

Research on Application of Information Technology in College Sports Training and Teaching

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Abstract: Information technology has achieved some encouraging results in college sports training and teaching faculties, but it is still far away from the information and modernization of education and it also requires us to continue to explore the practice and research. Whether in developed or developing countries, as long as we can seize this opportunity of the information revolution, we can accelerate development. Department of Physical Education in training and teaching should seize the opportunities of the information revolution to accelerate their development, so that our college sports training and teaching departments can follow the development of society and run into the advanced ranks in the world. Only in this way the sport can really benefit more people.

1. Introduction

The 21st century is the century of information. Huge advances in information technology is one of the most historic and human had made achievements in science, human civilization will be more and more IT creation and development through. Due to the continuous development of information technology and the wide application of education will present the characteristics and development trend of modernization [1].

Since the 1990s, education appeared to extensive application of information technology is characterized by the development trend of Chinese scholars called educational information. Universities should follow the direction of development of information technology, information technology initiative to meet the challenges. Sports as a special discipline, training and teaching of its particularity is also strong, so IT departments in the university sports training and teaching should also highlight its particularity. IT training and education in the faculties of applied college sports have a profound positive impact, but we also found that the current IT departments in college sports training and teaching also had a lot of confusion and misunderstanding, caused many problems yet people's attention, which has impeded or delayed the depth and level of information technology to improve training and education in college sports in the application of varying degrees. This paper is focused and important issues of information technology in college sports training and teaching faculties generated applications are summarized and research.

2. Sports Science and Computer Science

"Sports Science" by definition, "sports" is a discipline and it is also a technology. It is not only athletic skills, but also involves the application of a variety of interdisciplinary scientific achievements, so bear with me extensively. Teaching in the application of the "IT" in the final analysis is done to support the development of computer technology, is a branch of computer science [2]. Integration of information technology and physical education, that is, the combination of sports technology and computer science, is a professional and mutual integration of theory and theoretical computer science and technology of sports technology, computer-based technology, developed for use in the field of sports. Therefore, the integration of information technology and physical education is an interdisciplinary cross-linking, the computer assisted technology although it is a prerequisite for sports teaching now, although teaching is the main sport and requires the use

of information technology innovation.

3. The Significance of Using IT in Universities Sports Training and Teaching

3.1 The Information Technology will Help Improve Students' Interest in Participation in Physical Education.

Traditional sports training and university teaching content though relatively complete system, but fewer students to consider the request. The training and the teaching process is only concerned about the steps and links, making college more than serious and lively enough physical education, sports training and atmosphere resulting in dull, making it difficult to attract the attention of students. The information technology effectively applied to sports training and teaching in colleges and universities allow students to have fun and successful experience in sports training and sports, played learning initiative and creativity, and will help to improve student learning active in physical education.

3.2 It can Improve the Efficiency of Sports Training and Education Programs, Shorten the Process of Teaching and Training.

In college sports training and teaching, many sports not only complex, but also need to complete a series of complex technical action in an instant. On the one hand, due to the influence of teachers to understand the extent of the action essentials, teachers age, physical and mental condition and other factors, there is a big demonstration actions of teachers arbitrariness. On the other hand, due to the presence of students, such as the viewing angle and timing limitations, and therefore difficult for students to observe all the action clearly demonstrates the teacher, and this is bound to affect student learning. The use of modern educational technology, teachers can explain the essentials of each decomposition action that demonstrates the whole process of action, focused, and difficult to make sports training and action in anything easy, improve training and teaching efficiency, shorten training and teaching process.

3.3 Modern Information Technology can Help Students Improve Motor Skills.

And one of the main tasks of teaching college sports training is to help students master certain motor skills. To make the students learn a new action, you must let them through listening, watching, etc. to understand the process of understanding and action have learned while watching the main source of information for students, the use of modern information technology can enable students to quickly establish the correct visual appearance, it can effectively help students improve their motor skills. According to psychologist statistics, information people through visual information obtained 94% of the total, three days can remember 70%, far more than other means of communication. In college sports training and teaching process visual function display through information technology can significantly improve students' learning efficiency, and promote the development of their capabilities [3].

3.4 Using Information Technology can Improve the Efficiency of College Sports Teachers.

As teachers, physical education teachers is necessary to improve training and education programs, but also cloned in research, and the use of information technology can improve the efficiency of college sports teachers. Standards in the management of students, attendance, tests, etc., through the establishment of a database entry and query all students can greatly reduce the error rate statistics. Meanwhile For registration, order scheduling table games, such as the work developed, we can use technology to simplify the tedious work, greatly improving efficiency.

4. The Application of IT in College Sports Training and Teaching

With the continuous progress of science and technology, information technology and equipment continue to be applied to the field of physical education teaching, teaching activities to bring great vitality. Appropriate use of information technology, not only to mobilize the students 'interest in

sports, but also helps students master course content, improve students' motivation to participate in physical exercise.

4.1 Making Full Use of Modern Information Technology for Sports Theory Courses.

Sports theory class is an important part of college physical education, its exercise to improve students' consciousness, lifelong sports consciousness and ability to improve literacy and other sports have important significance.

Currently our college sports teaching theory prevalent form of monotonous teaching, teaching methods and means backward, student sports a negative attitude and other issues. Choose theoretical teaching college sports content to highlight the comprehensiveness and lifelong, material selection from reality, update teaching methods and means to improve performance in sports theory class in the proportion of total score, make full use of modern information technology to some sports knowledge, shape, sound, and other activation process, stimulate students' interest in learning, and thus play a teacher in imparting knowledge to guide interest, impart knowledge, interest in the role of active students' thinking, effectively ensuring the teaching college sports theory effect.

4.2 Using the Internet to Build Communication Platforms between Teachers and Students.

Using IT knowledge to build websites dedicated sports pedagogical universities, the relevant knowledge and videos of each semester's sports practice lessons posted on the website. College physical education teaching sites both physical education and health teacher to teach the basics of the podium, but also the exchange of students and teachers, the feedback learning platform. Through the Internet, students in accordance with the requirements of teachers in physical exercise, while the interaction feedback area, will own problems and puzzles to interact with teachers, both to enhance the feelings between teachers and students, in turn student learning and IT Sports the application of organic closely together.

4.3 Using Information Technology to Promote Cooperative Learning in College Sports.

Research shows that collaborative learning than learning alone achieve higher performance and efficiency. In sports the learning process often requires collaborative learning. If done in sports training and in games, learn a variety of sports options class, students completed difficult to accomplish alone, or rather well in the collective cooperation. Use of information technology for the development of cooperative learning can promote creative thinking, because mutual cooperation can increase the number of learners viewpoint, improve quality, and inspire learners to participate in emotion [4].

4.4 Increase the Application of Information Technology in College Indoor Sports Elective Classes.

Some elective classes are indoor sports classes, in explaining the necessary theoretical knowledge, you can appropriately enhance information technology in such courses in college. Use of information technology will advance the use of sports knowledge PowerPoint, Flash courseware made in class during the play, change the traditional teaching mode, teaching and learning integration of information technology and physical education curriculum, improve the efficiency of teaching and learning, to the purpose of improving teaching effectiveness.

4.5 Using the Special Weather to Improve Students' Interest in Physical Education through Indirect Means of Information Technology.

Most college students like gym class, but not to the bad weather on the outdoor class. Although universities have a little better conditions stadium, but school classes can accommodate very limited. So come rain and snow, often going on physical education classroom. Limited space, not in the classroom sports activities, sports and simply speaking students theoretical knowledge and not interested in listening. At this point, we can use information technology to advance knowledge of the prepared fragments of various sports competitions, action video or option class courseware

demonstrate to the students, so that students feel the charm of movement in the video, the excitement indirect interest in learning. Even if the weather is bad, PE can be as exciting.

4.6 Physical Teachers have to Acquire the Necessary IT Knowledge.

Promote teaching innovation. Most physical education teachers due to objective reasons often little exposure to computers in school when they are not willing to make use of multimedia in teaching, which obviously does not meet the requirements of the times of physical education teachers. From the information point of view, the main factors affecting college sports teaching innovation is the lack of access to physical education teachers physical education teaching awareness and ability, that the lack of physical education teachers should have the sports information technology. Should strengthen the training of physical education teachers in IT knowledge, especially the training of computer technology and network application capabilities, encourage physical education teachers to use information technology in physical education and knowledge management, and strive to do innovative work of physical education.

5. The Analysis of IT in Sports Training and Teaching

Through these examples have proven information technology-assisted instruction, although under the shortened instructional time, but the process of improving the quality of teaching can not be separated indoor multimedia software in the case of poor weather outside assistance, training multimedia assisted instruction in explaining the technical action is more three-dimensional than traditional lectures, round. And it has a predictable, controllable, variable nature is beyond the reach of traditional teaching. Any action so that teachers can articulate technology in teaching programs can be designed from the overall development of students' comprehensive quality as a starting point, without scruples factors affecting their ability constraints. The blended learning method has also been studied in depth some domestic scholars will meet to find out more match points and physical education and integration. More positive process is based on the use of multimedia technology teachers also deepened the understanding and awareness of the technology, raise the front of the teacher's own IT [5].

6. Conclusions

Through the above analysis, what we learn are as follows:

(1)Information technology plays an important role in physical education. Using a variety of information technology to impart knowledge of college sports can both stimulate student interest, but also improve the ability of students. Using information technology to complete the task of college sports teaching is the development trend of physical education teaching. It can bring vitality to the college physical education and it is an ideal mode of teaching. Only We continue to explore and practice can we improve the quality of college physical education.

(2)Although the application of information technology at home and abroad are recognized, but it does not mean you can ignore and even rejecting traditional teaching methods. After all, sport is a highly practical discipline, we can not overly respected the convenience of IT. We should combine traditional classroom teaching and the information technology.

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