in the cultivation of talents in colleges and universities, we must be able to deeply understand the connotation of physical education and understand the important role of physical education in the health of students, the establishment of personality and the cultivation of values.

Many physical education teachers do not pay attention to the combination of physical education content and information technology in the teaching process, and cannot fully play the role of information technology in the learning process of physical education curriculum. Under this trend, teachers should not only pay attention to the accumulation of teaching skills and experience, but also keep pace with the times with new technologies and ideas. In the process of teaching, we should make full use of the existing information conditions and implement individualized, intelligent and interactive teaching activities. In the process of learning excellent teaching mode, we can realize the shortcomings in our teaching process, actively improve and improve the teaching efficiency. The school has a strict assessment system, which can urge teachers to take the initiative to learn and master information technology.

Computer-aided physical education is a new teaching method. We should vigorously carry out teaching practice, advocate innovation and development, constantly explore and summarize in teaching practice, and at the same time, we should strengthen the relevant theoretical research of computer-aided physical education. Different teaching contents play different roles in achieving teaching objectives. We should try our best to select the most effective course contents to achieve teaching objectives. Colleges and universities have a large number of electronic equipment and data resources, as well as human resources, which can effectively organize and develop these resources, so that students can share the knowledge of experts and professors. The continuous improvement of

information technology literacy of teachers is a powerful guarantee for the implementation of integrated effectiveness and an inexhaustible motive force for promoting the continuous development of integration. Choosing the best learning strategy and using existing information resources to organically integrate traditional face-to-face classroom learning with digital learning is not necessarily difficult.

5. Conclusions

Information technology has become an inseparable part of the development of higher education. It is not only a necessary condition for ensuring the normal operation of higher education, but also an important means to improve the quality and management of teaching. From the perspective of a school, it is necessary to implement the integration of information technology and physical education curriculum well, to have a digital hardware environment, and to prioritize the construction of facilities closely related to teaching. This is the material condition for integration. Under the guidance of advanced educational science theories, give full play to the role of information technology in curriculum construction and curriculum teaching. Physical education curriculum is the main body of physical education, and it can not be separated from the support of information technology. However, physical education curriculum is a special course. Compared with the integration of information technology, it has both generality and particularity. Construct various teaching application software platforms and teaching resource banks to meet the requirements of educational informationization. The application of information technology in physical education teaching is inevitable for the development of College teaching, and has been catching up slowly, but there is still a long way to go to give full play to its role.

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