

# Innovation and Application of "Internet Plus" in School Physical Fitness Test

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## ABSTRACT

With the continuous development of the "Internet plus" sports model, the application of "Internet plus" in physical fitness testing has also been innovated. By studying the advantages and disadvantages of "Internet plus" in the physical fitness testing of the school, it is helpful to analyze whether the significance of innovation is conducive to the development and management of physical fitness test in schools. For the development and management of physical fitness testing, this paper uses the literature method and material analysis method to analyze the problems in combination with the actual situation of school students, and reveals the new application and innovation of school physical fitness testing. It is helpful to analyze whether the significance of innovation is conducive to the development and management of physical fitness test in schools.

**Keywords:** school, physical fitness test, Internet plus, innovation and application

## I. INTRODUCTION

"Internet +" is not only a simple addition of the Internet and the traditional field, but the use of Internet technology to deeply integrate the two with another field and develop a new model. With the rapid development of China's "Internet +", schools also make full use of the advantages of Internet resources, seize the opportunity, introduce information-based teaching into school education, and realize the organic integration of Internet and school education, thereby improving management quality and management efficiency. This kind of informatization teaching has a subtle influence on the school. Among them, the informatization teaching has also been affected by certain advantages and disadvantages of the school physical fitness test.

## II. THE IMPACT OF THE INTRODUCTION OF "INTERNET PLUS" IN THE SCHOOL PHYSICAL FITNESS TEST

### A. School

The combination of school fitness test and "Internet +" is currently a novel and intuitive management model. With the introduction of information management for physical fitness testing in schools, the school has highlighted its dominant position, and the construction of organizational management has changed. This innovative model has broken the traditional school management. In addition, the "Internet +" mode reduces the amount

of tedious work tasks in the school's physical testing. The school introduces the information management model to import the test data into the school database, so that schools, teachers, and parents can intuitively understand the students' physical testing. Understand the real physical condition of students.

### B. Teacher

With the development of school fitness test informationization, the traditional teacher-centric management method has been gradually replaced. Instead, it is student-centered, and teachers only play an auxiliary role. In the physical fitness test, by analyzing the data of the physical fitness test of the students, teachers can conveniently and quickly formulate a physical education teaching plan suitable for each student, and teach according to their aptitude, thereby improving the quality of physical education teaching. For information-based teaching, physical education teachers are also facing great challenges. The requirements for the comprehensive quality of physical education teachers are more strictly controlled. Teachers are required to not only master professional knowledge, but also have a certain understanding of network technology, and constantly improve their own value through learning.

### C. Students

The integration of school physical fitness test and "Internet +" has undoubtedly the greatest impact on students. At present, most students conduct the

physical tests organized by the school in the traditional way. The introduction of information management in schools will cause students discomfort. This discomfort can be beneficial or detrimental. Through the guidance of school teachers, students can be better attracted. Students improve their emotions and participation during the physical fitness test, and they can learn new information about school information application. , Kill two birds with one stone. The school is based on students, allowing students to have curiosity and interest in school physical fitness tests, gradually improving students' physical fitness, cultivating students' self-exercise ability, forming a comprehensive development of moral, intellectual and physical beauty, laying the foundation for the formation of students' lifelong sports.

### **III. THE ADVANTAGES AND DISADVANTAGES OF INFORMATION APPLICATION OF PHYSICAL FITNESS TEST AND RELATED COUNTERMEASURES**

#### *A. Advantages*

1) *Convenient operation:* The school organizes the basic data of the class and students and builds a framework by using the national student physical health standard test app, which facilitates the entry of school physical test data and the management work is also guaranteed. In addition, the school's physical fitness test results are counted and sorted. The school can quickly and intuitively query the students' physical fitness test results more than once, and analyze the relevant data, which makes the school physical fitness test more convenient and faster, improves efficiency, and makes the physical test work save manpower and material resources, and bring convenience to the physical test work.

2) *Unified interconnection:* The school improves the organization and management of the school's physical fitness test by integrating the physical fitness test with "Internet +". By analyzing the student's physical test data, the Ministry of Education's annual physical health template can be exported at any time, including class information, student data, and annual test results, to complete the unified docking of various schools with the Ministry of Education's reporting system. It is important to improve the management efficiency of the physical fitness test and facilitate the control of the education department on the physical fitness test in the school.

#### *B. Insufficiency*

1) *Schools are neglected:* With the innovative application of school fitness test informatization, the education department also attaches great importance to this and requires statistics and collation of school fitness test informatization data, which is beneficial to the Ministry of Education to master the students' physical conditions in various regions. However, due to the compulsory documents of the relevant departments, the school had to carry out school physical fitness tests in order to complete the task. The inevitable is the school's fancy test and data statistics. Some schools even edited the data and entered data at will. Although the task of the education department has been completed, it will cause the untruthfulness of the overall data of the school physical fitness test.

2) *Overpacking in schools:* Innovative application of school fitness test informatization will improve the overall level of school teaching, but some schools will carry out excessive packaging in publicity, excessively highlight school information management, and blindly introduce immature new management into schools, which can not achieve the effect of improving school teaching level. In addition, when introducing the information management of school physical testing, the commercialization of schools has resulted in increasing competition among schools, thus underestimating the true purpose of education.

3) *Schools are facing new challenges:* The informatization of school physical test requires schools to break the traditional physical test rules, which will cause students to feel uncomfortable with new things, which may cause the instability of student test scores. Due to the application of school information management mode, school sports workers are required to learn information technology and master the knowledge of using the Internet, which will bring new opportunities and new challenges to school sports teachers.

#### *C. Countermeasures*

1) *Strengthening the school's sense of responsibility:* Responsibility is the most important responsibility and obligation as a teacher. If there is no sense of responsibility, school management will be a mess. Teachers are perfunctory about school management and the school cannot go on track. Although this phenomenon is currently not significant in Chinese schools, when faced with this situation, schools should regularly train teachers for moral education to enhance teachers' sense of

responsibility for their work, and always take students as the center and consider the needs of students.

2) *Highlighting the core of school education:* It is wrong for schools to focus on new and innovative teaching and ignore the essence of education. The main core task of a school is undoubtedly teaching. Schools can promote the integration of "Internet +" and school physical fitness testing as the school's characteristics when promoting the outside world. However, in order to compete with other schools and lead to a reversal of the primary and secondary, this is not worth the gains and loses the true purpose of school education.

3) *Daring to face challenges:* New applications and innovations in school physical testing will inevitably cause various challenges. At present, this new model of flipping is in its infancy. It cannot be achieved overnight, and it cannot be rushed to achieve success. It needs continuous improvement and continuous improvement. It's necessary to absorb external criticism and corrections, and be brave to face the challenges brought by the new model. By rationalizing the structure of the school and making reasonable use of human, financial and material resources, the best model is formed and the best benefits are obtained.

#### **IV. FEASIBILITY ANALYSIS OF NEW APPLICATIONS IN THE FUTURE**

The school has established a new management model through the in-depth integration of "Internet +" and school physical testing. With the continuous penetration and development of "Internet +" in school education, the continuous application and innovation of "Internet +" are realized. It is the "Internet +" innovation that the school can introduce-face recognition technology.

At present, face recognition technology is slowly developing and forming, and this technology is gradually accepted by people and used in various industries. The so-called face recognition technology is to capture the facial feature information of the person through the camera for identity recognition. A recognition technology, face recognition technology is also an important breakthrough in the development of the "Internet +" era. In the future development, this technology can also be used in school physical testing, integrating face recognition technology with school physical testing. This not only brings new elements to the "Internet +" school fitness test, but also makes the school fitness test more convenient and fast.

In the process of physical testing in schools, due to the limited number of staff, there are occasions where the management work is one-to-one, and it will inevitably lead to speculative examinations during the test. If face recognition technology is used in school physical testing, collecting faces and entering face information before each project in the school physical test will greatly improve the accuracy of the data, save personnel, and reduce physical testing. The heavy work has effectively avoided the phenomenon of having students taking exams during the test, making the school's physical testing more convenient and fast, and more rigorous and standardized.

#### **V. CONCLUSION**

The advent of informatization has improved the school's management level, and informatization has gradually replaced traditional paper records. The speed of statistical data is accelerated, which is convenient for data management, and can quickly find the desired data, which can make the physical fitness test of the school convenient. However, nothing can be said to be perfect. The new model of school informatization is a double-edged sword. When the school introduced the information management of physical testing, it also exposed the disadvantages of the application of physical testing in schools. It's necessary to pay attention to and improve, so as to improve the information management of physical fitness test, and achieve the real purpose of school physical fitness test innovation.

In short, the combination of school fitness testing and "Internet +" applications has advantages and disadvantages, but overall, the advantages outweigh the disadvantages, and its development is still worth looking forward to. It needs to be continually blended in with the school's physical testing. I believe that in the near future, school information management can be more widely used in school physical testing to improve students' physical fitness and cultivate more excellent students with comprehensive development of moral, intellectual, and physical beauty. In addition, information management can be extended to all fields of school education, so that "Internet +" school education can continue to develop and innovate, create more new models that are conducive to school education, and overcome the shortcomings of "Internet plus" in school physical fitness test, I believe that in the future "Internet +" teaching will become the main mode of education.

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