

Innovative Research on Smart Physical Education Teaching in Colleges and Universities Under the Background of Internet +

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ABSTRACT

In the information age, my country's higher education is undergoing a comprehensive reform. However, from the current overall situation of physical education teaching in colleges and universities, the teaching methods and means are still traditional and old-fashioned, and the content lacks vitality and vitality, which can no longer meet the needs of modern college students, and it is even more difficult to adapt to the development needs of the new situation. Fully tap network resources, build an informatization platform for physical education in colleges and universities, use smart sports to innovate in reform ideas, teaching content and means, performance evaluation, venue use, sports monitoring, etc., implement a three-dimensional mixed teaching model, and establish a diversified objective evaluation. It is a beneficial exploration of the reform of physical education teaching in colleges and universities under the background of education informatization.

Keywords: smart sports, Internet+, Teaching innovation

1. INTRODUCTION

As an excellent college physical education teacher, we should fully explore network resources. The school should cooperate with the work of teachers, optimize the teaching ideas and teaching content by building an information platform for physical education in colleges and universities, and improve the infrastructure such as the use of venues and sports monitoring in the teaching process. Through the construction of a three-dimensional and perfect teaching model, supplemented by a diversified objective evaluation system, to realize the construction of smart teaching classrooms and sports venues, and to provide feasibility for smart physical education teaching in colleges and universities under the background of "Internet +".

2. THE SIGNIFICANCE OF COLLEGE PHYSICAL EDUCATION TEACHING INNOVATION UNDER THE BACKGROUND OF "INTERNET +"

my country's college education advocates innovative education, and advocates that students participate in

teaching through the guidance and inspiration of teachers. At present, my country's higher education still has deficiencies in educational innovation, especially in physical education, the original teaching concepts and teaching methods are still retained. Innovation, so that all physical education activities are carried out around the Internet, teachers teach through the Internet, students learn online, and there are many online teaching forms, such as MOOCs, micro-courses, quality resource sharing courses and video publicity. These will help the physical education of colleges and universities to break through the time and space limitations existing in traditional teaching, realize teachers' teaching in accordance with their aptitude and teaching at different levels, and also make students' learning more autonomous, make full use of fragmented time for learning, and improve learning efficiency.^[1]

3. THE PRESENT SITUATION AND DEVELOPMENT OF PHYSICAL EDUCATION TEACHING IN COLLEGES AND UNIVERSITIES IN MY COUNTRY

3.1 Classroom sloppy

Physical education classes are often regarded as unimportant classes by students, which is closely related to the examination-oriented education students received in the early days. Therefore, in college physical education classes, there is often a phenomenon of loose classrooms, and students are on the edge of the classroom. Even if teachers assign corresponding physical education tasks in class, students are not able to complete them well. Students are relatively loose in physical education classes, which to a certain extent reflects that students did not take physical education as their main subject in the process of growing up. At the university stage, the main purpose of students to study sports is for their own credits and grades, not to really fall in love with sports, nor to keep fit, so students are relatively loose in the classroom and cannot learn from the physical education class. Gaining more sports knowledge will not improve your physique.

3.2 College students do not develop good exercise habits

With the development of the economy, people's material living conditions are getting better and better, and college students are becoming more and more lazy in the process of growing up. This is a visible fact. College students have not developed good exercise habits, which is closely related to their daily routines and daily habits. During the process of growth and learning, due to the emergence of electronic products such as mobile phones and computers, their lifestyles have changed. In order to change, they exercise less, which leads to a serious decline in their physical quality, so in the process of physical education, students are not interested in sports, thinking that their sports are not as good as electronic products, which can bring their own The excitement of college students is strong, so in the process of college students' physical education, due to the decline of their physical fitness, they cannot meet their psychological needs in the physical education class.

4. STRATEGIES TO REALIZE THE INNOVATION OF PHYSICAL EDUCATION TEACHING IN COLLEGES AND UNIVERSITIES UNDER THE BACKGROUND OF "INTERNET +"

4.1 Change the traditional teaching concept

Influenced by the traditional physical education teaching concept, there is still such a phenomenon in the physical education teaching of most colleges and universities in my country: teachers instill a lot of theoretical information into students through theoretical

classes, in practical classes, teachers make demonstrations, and students imitate teachers to learn, This method of teaching seems to improve teaching efficiency, but in fact it ignores the main role of students, and students will be disgusted with physical education in the long run.

Based on the background of "Internet +", innovative physical education teaching can use information technology to transmit relevant knowledge and information. Through the use of mobile Internet, teachers can transmit relevant knowledge to students in the form of micro-courses in their spare time. There are both in-class tutoring and after-class supplements, which will definitely play a role in promoting the physical development of students. With the rapid development of the mobile Internet, many communication softwares have been developed one after another, such as QQ, which is commonly used by us. During the teaching process, teachers and students can discuss certain issues on these communication platforms. During the discussion, students also Actively participate in teaching and management, so as to form a positive and interactive teaching atmosphere.^[2]

Teachers can also publish teaching methods, teaching content, teaching steps, etc. on the exchange platform, so that students have a general understanding of the knowledge to be learned, so that they will not appear in a hurry in the classroom, which is conducive to the smooth development of physical education teaching. . In addition, students can put forward some opinions to teachers through the Internet according to their own understanding, thus avoiding some embarrassment and saving a lot of time. Teachers seriously think about the deficiencies in teaching according to the suggestions made by students, and make improvements, so as to improve their own teaching. At the same time, it also achieves the purpose of teaching and learning

4.2 Make full use of Internet technology to strengthen independent learning

The task of higher education is not only to cultivate students' all-round development of morality, intelligence, physique, beauty and labor, but also to cultivate students' autonomous learning ability, so that students can establish the concept of lifelong learning, learn to learn, and become qualified socialist builders and teachers. successor. Under the background of "Internet +", colleges and universities can develop MOOCs, sports quality resource sharing courses and sports video open courses, and advocate that students use smart phones, tablet computers and other network information devices to learn sports knowledge independently according to their needs.^[3] For example, a yoga teacher can record standard yoga exercises, in which the technical essentials should be narrated or narrated

together with the exercises using an online platform to build an online course for students to learn, so that students can combine the technical essentials to practice yoga movements, Really integrate the two and enter the realm of yoga.

5. ADHERE TO THE WISDOM OF TEACHING METHODS AND PROMOTE THE THREE-DIMENSIONAL TEACHING CONTENT

In the process of traditional physical education in colleges and universities, teachers usually adopt the following methods. First, the sheep-herding style, teachers give students full freedom of study in the classroom. Second, the "3+2 style", the teacher will lead the students to prepare for jogging for three laps, and then lead the students to relax for two laps. The rest of the time is left to the students' independent physical fitness exercises and activities. , the learning initiative is poor, and this autonomous teaching method cannot guarantee the teaching quality of the course. Third, the option type, students can choose their favorite special projects to practice before the class starts, and with the support of the Internet big data platform and intelligent equipment, they can obtain a more scientific and intelligent sports experience. ^[4] Based on the teaching activities supported by the smart physical education system in colleges and universities, students can get the following good experiences that are different from traditional teaching methods.

5.1 Intelligent sports classroom

The intelligent college physical education teaching system is equipped with professional electronic classrooms for students to meet the individual learning needs of students. Teachers can comprehensively evaluate students' physical fitness and athletic ability through the equipped physical health equipment, and help students formulate scientific study plans and exercise prescriptions. By issuing sports bracelets to students or guiding students to install related sports APPs on their mobile phones, it helps students to realize real-time data recording during exercise, reasonably analyze exercise intensity, build students' complete exercise files, and provide students with personalized guidance services. . In addition, the classroom is equipped with virtual reality and sports simulation technology, which can be used in extreme weather or physical education situations with limited conditions. For example, on rainy days, students cannot complete tennis learning activities outdoors. However, students can come to the smart electric classroom, turn on the smart terminal, and use the smart webcam with the sensor chip to practice. Some high-end projects, such as golf, have stricter requirements on the venue, which reduces students' interest in learning to a certain extent.

Based on this situation, virtual reality technology can provide students with golf clubs with sensing equipment. Experience realistic golf in a picturesque meadow. The three-dimensional scene and real-time data feedback supported by the smart classroom make the mechanical golf more vivid. In addition, this technology can also be applied to fierce confrontation projects such as Sanda and boxing. Teachers can give appropriate guidance to students through intelligent monitoring devices such as smart bracelets to avoid accidents. In the early stage of intense exercise, teachers should use professional physical fitness testing equipment to measure students' cardiopulmonary function and body fat ratio and other technical data, and make reasonable training plans for students after mastering the students' basic information.^[5]

6. STRATEGIES TO INNOVATE AND BUILD AN EFFICIENT AND INTELLIGENT PHYSICAL EDUCATION SYSTEM

6.1 Use Internet thinking to promote the reform of physical education teaching in colleges and universities

Internet thinking is an open, innovative and shared thinking. In college physical education classrooms, every teacher should not rest on their laurels, but should use open, innovative and shared thinking to promote the continuous development of college physical education classrooms. Each teacher puts forward his own point of view so that other teachers can know his own point of view. At the same time, if other teachers feel that a certain classroom format is good and adapts to the development of their own classrooms, they can use this model to play the function of book education. value. Therefore, the use of Internet thinking should carry out exploration and transformation of physical education teaching. Physical education should try to form various online teaching modes. Through this method, the wisdom of physical education teaching can come alive and the sports in colleges and universities can take off. The main purpose of applying smart physical education in physical education classroom is to let students feel the efforts made by teachers in promoting the development of physical education classroom. Therefore, teachers not only need to use Internet thinking, but students also need to use Internet thinking to play the role of smart sports in the classroom.^[6]

6.2 Emphasis on intra-curricular and extra-curricular activities to promote the diversification of the evaluation system

In the process of building a physical education classroom, we must build a large curriculum view of life,

not only to strengthen the construction of the connotation of the classroom, but also to let students develop the habit of physical exercise outside the classroom. Extra-curricular exercise and intra-curricular physical education are an organically linked system. In this way, students can pay attention to the importance of extra-curricular exercise. When encouraging students to exercise after class, they can adopt a diversified evaluation system, ranging from Comprehensive assessment of students' exercise from multiple dimensions can mobilize their enthusiasm for extracurricular exercise, prevent them from exercising only in the classroom and fail to achieve the effect of physical education, and promote students to actively participate in exercise outside of class, so that Results of sports performance are more reliable. In addition, in the development of college sports classrooms, smart instruments can also be used to assess students' extracurricular exercise. For example, a big data platform can be used to collect statistics on students' extracurricular exercise. [7]As long as students install relevant information on their mobile phones equipment, then enter your student number, physical fitness test and other information in the corresponding management system. The school's academic affairs office can incorporate all situations of students' physical exercise outside of class into the performance evaluation system, which can not only reduce physical education teachers' workload. Supervise and manage work, and also help students to exercise better outside of class.[8]

6.3 Using the three-dimensional form to carry out the teaching of complex sports techniques

Physical education in colleges and universities is not limited to the improvement of students' physical fitness, but also to cultivate students' psychological quality, so that students can achieve a comprehensive and healthy development of body and mind. In physical education, complex physical activity technology is the focus of physical education in colleges and universities, and it is also a difficult point for students to learn, such as shot put throwing, triple jump and so on. Aiming at the teaching problems of such complex sports technology, in actual teaching, in order to help students master this kind of sports technology faster and more accurately, physical education teachers must combine sports technology teaching with practice. However, in the actual teaching process of complex sports technology, many factors such as teaching experience, teachers' physical quality and psychology will affect the teaching of sports technology, resulting in non-standard sports movements, and thus affecting the understanding process of students. In response to this problem, in the teaching process, physical education teachers can combine TV, online video and other media with strong three-dimensional sense to carry out concrete teaching of complex physical activity technology, and use video

courseware to repeat and slow down. [9] Standardized display of sexual sports technology, and specific explanations of each detail and action, so as to use novel ways to display sports technology, thereby attracting students' attention and stimulating students' interest in learning, so as to improve sports activities. Lay the foundation for development, so as to achieve the improvement of the level of physical education in colleges and universities.

In the physical education teaching in colleges and universities, combining the three-dimensional media to teach the complex sports technology and related knowledge can make the students' physical and mental development in an all-round and healthy way, and also meet the relevant requirements of quality education. By promoting the combination of physical education and Internet technology in colleges and universities, using more attractive and novel teaching methods to carry out physical education work, and strengthening the communication between students and the Internet, it can better stimulate students' enthusiasm for learning, and is conducive to training And to improve students' divergent thinking and innovative thinking, to promote students to be able to develop in an all-round way. For example, when teaching football and its related knowledge and skills, college physical education teachers can design appropriate multimedia courseware for different teaching contents. For example, for the "offside" rule in football, they can find some football games, screen out the game clips with offside behavior and make them into multimedia courseware. In classroom teaching, physical education teachers can use multimedia equipment to display videos or pictures involving "offsides" formulated before class, so as to help students more accurately distinguish offsides from offsides.[10]

7. CONCLUSION

Xi Jinping has repeatedly emphasized in his speech that sports carry the dream of national prosperity and national rejuvenation. If sports are strong, China will be strong, and if national sports are prosperous, sports will be prosperous. Teenagers are the future of the motherland, and strong youths make China stronger. It can be seen that to improve the physical health of students, the reform of school physical education has a long way to go. Today, with the advent of the era of big data, the reform of physical education curriculum is at a new starting point. In the new era of informatization, the reform of physical education in colleges and universities must fully grasp the opportunity of digital, networked, and intelligent integrated development, and innovate in reform ideas, teaching content and means, performance evaluation, venue use, sports monitoring, etc. Use ization and intelligence as levers to cultivate new kinetic energy for the development of physical education. The

deep integration of physical education courses and information technology can make the teaching content three-dimensional, the teaching methods more intelligent, the evaluation system diversified, the scientific testing work, the safety of teaching activities, and the intelligent use of sports venues. On the whole, it will promote the all-round development of sports in colleges and universities, form a higher-level talent training system, comprehensively improve the physical and mental health of students, and promote the realization of the grand blueprint of a sports power.

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