Analysis on the Strategy of College Sports Information Construction of "Internet +"

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Abstract: The integration of "Internet + Education" has been deepening. At the same time, the central top design of "Healthy China and National Fitness" has been gradually released. Under this era and policy background, college sports as a pioneer in the national sports reform, the construction of college sports informationization is imperative. Colleges and universities should not only pay attention to the practical significance of optimizing physical education, improving the efficiency of physical education, and realizing the modernization of teaching, but also consider a series of problems such as low importance, lack of ideological cognition, conservative teaching, and lack of effective means of information sharing. And in the aspects of improving the importance, improving the awareness, innovative teaching methods, and smoothing the information sharing channels. so as to promote the construction of college sports information and realize the comprehensive development of college sports.

1. Introduction

"Internet +" comprehensively penetrates into all fields of society, regardless of its size, is profoundly changing the way of production, life and even survival, and gradually becomes the endogenous driving force for social development and progress. On July 18, 2019, the Healthy China Action was officially launched under the guidance of the important directives of "Healthy China Action (2019-2030)". "National Fitness Action" – life is in sports, sports need science, and it is one of the important things. Question. According to the National Sports General Administration's 2104 National Sports Data Survey, the number of residents who are regularly active from 20 to 69 years old is only 14.7%, and the proportion of urban and rural residents who regularly participate in sports is 33.9%. By 2022 and 2030, the proportion of urban and rural residents must be at least 90.86% and 92.17% have reached the "National Fitness Standards" qualified line, which is the "national standard". This requires strengthening and promoting the construction of the public sports service system. It is initiated by the State Sports General Administration, and the development and reform commission, the Ministry of Education and other relevant departments work together. Work to improve the "sub-health" status of college students. The construction of college sports informationization has become a vital part of it, and it has also greatly promoted the "national fitness movement" [1]. Under the background of "Internet + education", college sports should also keep pace with the times, and the innovation model should adapt to informationization. Only by strengthening the construction of college sports information and integrating modern information technology into the all-round construction of college sports can we promote college sports. Aspect development.

2. Basic attributes and characteristics of college sports informationization under the background of "Internet +"

The informationization of college sports refers to relying on the intelligent multimedia information platform, using modern information media to realize multi-faceted educational information, enriching and sharing resources to the frontiers of physical education, completing the

information transmission between the two subjects of education, and achieving the expected realistic goals of physical education. . Therefore, college sports informationization is characterized by technology and education, as shown in Figure 1. Among them, the technical attributes give it the main characteristics of the basics of digitization, networking, intelligence and media, breaking through the limitations of time and space, multi-channel and multi-forms to realize the multi-party sharing of sports resources; the educational attributes are based on the basic characteristics of technical attributes such as numbers and networks. The expansion is derived from the four basic characteristics of openness, sharing, interaction and collaboration, so as to deepen the understanding of teachers and students and strengthen communication and cooperation between teachers and students and students [2].
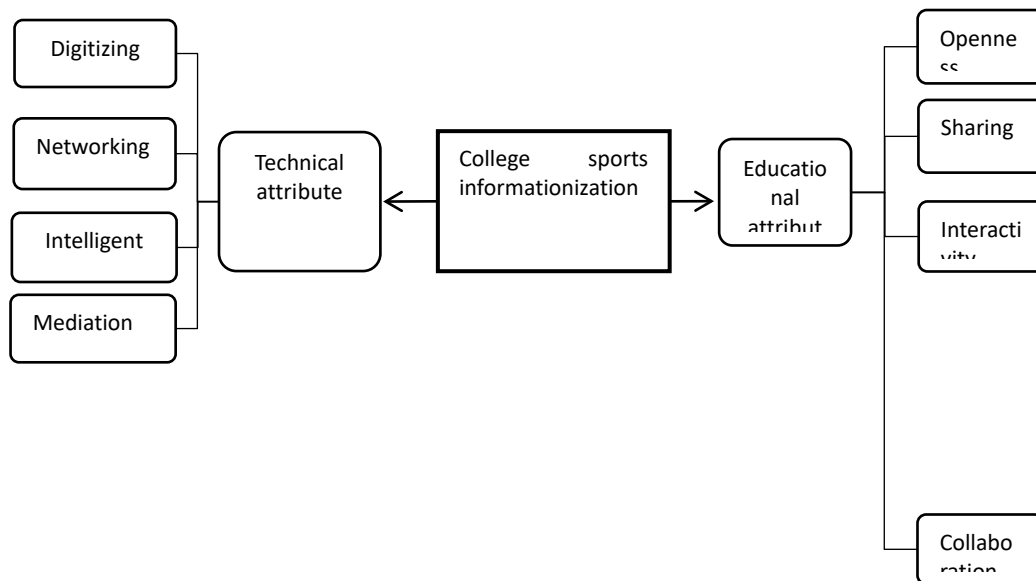

Figure 1 Characteristics of college sports informationization attributes

3. Problems in the construction of college sports informationization under the background of "Internet +"

3.1 The construction of college sports informationization is neglected

The management of colleges and universities believe that to achieve physical and mental development, enhance physical fitness, and establish lifelong sports goals, they must focus on sports practice, often neglect informational teaching, and have a certain degree of resistance to information technology to promote physical education reform. On the other hand, physical education curriculum As the basic course is limited by ideological cognition and curriculum orientation, it is positioned as the end of the informatization teaching reform, and there is no rigid requirement for sports in college academic achievement and employment rate. Therefore, colleges and universities will not focus on the physical education sector, sports information. It is also difficult to put the construction on the agenda. At the same time, students' emphasis on physical education is also weakening, which will hinder the healthy growth and development of students' physical and mental health in the future. In addition, without a large amount of capital investment, the construction of sports informationization is difficult to implement and continue to operate. These have led to the construction of college sports informationization, which is difficult to get attention in the entire education and teaching system of colleges and universities, and is often overlooked.

3.2 Teachers lack understanding of informatization teaching

Physical education teachers are at the core of sports information construction, and they are the concrete implementers of informational teaching. They are also participants and specific beneficiaries of sports information reform. However, quite a few teachers have insufficient understanding of sports informationization teaching, and habitually rely on traditional routines. The teaching mode is limited to the "face-to-face, hands-on" teaching nature of the physical education curriculum and the "strong practice" practice form. It is not deeply understood. It is only one-sided that "informatization" is not relevant to physical education. In the teaching process, it is only Cited in video broadcasting, score entry, etc., it is difficult to change the established thinking cognition formula, and there are teachers who have fears and fears. These "new opportunities" of sports reform are regarded as "new burdens" for daily teaching work, and they do not want to innovate and are unwilling to change. To a certain extent, it hinders the promotion, implementation and efficient implementation of information technology construction in colleges and universities.

3.3 Lack of innovation in the physical education classroom system

College physical education classroom teaching is too traditional, and the whole system lacks innovation. In the construction of college sports informationization, physical education and informationization are simply adding and subtracting operations. The specific resources and information integration have not undergone an organic reaction, and no high-efficiency and organic integration has been produced. Physical education teachers are not tailored to specific needs. Various information resources are piled up in physical education classrooms. They are not closely embedded in various teaching links. The teaching elements are independent of scientific information technology, and the physical education curriculum structure and content innovation are insufficient.

New ideas lead to information and resources floating on the surface and difficult to penetrate. The specific implementation of informatization means is more like a form of informatization. For informationization and informationization, its teaching efficiency and effectiveness have little effect. In addition, in terms of teaching evaluation, it is not possible to use the informational scientific parameter index as the benchmark. Some teachers only judge from the subjective level by personal emotion and teaching experience [3].

3.4 Absence of effective ways of sharing resource information

The construction of college sports informationization emphasizes the collection, transmission and analysis of resource information based on Internet technology. Therefore, the effective way of resource information sharing has become a prerequisite for the deep integration of informationization and physical education. However, as far as the status quo is concerned, the concept of intelligent teaching of college sports information is weak, resulting in the implementation of various implementation links not in place. On the one hand, the information technology is deepening, and the new environmental situation of college sports is becoming increasingly complex and severe. The teaching mode is far from the new requirements of information technology, and the span is large, which makes it difficult to construct an effective way to share information resources. It is said that college physical education and modern information technology update are seriously out of touch, and in the short term, they cannot adapt to the development requirements of the new era. On the other hand, information technology has not been fully applied in college physical education. Because the curriculum structure and content in college physical education are too traditional, it is relatively unreasonable. Its flexible innovation and efficient office work are difficult to play and cannot be mobilized. Student sports participate in subjective initiative. Under such circumstances, it is difficult to effectively integrate informationization with college physical education.

4. The Coping Strategies of College Sports Information Construction under the Background of "Internet +"

4.1 Pay Attention to the Construction of College Sports Information

Under the top-level design strategy of "Healthy China, National Fitness", colleges and universities should actively respond to policy calls, increase the emphasis on sports information construction, change the cognitive concept of promoting physical education reform with information technology, and comprehensively understand the information construction of colleges and universities. To clarify the urgency and practical significance of its era, to clarify specific advantages and precautions, so as to eliminate resistance, and at the same time, highlight the important position of physical education, slant resources, strengthen the construction of sports informationization in colleges and universities, and strive to realize scientific information in the new era. Technology, equipment, resources and college sports are effective, efficient, and in-depth integration, reforming the regular methods, means and modes of physical education, aiming at informationization and tuning the structure of physical education. In addition, it is necessary to continuously increase investment, strengthen the construction of resources and facilities, lead the reform of information-based physical education, and promote the horizontal and deepening of sports informationization in colleges and universities.

4.2 Improve teachers' informational cognition

The cultivating of high-quality professional talents is the precondition for the sustainable development of the information age. If the college sports informationization construction highlights its spatiality and openness, it needs to start from the perspective of improving teachers' informationization literacy, and then strengthen college physical education teachers. Overall professionalism. On the one hand, college physical education teachers regularly carry out informatization professional training, guide concentrated investment, in-depth study, constantly update informational knowledge, and continue to innovate informational cognition, arm themselves with information technology, and develop their vision with the main idea and dynamics. Management, self-iteration, self-progress; on the other hand, physical education teachers should be aware of the pulse of the times, actively explore new teaching models, conduct correct guidance, and help students establish a lifelong physical exercise mentality, so as to promote the construction of college sports information and realize sports The teaching is efficient and high quality.

4.3 Constructing an Informationized Classroom Teaching System

Physical education classroom is the main battlefield and result acceptance field of college sports information construction. In the process of college sports information construction, the construction of information-based classroom physical education system is very important. This requires focusing on the physical practice classroom, using information technology and equipment, integrating resources, and building an information-based classroom teaching system-top-down teaching system, as shown in Figure 2.
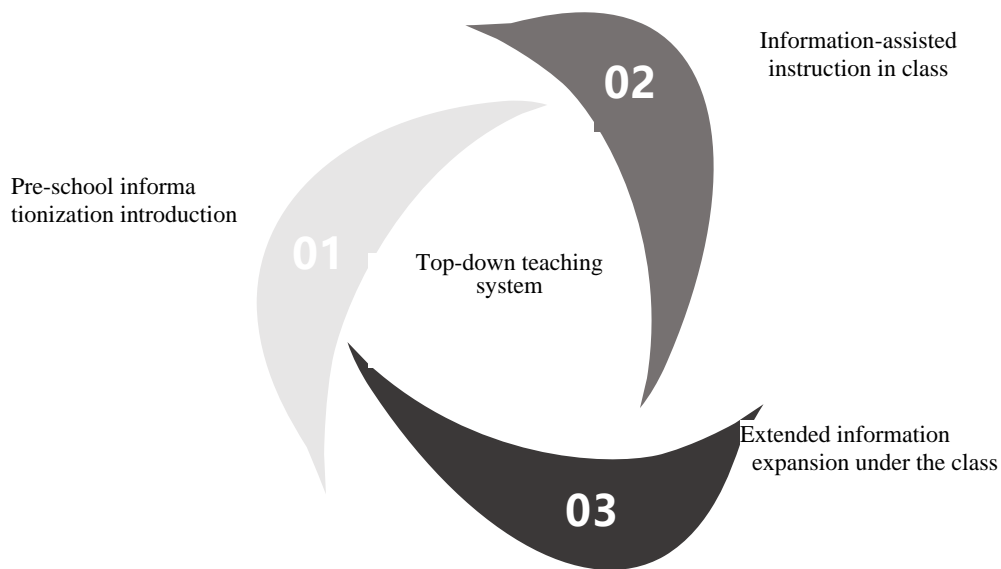
Figure 2 Informational classroom teaching system

First, it is a pre-class informationization introduction. Relying on the Internet course platform before the class, such as MOOC, micro-class, etc., students carefully browse or repeat the information sharing resources, take the initiative to complete the preview task, find out the doubts, difficulties and ask questions. Secondly, it is the information-assisted teaching in the class. In this session, students are the center, teachers are turned into guides, making good use of WIFI, mobile APP, multimedia and other technologies to explain and demonstrate, and patiently answer student questions, strengthen teacher-student exchanges and interactions, thus ensuring coherent classroom teaching. Finally, it is the extension of informationization under the class. Under the class, students complete relevant tasks on the course platform and solve related questions, deepen knowledge understanding, and consolidate what they have learned in the classroom. In addition, they can further study and expand the breadth and depth of knowledge in the sharing center [4].

4.4 Develop an information management training plan

Based on the information management, scientific and rational development of the college sports information training management plan, as shown in Figure 3, effectively solve the problem of the lack of effective ways of resource information sharing, and thus promote the construction of college sports information.
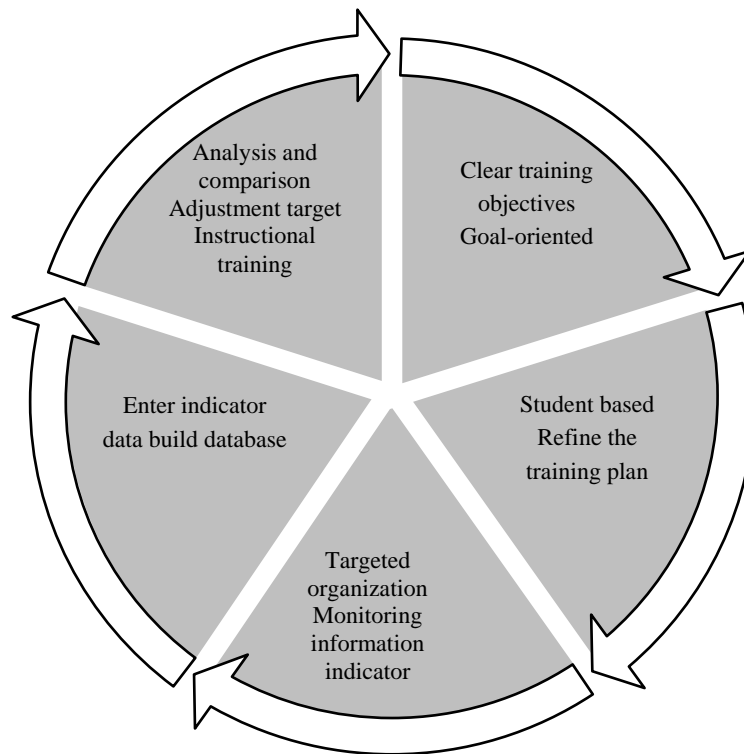
Figure 3 College sports information training management plan

First, we must clarify the training objectives of "improving students' overall abilities", determine the guiding role of health training goals, and gradually improve the goal realization plan. Second, under the correct goal orientation, we must test the physical fitness of students and classify statistics according to students. Physical fitness characteristics, the overall training plan will be split, refined, and implemented. Third, in accordance with the detailed training plan, the training activities will be organized in a regular and orderly manner, and the physical fitness indicators of the students will be monitored and recorded during the activity; Fourth, enter the statistical data of different stages of indicators, establish a database, and merge into the dynamic change Table of each student's personal data; fifth, physical education teachers should make full use of data analysis technology, analyze and contrast personal data, adjust targets quickly and timely, and thus scientifically Tailor-made training programs for students, and then guide the next step of training, form a virtuous circle, effectively improve the effectiveness of college sports information construction, and promote its sustainable and healthy development.

5. Conclusion

The construction of college sports informationization is a new development trend of college physical education under the background of "Internet +" era, and it is also a new requirement of education reform. It is also a new measure for the national fitness action in "Healthy China Action". Colleges and universities should conform to the new trend of the times, actively respond to the call of the state, implement the reform of informatization of physical education, attach importance to and strengthen the construction of informatization, enhance the overall informational cognition of physical education teachers, make good use of scientific information technology, and apply it reasonably to sports. Teaching, theory and practice work together to build an information-based classroom teaching system and develop an information management training plan to optimize college physical education and improve teaching effectiveness, thereby strengthening the modernization of physical education, realizing the healthy development of college physical education, and promoting national fitness. The promotion of action will further promote the implementation of the "Healthy China Action" and implement it.

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