

How to Take Advantage of Computer Technology in Physical Education

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ABSTRACT: After the reform and opening up, China has achieved rapid economic development, science and technology is also showing a lot of good development trend, especially the development of computer technology with the gradual deepening of people's lives and work, plays an irreplaceable role. In recent years, people continue to explore and research efforts under the application of computer technology to physical education, and achieved relatively good results. Based on the analysis of computer technology in physical education have the advantage of, and further explore how to play the advantages of computer technology in order to optimize and improve our Physical Education provide valid credentials.

I. Introduction

Physical Education as an important subject, not only affects the students' physical health, but also affects the ability of students associated. With the continuous development of society, sports teaching higher requirements, the introduction of computer technology in the school physical education, and promoting sports teaching course content, methods of reform and innovation [1]. Conventional physical education requires a certain space, equipment and teacher action demonstrations, has a very big limitations. However, the application of computer technology to physical education, they can effectively compensate for past shortcomings in school physical education, so that the physical education teaching to meet the needs of social development in all aspects. So how to take advantage reasonable scientific application of computer technology in Physical Education, and computer technology has become a fully unfolded worthy of further study.

II. The Advantage of Computer Technology in PE Teaching

A. *Enhance the Efficiency of Teacher Preparation*

To improve the quality of physical education in the classroom, students need not

only to explain the content of the PE teachers interested in, but also students to actively participate in the teaching process, to form a good learning environment, and to do these teachers also put forward higher requirements [2]. First, teachers should have a strong professional skills and rich experience in teaching; secondly, also need to use their spare time to do the preparation work of teaching before class. Generally, school PE teachers are of College Graduates, so professional skills to meet the requirements of the teaching work and teaching experience required classroom teachers time to accumulate, so after teaching experience to enrich the classroom cannot be in a relatively short time to achieve, but, after teaching before class preparation work to enrich classroom teaching to improve the quality of classroom teaching with high feasibility, and in the preparation process of teaching the application of computer technology, we can better help preparation of teachers to upgrade their efficiency. This specifically refers to the teaching process requires preparation according to the teaching content framework, contextual knowledge through classroom teaching to enrich classroom teaching, teaching content with the abundance, attracting, vivid characteristics, in order to achieve the purpose of improving the quality of teaching PE . In the past, the process of physical education in schools, according to teachers 'main teaching materials, limiting the students' knowledge and teaching methods over a single, long past, this monotony of teaching content so that students gradually lose interest in sports teaching. It can be found only if the PE teachers prepare lessons based on sports textbooks before class is unable to improve the teaching quality and efficiency, therefore, need to PE teachers to use a variety of ways, to devote more time and energy to do the preparation work, application of computer technology to prepare lessons to teach, not only saves teachers in the investment of time to collect data to improve the efficiency of the preparation work, and also make the teaching content and richer filling.

B. Enhance the Quality of Teacher Preparation

From the above it can be found in the past, primarily on the basis of PE teachers teaching in sports data and information to prepare lessons, with some limitations, and data and information on the materials are in paper form to be passed to the students, so causes the content of classroom teaching becomes flat, thereby resulting in a dull student in the teaching process [3]. The PE teachers to use computer technology to collect data and information for sports preparation, in addition to research and get very rich sports data and information, it also ensures sports information and access to information has both vivid and three-dimensional characteristics. Specifically refers to PE teachers to use computer technology to collect data on the network, except when you can get the relevant information in text form, but also able to obtain sound, images, video, and animation and other forms of relevant information, these students have a sense of visual stimulation effect. PE teachers then these resources through multimedia software integrated into courseware, we can make the teaching content more rich, diverse, three-dimensional, to stimulate students' interest in physical education teaching. On the other hand, PE teachers are also able to use computer technology to make up their own shortcomings, by constantly increase their knowledge base and improve the quality of, and thus play a role in improving the

standard of teaching.

III. The Strategies of Using Computer Technology to Improve the Quality of PE Teaching

A. Application in PE Theory Course

Sports classes and other classroom subjects differ, it is divided into two forms, one is the theory courses, teachers are usually students organized indoors; another is activity classes can in the indoor school outdoor stadium and stadium [4]. Therefore, physical education teacher in the classroom design process, also need a combination of both classroom their own characteristics to design a reasonable teaching. For example: In the process of teaching the theory of basketball knowledge, teachers use computer technology can be combined with the cartoon "Kuroko's Basketball" or an NBA game highlights to explain the theory of basketball knowledge, this was done to be able to effectively stimulate students' learning interest and mobilize students enthusiasm. First, teachers use computer technology in the network to find a representative of the video, according to the rules of the game of basketball action and basketball players to explain, can not only play a regulatory role in the classroom atmosphere, but also accelerate the dual visual and auditory stimuli students theoretical knowledge and mastery; secondly, PE teachers after the video finished playing and students to interact, for students to master the part inadequate and incomprehensible explain in detail; finally, students master the theory of basketball knowledge later, select some He did not play in the classroom through video clips and video content based on these reasonable questions for students to answer, giving teachers proper evaluation based on student responses.

B. Application in Indoor Activities Course

Physical education includes a number of sports, sports venues needed for different projects is not the same, such as: dancing, swimming and other projects are usually carried out in the gym teaching. Thus, according to this feature of PE teachers indoor sports teaching, computer technology can also be applied to the classroom, play rich content of classroom teaching role [5]. PE teaching practical importance because so many projects in education, we need teachers for Student demonstration action, but some of them difficult to do slow motion demonstration projects, plus exemplary PE teachers in action during difficult be synchronized commentary, which resulted in a problem when students grasp these movements, which is a major cause of the past affect PE Teaching quality. The use of computer aided teaching, need to use the projector, computers, DVD players and other related equipment, in this case, when the sports teacher to explain the action, can be related to explain in sports action video playback at the same time, so as to deepen students' understanding of the action sports, but also for students do not grasp the part, but also according to the actual situation, select the number of times to repeat, so that students can more accurately grasp the action sport.

C. Application in Outdoor Activities Course

Generally speaking, school sports outdoor activity course is conducted in an outdoor stadium, influenced by this factor, many computer devices can not be applied outdoor activity classes. But not all in the teaching process of Physical outdoor activity course, you can use some portable computers, audio and other multimedia teaching lesson in outdoor activities, computer technology is mostly used for hearing on the impact of, for example: the student movement tired when, for students to play a more relaxing music, play soothing effect, or when the student depression, play some inspirational music, stimulate the students' enthusiasm for the role of physical activity.

IV. Conclusion

By exploring this subject, recognizing that the use of computer technology in physical education, help to stimulate students' interest in learning and to mobilize the enthusiasm of students, and further help to improve the quality of teaching PE. Therefore, China's major school sports teaching process can be rational, scientific integration of computer technology, to lay a solid foundation for further progress and development of sports teaching career.

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