

# **The Application of Electronic Information Technology to the Reform of Physical Education Teaching in Colleges and Universities**

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**Keywords:** physical teaching, informatization, modernization, high technology

**Abstract:** With the rapid development of China's economy, the electronic information age is progressing. With the improvement of information technology, the degree of informatization of physical education (PE) in colleges and universities is also constantly improving. Information technology is rapidly and gradually integrated into people's daily life. Just as the same with the field of education, PE in colleges and universities follows the trend of history as well, vigorously promotes the reform of information teaching and eliminate the unfavorable factors in the reform. Only in this way, can the needs of PE in the new era be met. The new mode of PE curriculum is aimed at quality education, which makes it quickly adapt to PE teaching in the new era. This paper mainly discusses the methods of improving PE teaching which can enrich teaching content in the classroom, and describes the reform of modern electronic information technology in PE teaching and theoretical knowledge exploration, hoping to provide material basis for promoting the informatization reform of PE teaching.

## **1. The Decisive Role of Informatization in the Modernization of Physical Education Teachers**

With the development of information technology, teaching methods and information transmission methods have also changed. There has been also a tremendous change in the teaching mode of secondary schools, forming a new teaching mode. The original traditional teaching mode has been replaced by network electronic information technology. In this structure, on the one hand, electronic information technology has replaced the teaching mode of teachers and produced more direct communication with students through electronic products, which reduces the level of teaching management as well as speeds up the rapid transmission of teaching information. On the other hand, electronic information technology is an active interaction between students and teachers in the teaching process. However, in the teaching management system, from learning controlling to students' autonomous participation, electronic information technology realizes the full interaction between teachers and students, and also realizes the dynamic management of teaching. In this way, it not only makes the communication of teaching information smooth so as to improves the quality of teachers' teaching and students' quick reaction ability to learn, but also further makes the feedback of both sides of teaching more quickly, and greatly mobilizes the enthusiasm and potential of students' learning and promotes the exchange of experience and knowledge between teachers and students, which are more conducive to the implementation of teaching plan.

## **2. Change of Information Technology**

With the continuous development of the electronic information age and the continuous improvement of the informatization of PE teaching in colleges and universities, great changes have taken place in the way people communicate with each other. Instead of the traditional way of letters and word-of-mouth transmission, at present, people communicate with each other through the Internet and mobile phone, which also improves the efficiency and frequency of communication among people. According to the practical investigation, modern electronic information technology has been widely used in classroom teaching and has become a teaching tool for teachers. It makes PE teaching organization run efficiently as a whole, enhances communication between PE teaching in colleges and universities and external network, and forms the Internet, helping students better

accept knowledge and information. In order to make electronic information technology better integrated into PE teaching in colleges and universities, this paper has studied and discussed the teaching of modern electronic information technology.

### **3. Informatization is an Obvious Feature of Social Modernization**

Informatization promotes the progress and development of social civilization at an unpredictable speed, which is an obvious feature of social modernization. Since the new century, the continuous development of information technology mainly reflects the powerful power of social production. In the production structure, fundamental changes have taken place in three main aspects. On the one hand, information science and technology has promoted the development of education, medicine, health care and hygienism which has greatly improved people's healthy quality of life. On the other hand, the development of information technology not only brings progress to people, but also improves the material living standard and changes the living environment, so that people's progress can be further developed. People's progress is an important part of spiritual civilization. The improvement of information technology function also promotes people's way of thinking. The application of modern electronic information technology to PE is to enable the rapid development of itself and to drive the reform of PE. Modern information technology assisted teaching has achieved good teaching results in teaching practice, but there are also many subjective and objective factors affecting information technology. Moreover, these factors limit the wide application of modern information technology to PE teaching. The modern way of thinking develops systematically, openly and dynamically with the development of information science and technology, thus constantly expanding people's horizons and making great changes in the unprecedented development of society. When information science and technology is applied in practice, it causes changes in education and structural system.

### **4. The Realization of the Modernization of Physical Education Teaching in an All-round Way**

Education is not only an integral part of social modernization, but also an indispensable part of international modernization. It means that education should quicken its development and bring all-round development in the economic field for people. The reform of PE based on modern information technology is conducive to the cultivation of innovative spirit and practical ability. Higher education needs to play an educational role in accordance with reality. Firstly, it is required that education should be modernized so that the national economy can demand high prices, which will drive the development of other industries. Secondly, education should be attached enough attention and appropriate opportunities need to be given priority. For the growth of the industry itself, new electronic information technology at home and abroad should be widely accepted. Informatization is an integral part of PE, especially in colleges and universities, as well as an inappropriate trend in modern education and teaching.

### **5. Reform of Modern Electronic Information Technology in Physical Education Teaching**

#### **5.1 Theory Knowledge of PE**

With the development of information technology in PE teaching in colleges and universities, students are more interested in electronic products. Wide application of information technology and information resources gives full play to the driving role of information technology and information resources. By transmitting information resources through information network, students' interest in learning PE knowledge will be strengthened. Meanwhile, students' physical quality can be strengthened. In the teaching of theoretical knowledge in PE classroom, the application of modern electronic information technology is to be strengthened. With the development of our country, the use of the Internet is very common, especially advanced knowledge and technology, which can improve the rich information resources in PE classroom. In the process of PE teaching, the integration of electronic information technology into teaching methods rapidly improves the quality

of teaching. Moreover, teachers can reduce some pressure, reduce some preparation time, and also improve their teaching efficiency. Through electronic information, the recycling of teaching courses is realized. The use of electronic products in teaching is conducive to stimulating students' interest in learning. When the electronic products are applied to PE teaching, it is essential to pay attention to the scientificity and education characteristic of teaching content, as well as the usability and interest of the application of means. In a word, the combination of electronic technology and PE teaching is a new and effective teaching method, expanding students' knowledge and realizing the teaching and learning of PE knowledge.

## **5.2 Change of Teaching Mode**

The rapid development of the Internet in China has laid a solid foundation for the internet and education. The traditional teaching mode refers to class teaching, which is still remained in PE classes of most colleges and universities. However, in this teaching mode, teachers explain and demonstrate, followed by students' simulation practice and teachers' correction. Repeated operations make teachers no longer passionate for teaching and students uninterested in classroom teaching, which leads to students' incomplete understanding of knowledge. With the advent of network era, the traditional teaching mode has been unable to continue to develop. Faced with information technology, when encountering knowledge that students can not understand students, they are able search various software on the internet to find relevant information. Teaching is no longer the only source of knowledge for students. Therefore, teachers are suggested to make full use of the network to give lectures to students in the process of PE teaching, so as to strengthen the application of electronic information technology in teaching. By this way, students will be trained to improve their learning ability, and the application ability of information technology, thus improving the teaching efficiency and guaranteeing the teaching effect.

## **5.3 Change of Learning Style Caused by Electronic Information Technology**

Open thinking and cooperative thinking are the most symbolic features of the internet. The application of electronic information technology to PE teaching not only stimulates students' interest in learning and initiative, but also enriches the teaching mode of teachers in the classroom. With the gradual development of the concept of the internet, students learn independently. Electronic information technology mode stresses students' center position in learning. Therefore, students are capable of learning selectively on the basis of their own time and interests. Electronic information technology provides students with advanced teaching quality, as well as provides teachers with excellent teaching level and technology. Influenced by the concept of internet, PE teaching mode will update advanced technology in the near future, give students more free space to learn by using computing technology, make extensive use of information network, give full play to the driving role of network, and change traditional teaching into a more open organizational teaching system. In the course of PE classroom teaching, the Abstract teaching mode can be changed through electronic information technology. When accepting the theoretical knowledge, students can better grasp the sports action, form more profound memory, and be given more learning space by teachers. At the same time, teachers' application of electronic information technology mode is propitious to enhancing students' learning activity. In a word, in order to promote the application of electronic information technology to PE teaching, colleges and universities are required to pay attention to the training methods of modern teaching and thoroughly change the traditional teaching mode so as to adapt to the development of the times.

## **6. Conclusion**

With the development of our country's economy, the development of electronic information technology is more and more rapid, and it is used more and more frequently in people's life. To enhance the application of electronic information technology to PE teaching in colleges and universities in our country, the basic strategies should be to set up modern concept of PE, emphasizing on the method of the application of information technology and information concept.

As a new teaching platform and means, electronic information technology plays an increasingly important role in teaching. However, PE is required to seize the opportunities brought about by the teaching of electronic products, and constantly promote the reform. In the process of teaching, the integration of electronic information technology into teaching can improve students' autonomous learning ability to a certain extent, and also enable students to have a broad grasp and understanding of extracurricular sports knowledge, which improve the learning atmosphere. Electronic information technology not only provides a new teaching mode for PE in colleges and universities, but also brings a new breakthrough point for the reform of PE. Electronic products and the traditional PE teaching complement each other. The deep integration of them is conducive to optimizing teaching mode. Information science and Technology plays a decisive role in the reform of PE teaching. Choosing and optimizing combination to design PE with the help of information technology is conducive to improving the quality of PE teaching in colleges and universities in the most effective mode, so as to improve the teaching efficiency more effectively and cultivate high-quality excellent educational talents, thus speeding up the pace of PE reform in colleges and universities.

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