# Design and Practice of Artificial Intelligence in Physical Education System

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**Abstract.** Artificial intelligence is an important development product in the computer field. It has the most advanced technology and high-tech chips as its main components. Combined with modern intelligent robot technology, it has defeated traditional electrical and mechanical technology and revolutionized traditional production technology. Strength. The application field and scope of artificial intelligence are relatively extensive. The significance of the design is to make artificial intelligence change the traditional way of physical education in physical education, and realize the purpose of artificial intelligence in physical education. At the same time, the process of system realization is to use the advanced technology and intelligence brought by artificial intelligence, which will make a huge change in the process of physical education, allowing artificial intelligence to use its technology in sports activities, sports entertainment, etc. It can make physical education play an important role in the design and practice of the system. Artificial intelligence and our education are also related to the integration. The effect of such integration is conducive to enriching the form of teaching activities, which will also increase the maturity and vividness of teaching content. The design of physical education teaching activities requires us to consciously participate in sports and effectively form the development of sports. Of course, this paper mainly studies the teaching brought by artificial intelligence, which is based on new methods and technologies of artificial intelligence. Bring students a smart environment for learning physical education. The result of the research is that it can promote the realization of physical education teaching platform, establish new online and offline methods, and intelligent physical education teaching mode, so that artificial intelligence can interact with each other in the process of physical education teaching., the importance and role of learning from each other's strengths and making up for the shortcomings, so that artificial intelligence can make greater progress in physical education.

**Keywords:** artificial intelligence · physical education · system design · system practice

## 1 Introduction

Physical education is a healthy and efficient activity. It can not only promote students to exercise, but also bring physical exercise to students, so that every student can have
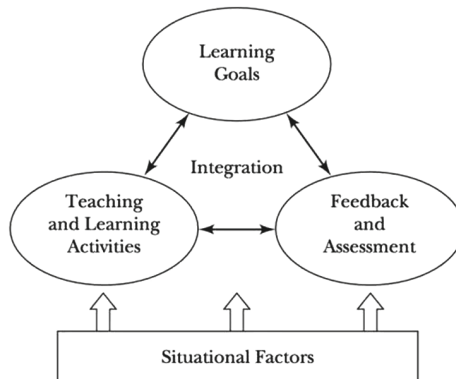
a good body. It is also a very important teaching activity. However, the current physical education teaching in our country is a problem to be solved in the field of teaching. There are some unsolved problems in our teaching methods, teaching methods, teaching content, etc. If we want to solve the organic integration of artificial intelligence and physical education teaching, then It is necessary to give full play to the effective role of artificial intelligence in physical education, which is the first problem to be considered in the current physical education process. At present, there are still many prefaces of advanced artificial intelligence technology. It is the experience summed up in the field of physical education where the current intelligent technology is applied [1]. It is hoped that it can be applied to physical education to fully support physical education methods and teaching innovations, to further innovate the teaching effect and improve the beneficial benefits brought by physical education [2].

The application of artificial intelligence is people's dream to combine with sports and create new value. It can analyze advanced technology and extract value parts, so as to guide physical education and sports competition. This is a new development model, the addition of artificial intelligence has brought a huge development effect to our sports industry. The application of artificial intelligence can strengthen the health monitoring indicators of players in the stadium game, so as to determine the basic situation of players after injury, and daily training and avoidance of training injuries, etc. When the Golden State Warriors won the 2018 "NBA". The championship" is inseparable from the training and hard work of the players [3]. In less than ten minutes, the entire news will appear on major website platforms. This is the introduction of artificial intelligence technology, which has accelerated the development of online news. In physical education, the use of artificial intelligence technology is effective, and many physical education teachers are also successfully attracted by artificial intelligence technology, which is better for the integration of artificial intelligence technology and physical education teaching [4]. See Fig. 1.



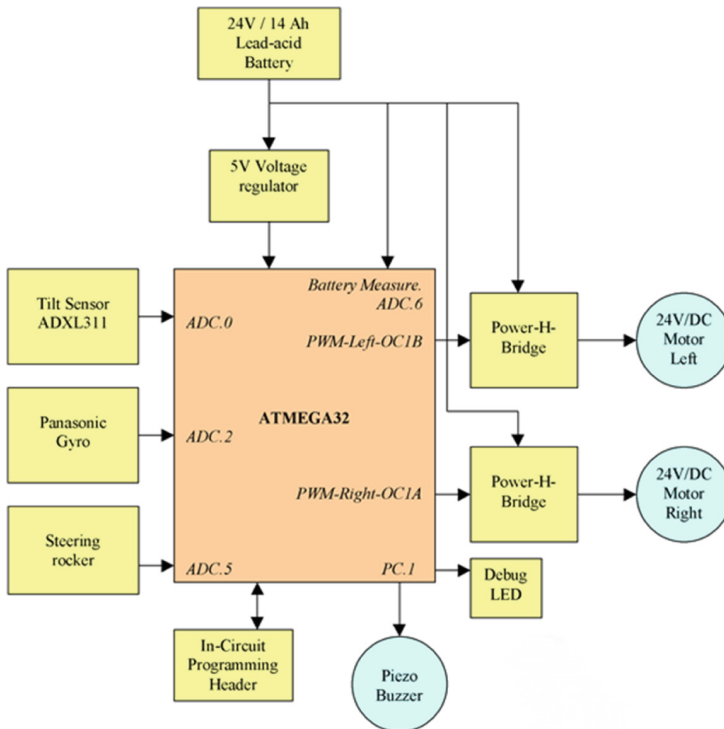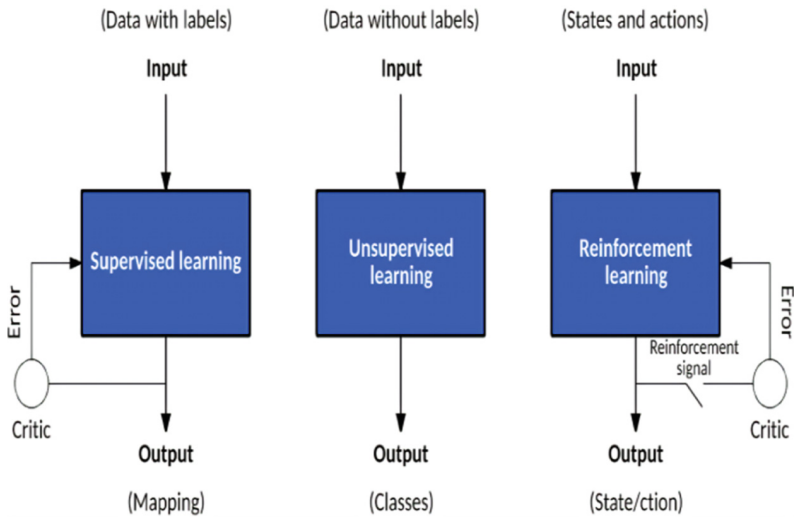**Fig. 1.** Schematic diagram of the system

**Fig. 2.** System design structure diagram

## 2 The Application Status of Physical Education System Design

"Sports" is a very special subject in colleges and universities. Compared with other majors, its teaching methods will be different. Modern physical education is to pay attention to theoretical knowledge and practical training, to have high-intensity cooperation and not to favor a certain item [5]. Teachers can have principles and requirements in teaching, arrange courses reasonably, and adopt suitable physical education methods. From a practical point of view, the design based on the physical education teaching system is generally suitable for colleges and universities. In this period, ordinary colleges or sports majors do not have a corresponding complete physical education teaching system, and a college is only equipped with one teaching system. System, the teaching system of each major is under the system of the school, and there is no independent portal system, so that the physical education system can be effectively developed in colleges and universities [6]. See Fig. 2.

## 3 The Mechanism of Artificial Intelligence Technology on Teaching System Design

Artificial intelligence, as we all know, is obviously technology and equipment research that surpasses our intelligence and aims above our intelligence. It is a change made on
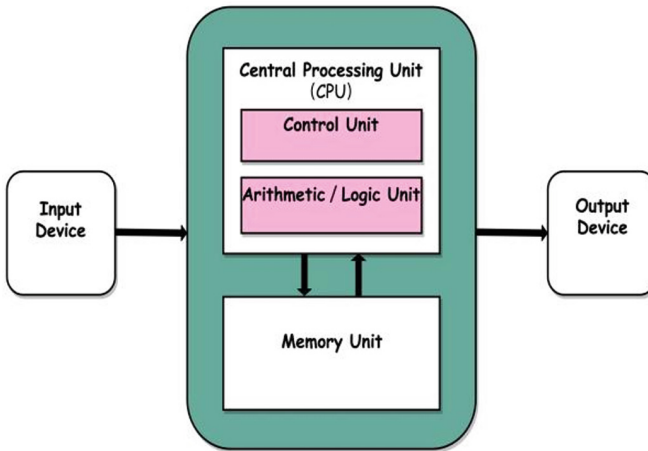
**Fig. 3.** Schematic diagram of system design function

the basis of human cognition and action ability, and is more capable of replacing human observation, research, thinking and other work of intelligent technology, is a very revolutionary technical force. At present, materialization is the main purpose in the design of artificial intelligence [7]. The design of the teaching system is a way of thinking that conforms to the actual situation. The design of the system will be regarded as a simple web design, so that the role of the teaching system can be played more effectively. At present, artificial intelligence technology can play the following roles in the design of teaching systems in colleges and universities: First, under the action of the system, there will be unstable phenomena, because many teaching system designs come from the market. Suppliers, it will make the system go wrong. As the only network system in the teaching system, it has a large amount of information, and if it is serious, it will affect the operation of physical education. Second, based on a number of intelligent technologies, there will be the emergence of traditional college network teaching systems. It is necessary to have strong design capabilities in artificial intelligence speech recognition systems to provide them with effective, convenient, efficient and intelligent solutions. Teaching assistance services [8]. As shown in Fig. 3.

## 4 Implementation Path of System Design

With the development of application potential, there will be corresponding teaching modes, and there will be targeted teaching objectives in the design of the system [9]. At the same time, a combined online and offline teaching method will be adopted to implement comprehensive teaching. Evaluation. The design of teaching objectives is to have a useful place for activities to be carried out. While improving the design of learning activities, it is necessary to appropriately add teaching activities such as sports games and sports competitions to indirectly enrich the learning content. In perfecting the

**Fig. 4.** System design and implementation flow chart

design of online teaching, scientific methods and interactive teaching methods are used to integrate resources [10]. The choice of teaching mode will directly affect the effect of teaching. In the way of dealing with physical education teachers, we should take the initiative to change the teaching concept, not use the old-fashioned teaching method, we should use modern teaching methods in modern society, combined with artificial Intelligence, integrate it into physical education, and then make some targeted revisions based on the problems of the students, and the revision opinions can be transmitted to the platform through recording, so as to achieve a better realization path for improving physical education [11]. As shown in Fig. 4.

## 5   Conclusion

The integration of artificial intelligence and physical education determines the mainity of its teaching, and the important teaching forms are experienced in a variety of ways, and the overall evaluation is carried out. With the development of artificial intelligence, this will also have a great impact on physical education teaching activities. Physical education teachers should take the initiative to adapt to new teaching methods, realize the trend of intelligence and modernization, and actively join artificial intelligence technology, so as to improve the teaching methods. The situation of physical education teaching can further enrich teaching activities, improve students' enjoyment of physical education teaching, and develop students into comprehensive and high-quality talents.

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