

# Research on the Reform of Multi-Multi-Multi-Multi-Multi-teaching Model in University Sports under the Background of Information Technology

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**Abstract:** With the advent of the Internet era, the whole people enter the information age. In the context of information technology, many universities also introduce multimedia physical education classroom, which promotes the application of information technology in teaching. For a long time, our country attaches great importance to the comprehensive physical quality of students, and the use of mixed teaching mode to teach students physical education cannot only effectively improve the quality of teaching, but also improve the physical quality of college students. However, there are still some problems in the real implementation of mixed teaching mode. Based on the detailed analysis of college physical education under the background of information technology, this paper puts forward corresponding suggestions in order to improve the quality of college physical education teaching and improve students' physical literacy.

## 1. Introduction

With the change of times, the relevant education departments also put forward new educational requirements to adapt to the social situation. The change of educational requirements undoubtedly poses a new challenge to teachers' teaching, especially in the context of information technology, which requires teachers to find a reasonable entry point to teach students. However, due to the existing teaching problems, not only cannot effectively ensure the smooth development of teaching, but also the enthusiasm of students cannot be effectively improved, resulting in the quality of teaching has been lingering, students' physical quality, sports skills cannot be effectively improved.

## 2. Current Situation of Physical Education Teaching in Universities

At present, the traditional teaching mode is still adopted in the teaching process of PE teachers in universities, teachers are confined by the inherent teaching mode, only pay attention to the transfer of knowledge to the students in teaching, and neglect the interactive links with the students and the students' autonomous learning time, which leads to the students' inability to apply the physical education knowledge learned in the actual training after class, so that the physical education teaching loses its original luster, not only cannot show its help to improve the students' physical quality, but also cannot improve the teacher's teaching quality. At the same time, as a public course, physical education not only occupies a large proportion in daily study, but also occupies an absolute position in the final summary, which affects the students' overall learning level [1]. Because of the influence of the teacher's teaching mode, the students are in a passive learning state when they learn, which will not only have a sense of boredom to sports, but also lead to the teacher's teaching middle school students have no strong learning atmosphere, lack of interest in sports learning, and then the students' understanding of sports cannot be effectively improved. With the advent of the information age, teachers should grasp the use of information technology in the information age, let the network information and teaching mode merge, improve students' attitude towards physical education learning through different teaching paths, and provide students with multiple mixed teaching methods to achieve the purpose of improving teaching quality.

### **3. The Concept of Multi-Multimix Model**

Multiple mixing refers to the integration of multimedia and other technologies into information teaching in traditional teaching methods. College physical education is a very practical subject, teachers should adopt a variety of training methods to improve students' physical quality, to meet the current social requirements for students' physical health and sports comprehensive skills [2]. The purpose of the hybrid teaching mode is to teach the students on the basis of practice, and to construct a complete teaching system around the students' autonomous learning ability and thinking ability by using modern science and technology teaching method. At the same time, the use of information technology in teaching to break the limitations of time and space to facilitate students to learn, to provide students with more free learning space.

### **4. The Significance of Multi-Multi-Multi-Multi-teaching in College Sports in the Context of Information Age**

Multivariate mixing is not only a change in the teacher's teaching style, but also requires the students to make corresponding changes. Students need to participate in every aspect of teaching and learning, and use information technology to continuously improve their ability to use and combine sports knowledge, and improve their own level of physical education learning [3]. There are essential differences between the multi-mix mode and the traditional teaching mode, and the multi-mix emphasizes the students to learn the relevant professional knowledge and skills at the right time. With the rapid arrival of the information age, traditional teaching has been unable to effectively improve the quality of teaching, although the multiple mixed teaching mode cannot completely replace the traditional teaching, but also to a certain extent can reduce the traditional teaching level of uncertainty. Adopting multiple mixed teaching mode can overcome the disadvantages in traditional teaching, teachers and students can communicate and communicate in time, can fully stimulate students' enthusiasm and initiative in learning, students' interest in learning, and can give full play to the leading role of teachers to achieve the ideal teaching goal.

### **5. The Reform of Multi-Multi-Multi-teaching Mode in College Physical Education in the Context of Information Technology**

#### **5.1. Improving Teaching Methods and Quality**

In the long run, our university physical education teachers are trying to improve the teaching methods, in order to effectively improve students' knowledge of physical education. However, in the real practice teaching, the mixed mode cannot deal with the existing problems in the teaching in time and effectively, nor can it really improve the teaching quality [4]. In addition, teachers cannot balance the use of each teaching mode in teaching, often appear to a certain teaching mode of excessive "love", is not conducive to improve the students in physical education learning effect.

In response to the current situation of previous teaching, teachers should use mixed teaching mode to understand different teaching methods to provide students with colorful teaching classes and improve teaching quality. Taking the study of ballroom dance and martial arts in physical education as an example (Fig.1), the traditional teaching method is that the teacher announces the teaching contents and classroom discipline requirements of this class in the classroom teaching, then tells the general situation of sports in our school, and informs the students of the purpose and significance of physical education teaching in the school. First of all, let the students know the relevant knowledge of ballroom dance and martial arts, and have a preliminary understanding of ballroom dance and martial arts; then tell the students the method, so that the students can master the basic skills of ballroom dance and martial arts, and cultivate the students' learning ability in this respect. The old teaching method not only cannot attract students' interest in learning, but will greatly reduce the enthusiasm of students and seriously hinder the improvement of teachers' teaching quality [5]. Therefore, the teacher should innovate the multi-mix teaching mode in the teaching, and show the students the wonderful fragments or the short films about the social dance and martial arts

in the current popular movies and TV, so that the students can have a preliminary understanding of the social dance and martial arts through the viewing of the film, and then use the situational teaching mode to divide the students into several groups, and let the students change the film through their own whimsical ideas to improve the students' independent thinking ability. Let the students themselves explore the way, the method not only let the students become the main body of the classroom in the teaching, but also improve the enthusiasm and initiative of the students, so as to learn the sports related knowledge and skills better and improve the teaching quality of the teachers.



Figure 1 Martial arts

## **5.2. Establish Multi-Mix Teacher-Student Relationship to Build a Good Communication Bridge between Teachers and Students**

If the multi-mixed teaching mode is adopted in college physical education, it should be reformed and updated with the passage of time. There should be a good communication bridge between teachers and students, so as to establish a multi-mixed teacher-student relationship. In general, when teachers use multiple mixed teaching mode to carry out teaching, they should fully reflect that students are the main body of the classroom, and teachers should respect students' learning, personality differences, give students more space to release their own and improve students' physical education learning ability.

Under the background of the information age, teachers can use the network foundation to add online teaching links, which cannot only facilitate students to understand the relevant sports knowledge anytime and anywhere, but also solve the problems encountered by students in learning sports more timely and effectively, so that teachers and students can have more communication "route" and enhance the relationship between teachers and students. Taking sports aerobics as an example (Fig.2), most male students will misunderstand aerobics, so few male students will choose aerobics during the independent course selection period, which will not only cause the imbalance of sex ratio in physical education class, but also cannot effectively improve the impression of some male students on aerobics[6]. Based on this, teachers can consciously guide students to choose aerobics sports learning program, for male students, teachers can use online form of teaching, through wonderful, interesting classes to improve students' initial impression of aerobics, but also through online learning to let teachers and students become "netizens" relationship, so as to constantly improve the problem of gender imbalance in aerobics sports class. Taking another example of tennis as an example (Figure 2), it is essentially different from aerobics class. In aerobics learning, students need to mobilize every part of their body to show their graceful posture when beating, while aerobics emphasizes the strength and flexibility, and tennis mainly relies on the force of swinging arms to drive tennis back and forth, so there is little interaction between teachers and students in teaching. Therefore, the teacher can compete with the students in teaching, one is to stimulate the students' desire to win or lose, the other is to understand the students' comprehensive strength through fighting with the students; finally, the competition can make the teacher and the student become the "hostile side", not only to help the teacher and the student establish a variety of relationships, but also to close the distance between the students and the teacher through the

competition, not only to facilitate the teacher's future teaching, but also to facilitate the students to learn sports knowledge better and improve their own comprehensive sports level.



Figure 2 Aerobics



Figure 3 Tennis Sports

## 6. Conclusion

In a word, the reform of multi-mixed teaching mode cannot be ignored under the background of information age. Through the reform, it cannot only improve the teaching quality of teachers and students' learning level, but also increase the emotion between students and teachers through the reform, so as to facilitate better communication and communication between teachers and students. Finally, the reform of multi-teaching mode cannot only keep teachers' teaching methods up to the times, but also provide students with interesting teaching classes, improve students' interest in learning, study enthusiasm and initiative, and improve the overall quality of physical education teaching in schools.

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