

Exploration of the Application of Intelligent Technology in Sport Teaching and Training

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Abstract: At present, intelligent technology has gradually penetrated into the field of sport teaching and training, which has a far-reaching impact on the traditional sports model. It is urgent to deeply discuss its application status, practical exploration, challenges and future trends. Based on this background, this article expounds the basic concept, development course and current application status of intelligent technology, and points out its potential influence on traditional sports mode when it gradually penetrates into the field of sport teaching and training. By analyzing the specific application of intelligent technology in Physical education (PE) curriculum design, teaching methods and learning resources, as well as its role in sports monitoring, skill analysis and training plan formulation, this article deeply discusses how intelligent technology can improve the individuation, interactivity and interest of sport teaching. At the same time, this article also studies how intelligent technology can help athletes master training intensity more accurately, optimize technical movements, and effectively prevent sports injuries. Research shows that intelligent technology has shown great potential and practical results in sport teaching and training. It improves the efficiency of teaching and training, and also promotes the balanced distribution of PE resources.

1. Introduction

Intelligent technology is the forefront of scientific and technological development in the 21st century. Its core is to simulate, extend and expand human intelligence, so that machines can have the ability of perception, learning, reasoning and decision-making similar to human beings [1]. This technology originated from computer science, but with the progress of science and technology, it has gradually penetrated into various industries and fields. From the initial expert system and fuzzy logic to the later machine learning and deep learning, the development of intelligent technology witnessed the continuous exploration and pursuit of the essence of intelligence [2]. Nowadays, intelligent technology has been widely used in medical treatment, transportation, manufacturing and other fields, which has greatly improved production efficiency and quality of life [3].

In the category of sport teaching and exercise, the integration of intelligent technology has become an irreversible trend. In the past, PE mainly relied on the practical wisdom of coaches and the initiative of students' self-practice [4]. Now the intervention of intelligent technology is bringing revolutionary changes to this field. With the help of intelligent equipment, deep excavation of big data and the application of artificial intelligence algorithms, sport teaching can more accurately grasp students' physical strength, technical mastery and learning needs, and then customize a teaching plan that meets individual characteristics [5]. These techniques can also help coaches optimize training programs and enhance the scientificity and efficiency of training [6]. The integration of intelligent technology broadens the means of sport teaching and greatly enhances students' learning enthusiasm and internal motivation. This has had a profound impact on the traditional sport teaching mode.

Based on this background, this article aims to explore the practical application and development trend of intelligent technology in sport teaching and training, examine its possible influence on

traditional sport teaching mode, and explore how to use intelligent technology more effectively to promote the innovation and progress of PE.

2. Application of intelligent technology in PE

With the rapid development of intelligent technology, its application in the field of PE is gradually expanding, which has brought unprecedented innovation to curriculum design, teaching methods and resource acquisition [7]. As far as PE curriculum design is concerned, relying on big data analysis and in-depth exploration of students' behavior patterns, intelligent technology can gain a more accurate insight into students' interests and needs and create a curriculum that is more suitable for students' characteristics. For example, some intelligent sports platforms can recommend suitable sports and course difficulty according to students' age, gender, physical condition and other factors, making PE courses more individualized and scientific [8]. In teaching methods, the contribution of intelligent technology is equally significant. Traditional PE is teacher-centered, and students are in a passive learning state. The introduction of intelligent technology makes teaching methods more diverse and interactive. Using virtual reality (VR), augmented reality (AR) and other technologies, students can get an immersive sports experience and stimulate their enthusiasm and sense of participation. Intelligent teaching system can also dynamically adjust the teaching content and difficulty according to the progress and feedback of students, so as to achieve the purpose of individualized teaching.

With regard to the acquisition of learning resources, intelligent technology provides students with richer and more convenient ways. Students can access sports teaching videos, guides and training plans at any time through smart devices for self-study and practice. Some intelligent sports applications can also provide customized training suggestions and feedback according to students' training data and personal performance to help students improve their sports skills, as shown in Table 1.

Table 1 Table of Smart Sports Learning Resources and Application Feedback

Item	Description
Access to Learning Resources	Access to teaching videos, guides, and training plans via smart devices
Self-learning and Practice	Students can engage in self-learning and skill practice at any time
Smart App Features	Provide customized training suggestions and feedback
Data Basis	Based on student training data and personal performance
Improvement Effect	Help students enhance their athletic skills

The application of intelligent technology enhances the individuation, interactivity and interest of sport teaching, and at the same time, it also poses challenges and opportunities to the traditional sport teaching model. Teachers' role needs to be changed from traditional knowledge transmitter to guide and assistant, paying more attention to students' individual differences and needs, and using intelligent technology to assist teaching and management. Students change from the passive role of accepting knowledge to active exploration and practice, and pay more attention to autonomous learning and cooperative learning.

To sum up, the application of intelligent technology in PE shows a strong development momentum, which provides a solid support for the reform and innovation of PE. However, how to use intelligent technology more effectively to improve the quality and effectiveness of sport teaching is still a subject that needs to be explored and tried continuously.

3. Practical exploration and prospect of intelligent technology in physical training

3.1. Practical exploration

The field of sports training is undergoing profound changes in intelligent technology. This technology is gradually reshaping the traditional training methods and modes, bringing athletes a more scientific, efficient and tailor-made training experience. In the actual operation of sports

training, the application of intelligent technology is diverse. Sports monitoring has become a key link. Athletes can collect real-time data in sports by wearing smart devices such as heart rate monitors and sports trackers. These include heart rate, speed, distance and calorie consumption, which provide detailed information for coaches and athletes (see Table 2). Skill analysis is also an important application field. With the help of high-speed camera and image recognition technology, athletes' technical actions can be accurately captured and analyzed, and technical defects and improvement space can be pointed out. Intelligent technology can also customize individualized training plan according to athletes' physical condition and training objectives to ensure the scientific effectiveness of training.

Table 2 Sports Monitoring Data Collection and Application Table

Monitoring Aspect	Device/Technology	Data Collected	Purpose of Data Application
Sports Monitoring	Heart Rate Monitor	Heart Rate	Assess athlete's physical condition, adjust training intensity
	Activity Tracker	Speed, Distance, Calories Burned	Analyze sports performance, optimize training plan

The introduction of intelligent technology enables athletes to control the training intensity more accurately. By monitoring the sports data in real time, the coach can adjust the training intensity in time according to the athlete's physical reaction and training effect, so as to avoid overtraining or insufficient training. Through the accurate analysis of technical movements, coaches can provide specific improvement suggestions for athletes to help them improve their technical level and sports performance. Intelligent technology can also effectively prevent sports injuries. By monitoring athletes' physical condition and training load, the system can warn potential injury risks and guide the adoption of preventive measures. Intelligent technology has a significant impact on the training effect of athletes of different sports and different levels. For professional athletes, this technology helps them to adjust their training plans more carefully and improve their training effects and competition results. For amateur athletes or fitness enthusiasts, intelligent technology provides a more convenient and individualized training program, which reduces the entry threshold of sports and increases the fun of sports.

3.2. Challenges and prospects

Although the application of intelligent technology in sport teaching and exercise has brought many benefits, the accompanying challenges are also worthy of our attention. And it also requires us to actively respond and seek effective solutions.

① Data privacy protection is a difficult problem that cannot be ignored in the application of intelligent technology. Intelligent technology depends on the collection and analysis of a large number of data. These data include sensitive information such as athletes' physical condition, training performance and personal habits. How to ensure the security of these data and prevent leakage and abuse is the key problem that must be solved in the application of intelligent technology. We need to establish a sound data protection mechanism, strengthen data encryption and access control, and ensure the security of data during transmission, storage and use.

② The popularization of technology is also a big challenge for the application of intelligent technology. Although intelligent technology is more and more widely used in the field of sports, not all regions and schools have the conditions to use these technologies. In some remote or economically underdeveloped areas, schools may lack the necessary hardware facilities and network foundation, and it is difficult to effectively use intelligent technology for sport teaching and training. Therefore, we need to increase investment to promote the popularization of intelligent technology, so that more regions and schools can experience its benefits.

③ The adaptability of teachers and students is also a problem that can't be ignored when applying intelligent technology. The introduction of intelligent technology has changed the traditional teaching and training mode, and put forward new requirements for the ability of teachers

and students. Teachers need to learn how to use intelligent technology and teaching strategies, while students need to adapt to the learning and training methods in intelligent environment. Therefore, it is particularly important to strengthen the training and education of teachers and students and improve their application ability of intelligent technology.

In order to overcome these challenges and promote the deep integration of intelligent technology and sport teaching and training, we can implement the strategies in Table 3:

Table 3 Strategies for Overcoming Challenges in Integrating Smart Technology into Sport Teaching and Training

Challenge	Coping Strategy
Data Privacy Protection	Establish and improve data protection mechanisms, strengthen data encryption and access control, and ensure the security of data during transmission, storage, and use
Low Technology Adoption	Increase investment to promote the adoption of smart technology, enabling more regions and schools to utilize smart technology for sport teaching and training
Teacher and Student Adaptability	Strengthen training and education for teachers and students, enhancing their ability to apply smart technology and adapt to new teaching and training modes

Intelligent technology has a huge development space in improving training efficiency and performance. With the continuous progress of technology and the continuous expansion of application scenarios, intelligent technology will be further integrated into sports training to provide athletes with more comprehensive, accurate and individualized training support. It will also promote the scientific and modern sports training and help the prosperity and development of sports.

4. Conclusions

This study found that intelligent technology can accurately monitor athletes' physiological indicators and training data, and provide scientific basis for individualized training. It can also enrich teaching methods through virtual reality, augmented reality and other means, and improve the interactivity and interest of sport teaching. The application of intelligent technology also promotes the balanced distribution of PE resources, so that students in remote areas can also enjoy high-quality PE. Based on these findings, this article puts forward the following suggestions on the application of intelligent technology in sport teaching and training: ① Relevant personnel should intensify the research and development of intelligent technology and constantly improve the accuracy and reliability of technology to meet the actual needs of sport teaching and training. ② Schools should strengthen the intelligent technology training of teachers and students, improve their technical literacy and application ability, and ensure that intelligent technology can be truly integrated into sport teaching and training. ③ Relevant departments should establish a sound data protection mechanism to ensure the safety of athletes' personal information and training data.

With the continuous progress of technology, the intelligent teaching platform will be more perfect and can provide more individualized and convenient teaching and training services for teachers and students. Intelligent technology will also be deeply integrated with other fields, such as medical treatment and rehabilitation, to provide athletes with more comprehensive health management and training guidance. In the future, we expect intelligent technology to bring unprecedented changes and development opportunities to sport teaching and training.

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