

Analysis on the Influence of Modern Educational Technology on the Reform of Physical Education in Colleges and Universities

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Abstract: The emergence of modern educational technology is an innovation in the field of education. The use of computer network as the core of education and teaching information technology, design and development of new teaching processes, to achieve modern teaching practice, modern educational technology to make college education reform shine. This paper takes modern educational technology as a breakthrough point, explores its influence on the reform of college physical education, combines the difficulties encountered in the current reform of physical education in colleges and universities, integrates modern educational technology and the reform of physical education in colleges and universities, and deepens the reform process of physical education in colleges and universities. It will lead to revolutionary changes in the field of education reform.

1. Introduction

Modern information technologies such as the Internet, cloud computing, and big data have profoundly changed the way human beings think, produce, live, and learn, and show the development prospects that cannot be estimated. Under the Internet +, the society's demand for talents has undergone fundamental changes, from the single requirement of the past to the diversification requirements, resulting in diversified modern education reform concepts, such as the concept of lifelong education and quality education. Under this situation, the emergence of modern educational technology can promote the innovation of college education concepts and inject new vitality into contemporary college education.

2. The influence of modern educational technology on the reform of college physical education

The development of domestic modern educational technology began in the 1980s and was introduced to China by the United States. It was originally called "Electrical Education". It uses modern teaching techniques such as slides and film screenings. This is modern educational technology. The initial form of expression. Since the beginning of the 21st century, China's science and technology has developed rapidly, and the degree of internationalization has been increasing. The connotation of modern educational technology has also been enriched. "Modern educational technology" corresponds to traditional educational technology. It is a traditional concept of innovation. It is guided by modern educational thoughts, using modern technology, comprehensive teaching design and teaching media to optimize the teaching relationship between teachers and students. Thereby achieving an optimized teaching process and benefits, as shown in Figure 1 of the modern educational technology operating model.

In order to clarify modern educational technology, we must first understand the impact of modern educational technology on modern education. This paper combines the research content of college physical education reform to explore the impact of modern educational technology on college physical education reform, which is embodied in the following aspects:

First, it broke the traditional college sports education concept. The application of modern educational technology in the field of physical education in colleges and universities, through the establishment of virtual teaching network, coincides with the concept of "lifelong sports" in current physical education in colleges and universities. At the same time, it breaks the traditional sports

education and pays attention to the concept of technical training, and attaches importance to the all-round development of students. And use modern educational technology to achieve popular sports education.

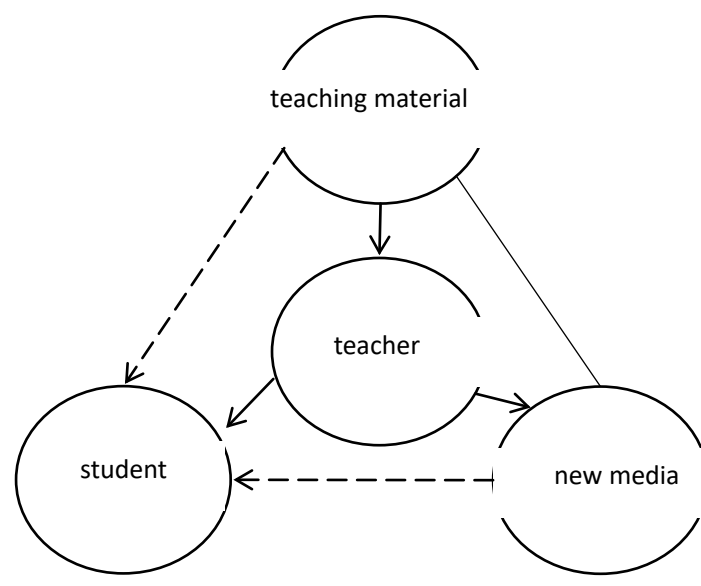


Figure 1 Modern educational technology operation mode

The second is to promote the innovation of college physical education content. The practical application of modern educational technology in higher physical education, as shown in Figure 2, can promote the innovation of physical education content in colleges and universities, so that the educational content of the single physical quality in the past can be integrated into various aspects such as health, health care and nutrition. Meet the needs of modern teaching of physical education in colleges and universities.

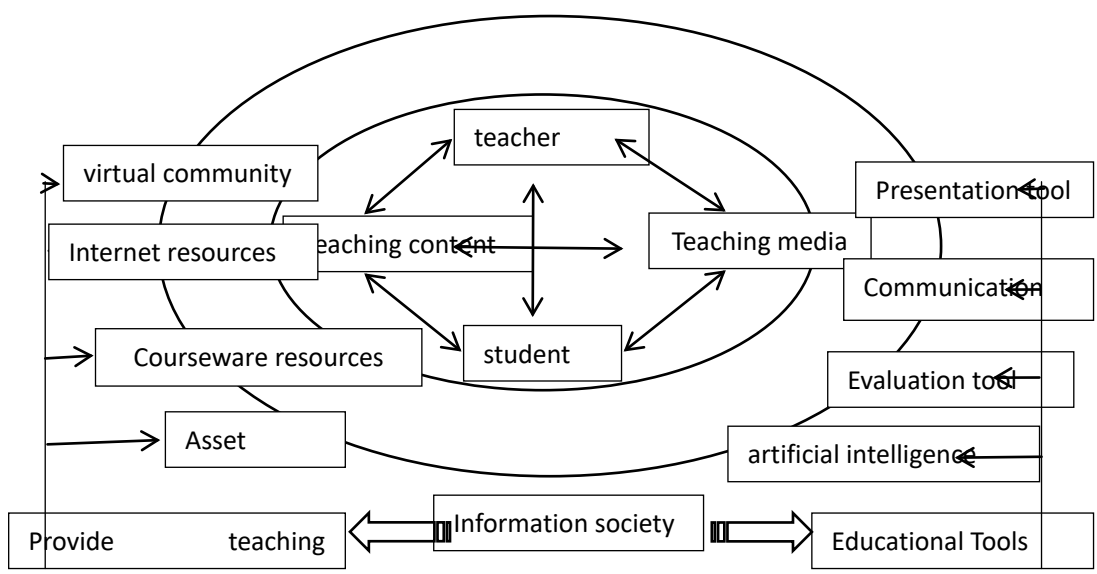


Figure 2 Practical application of modern educational technology

The third is to realize personalized college physical education. The practical application of modern educational technology in college physical education constitutes a rich virtual teaching environment. It can create a personalized sports learning environment according to the characteristics of students, and combines individualized teaching tools to stimulate students' interest

in learning and change the traditional duck-filling. The boring teaching.

The fourth is to transform the main role of physical education teaching in traditional colleges and universities. The practical application of modern educational technology can promote the transformation of teachers and students' roles in college physical education classrooms. Teachers are transformed from traditional simple knowledge transferers to curriculum developers, becoming information and skill instructors, meeting the needs of modern higher physical education, and students. From passive learners to autonomous learners.

The fifth is to build a harmonious college sports education environment. Modern educational technology breaks the time and space constraints of traditional classrooms, shortens the distance between learners and educators, and is conducive to building a harmonious and healthy college physical education environment.

In summary, under the new economic development situation, modern educational technology is guided by the modern higher physical education concept, serving the reform of physical education in colleges and universities in China, breaking the traditional concept of physical education in colleges and universities, and promoting the innovation of physical education content in colleges and universities. To realize individualized physical education in colleges and universities, to transform the main role of physical education in traditional colleges and universities, and to construct a harmonious physical education environment in colleges and universities is conducive to achieving the goal of lifelong, universal and humanized teaching of higher physical education.

3. The current reform of college physical education in China

3.1 The influence of traditional physical education model is deeply rooted

With the development of the national economy, the quality of the daily life of the people has been greatly improved, and the overall physical quality of the nationals has declined. This is partly related to the fact that the concept of physical education in China is not universal. As the main body of physical education in China, colleges and universities simply adopt other science-like educational models for the development of physical education activities. The teacher-centered inculcation teaching mode can not stimulate students' initiative and enthusiasm for sports learning. Long-term lack of exercise leads to insufficient self-confidence for most students to participate in sports training, which affects the effect of physical education. In addition, at present, the reform of physical education in colleges and universities in China has put forward a new concept of physical education, which emphasizes both theoretical and practical teaching. However, due to the long-term influence of traditional physical education teaching mode, the current college physical education model still focuses on theoretical teaching and simple test-taking. In the field of teaching, the neglect of interest and the cultivation of sports wisdom, the emphasis on sports skill teaching, and the neglect of the essential goal of physical education, and the results of the current higher education reform are not obvious.

3.2 The application of modern educational technology is seriously lagging behind

In the current process of higher physical education, the application of modern educational technology is seriously lagging behind, especially the lack of integration of modern educational technology and college physical education reform work, which has largely restricted the current reform process of higher physical education. On the one hand, many college physical education currently have a rejection psychology for the application of modern education. It is believed that modern education technology simply changes the indoctrination teaching method from "man-made" to "intelligence", and does not really change the physical education teaching in colleges. It is considered that the integration of modern educational technology and college physical education is not necessary. On the other hand, in the process of physical education reform, some colleges and universities have cognitive biases in the application of modern educational technology. Simply using modern educational technology as a teaching tool and pursuing the formal application of college physical education classrooms has not only caused modernity. The waste of educational

resources has not served the modern higher education reform.

3.3 College sports education management falls into the bottleneck

In the process of modern education reform, the reform of physical education has been highly valued, and the situation of not paying attention to physical education has been changed. The reform of physical education in colleges and universities has achieved remarkable results. However, combined with the actual analysis, the students cultivated in China's higher physical education have not formed the concept of lifelong education, and there is a big gap between the expected goals of modern college physical education reform, which leads to the bottleneck of college physical education management. On the one hand, the management of physical education in colleges and universities is seriously inadequate due to limited resources, and it is unable to provide support for the current reform of physical education in colleges and universities, resulting in poor application of modern educational technology. On the other hand, the current college physical education management work neglects the teaching evaluation, and it is impossible to guide the follow-up physical education management work with scientific teaching evaluation, which leads to the continuous effectiveness of the current college physical education reform work.

4. Modern educational technology to optimize the strategy of college physical education reform

4.1 Constructing a new type of college physical education model

Modern educational technology is conducive to breaking the traditional physical education model, promoting the change of college physical education teaching model, constructing a new type of college physical education model, and introducing modern teaching courses, such as "flip classroom". First of all, under the new college physical education model, the application of modern educational technology breaks the limitation of time and space, realizes the zero-distance teaching and communication between teachers and students, teachers can guide students to learn in time, and students can learn at any time and any place. Expanding students' learning thinking is conducive to the formation of "lifelong sports" learning concepts. Secondly, modern educational technology provides a variety of teaching hardware, such as multimedia, computer, database, video, artificial intelligence, etc., to create a virtual physical education teaching environment, which provides a physical education reform for colleges and universities. Strong technical support. Finally, modern educational technology can optimize the physical education reform in colleges and universities, and can construct a new type of college physical education model according to the actual teaching characteristics of colleges and universities. For example, individualized physical education teaching mode, teachers are responsible for developing design teaching software, students can learn independently and conduct self-evaluation. And feedback, students are the center of physical education, which is conducive to cultivating students' independent thinking ability. Virtual reality physical education teaching mode realizes virtual physical education experimental environment through multi-sensor interaction technology, and perceives sports knowledge and skills, which is conducive to students' exploration. Learn to further consolidate knowledge and skills.

4.2 Integrating Modern Educational Technology with the Reform of Physical Education in Colleges and Universities

In view of the lack of integration of modern educational technology and college physical education reform, we should further clarify the impact of modern educational technology on college physical education reform, deepen the understanding of modern educational technology, and use this as a breakthrough point to truly realize modern educational technology and The integration of the reform of physical education in colleges and universities. First of all, to integrate modern educational technology and college physical education reform, teachers must be clear about the application of modern educational technology. It is not a simple application of educational tools, but is integrated with physical education work to promote the innovation of physical education reform

in colleges and universities, and to train students. Self-learning ability and exploration ability. Secondly, integrating modern educational technology and college physical education reform can not neglect the role of teachers. No matter what technology can not completely replace the role of teachers, the application of modern educational technology in the reform of college physical education should determine the teacher as the designer of the teaching process. The status of the controller, to achieve the real innovation of college physical education teaching mode. Finally, the integration of modern educational technology and college physical education reform can not rely too much on the application of information technology, but in combination with the actual needs of physical education in colleges and universities, providing network classroom management platform, network teaching support platform, resource platform and other services for college physical education stand by.

4.3 Integration of "Internet +" and modern educational technology

In view of the current problem of insufficient information management in the process of college physical education reform, we should make full use of the opportunity of modern educational technology practice development to build an "Internet + physical education" management system, as shown in Figure 3, for modern educational technology and universities. The integration of physical education reform work creates an information-based network operating environment.

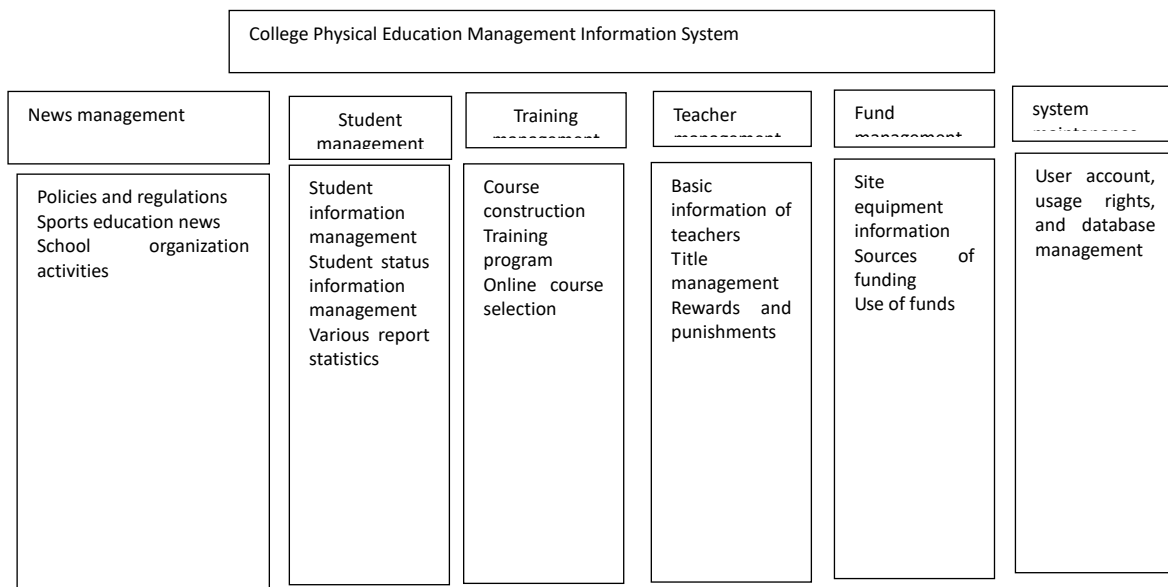


Figure 3 University sports education management information system map

First of all, modern educational technology should integrate "Internet +" and modern educational technology into the reform of college physical education, and integrate big data, artificial intelligence and other high-level physical education classrooms to fully meet the individualized sports information needs of modern students. At the same time of innovation, it also provides sufficient data and information for the management of physical education in colleges and universities, thereby carrying out data mining and analysis, and truly implementing teaching in accordance with their aptitude. Secondly, the integration of "Internet +" and modern educational technology provides an important teaching method for the current reform of higher physical education. It can fully analyze the data through the college sports education management information system, giving teachers the educational behavior and students' learning behavior. A fair and scientific score that promotes the healthy development of both teachers and students. Finally, "Internet +" and modern educational technology, build an efficient physical education management information system, comprehensive news management, student management, training management, teacher management, fund management and system maintenance and other aspects of content and

work, to achieve efficient, scientific The systematic operation further enhances the efficiency of efficient physical education management and better serves the specific physical education reform.

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