Study on Integration of Information Technology and National Traditional Sport Course in Universities

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Abstract—**With continuous deepening of education reform, information technology is widely used in universities of our country. In recent years, the teaching mode that integrates information technology and national traditional sport in universities is booming and has made remarkable results. Basing on practical teaching experience and looking up a large number of literatures, the author first discussed the connotation of integration of information technology and national traditional sport in universities, and then analyzed the current situation of integration of information technology and national traditional sport course in universities, finally put forward the strategy to integrate information technology and national traditional sport course in universities, in order to help the work on improving the integration of information technology and traditional national sport course in universities.**

Keywords—information technology; traditional national sport in universities; integration; current situation; strategy

I. INTRODUCTION

In order to adapt to education reform and the trend of informatization, universities in our country actively innovate teaching mode and change teaching idea and have obtained proud achievements. At present, the teaching mode that integrates information technology and national traditional sport course has been widely applied in universities. The article researches from four aspects of connotation, current situation, mode and strategy of integration of information technology and national traditional sport course in universities, aiming at providing effective reference for the research work on improving the integration of information technology and national traditional sport course in universities of our country.

II. CONNOTATION OF INTEGRATION OF INFORMATION TECHNOLOGY AND NATIONAL TRADITIONAL SPORT COURSE IN UNIVERSITIES

With the rapid development of science and technology, education steps into the information age. In recent years, the teaching mode that integrates information technology and national traditional sport course in universities is booming and has obtained certain achievements. The integration of information technology and national traditional sport course in universities is innovation of traditional teaching mode, namely organically combine information technology,

resources and methods with national traditional sport course. Generally speaking, the integration of information technology and national traditional sport course pays special attention to direct perception. As a kind of burgeoning teaching mode, it breaks the ways of traditional teaching to transit information and train, strengthens the intuition and interactivity of teaching, and then urges students to realize the change from perceptual understanding to rational understanding. Besides, it provides rich resources of national traditional sport teaching, which is of great significance to improve teaching effects.

In teaching practice, the creativity of teachers and students is enlightened. It is mainly embodied in two aspects of teachers' research-based teaching and students' inquiry-based learning. Meanwhile, the promotion of teachers' and students' comprehensive qualities of information technology has a positive influence on promoting the integration of information technology and national traditional sport course. The integration of information technology and national traditional sport course expands teachers' teaching scope and teachers are no longer limited by their existing teaching abilities and levels. Through this kind of teaching mode, teachers can fully excavate and make use of teaching resources. The time and form of teaching are no longer limited. A large number of practices have proved that this kind of teaching mode not only improves the comprehensiveness of sport teaching, but also arouses students' interest in sport learning, and then effectively improves the quality of national sport teaching. According to the investigation, the integration of information technology and national traditional sport course in universities is beneficial to arouse students' enthusiasm and initiative in learning. Students can choose their favorite sport course according to their personality, hobbies and interests. At the same time, they can determine time and ways of participating in sport learning according to practical situation of schoolwork.

Meanwhile, integrating modern information technology with national traditional sport in universities is a necessary part of integration. Practice has proved that course selection, score registration and student assessment involve the application of modern information technology. The adoption of information technology has remarkable significance in strengthening course management, reducing costs and strengthening effectiveness as well as improving the quality of work. Besides, scientific and effective course management

lays solid foundation for ensuring the comprehensive and reasonable teaching contents and helps to complete teaching task and achieve teaching objectives. Nowadays, the integration of information technology and national traditional sport course has received more and more attention of universities and becomes one of the main directions of future education. It cannot be denied that the integration is a long process and needs a large number of manpower and material resources. In this article, the author bases on many years of teaching experience and related literatures and conduct thorough research on integration of information technology and national traditional sport course in universities.

III. CURRENT SITUATION OF INTEGRATION OF INFORMATION TECHNOLOGY AND NATIONAL TRADITIONAL SPORT COURSE IN UNIVERSITIES

According to investigation result, it shows that information technology is widely applied in universities, mainly including the construction of campus network, digital service system and library, but the application level is different. [1] The information technology is not fully embodied in national traditional sport education. For example: multimedia teaching facilities and places in universities are deficient and cannot meet the requirements of large number of students to learn sport knowledge. Besides, the integration of information technology and national traditional sport course is unsatisfactory and remains to be strengthened and improved. In actual teaching practice, gym teachers have weak consciousness of information-based teaching and still use traditional teaching mode, method and concept. In terms of national traditional sport course, it has very strong practicality. Difficulties exist in the process of integration. It needs costing a lot of manpower and materials resources, leading to the fact that many gym teachers lack enthusiasm and confidence in integration. [2]

The integration of information technology and national traditional sport mainly happens in schools. Therefore, the application status of information technology in university education is of great importance to promote its process. According to the investigation, information technology is widely used in fields such as work and education services in universities and has reached a high level. However, there are great differences among universities to specifically apply information technology. Besides, for disciplines with strong theoretical property, they have high degree of information education; for disciplines with strong practicality, they have unsatisfactory degree of information-based education. At present, many universities have reinforced the construction of information technology, in order to become strong schools to apply information.

At present, many gym teachers still adopt traditional teaching mode and teach through way of inculcating. In class, no matter in theory teaching or practical teaching, the teacher only pays attention to teaching, seriously neglects students' learning. In the whole classroom teaching, the teacher becomes the teaching subject and ignores the subjectivity of students. Generally speaking, in practical teaching, the teacher takes the difference of physical quality and athletic ability of students into consideration, purely lets students imitate the action, which seriously restrain the enthusiasm and initiative of students to learn sport knowledge and go against the healthy development both in mind and body of students. It can be seen that it is difficult for traditional teaching mode to meet the requirements of students for learning. Therefore, in order to improve teaching quality, it is necessary for gym teachers in universities to change teaching mode. At present, many teachers lack the consciousness to use information technology to teach. They are content with the status quo, lack essential innovation ability, and still insist on traditional teaching mode and means. Besides, teachers fundamentally deny the value of information technology teaching, let alone put a lot of efforts in the integration of information technology and national traditional sport course.

IV. STRATEGY OF INTEGRATION OF INFORMATION TECHNOLOGY AND NATIONAL TRADITIONAL SPORT COURSE IN UNIVERSITIES

A. Promote Comprehensive Quality of Information Technology of Gym Teachers

It is well-known that teachers are important for students to seek knowledge. Therefore, the teaching level, ability and quality of gym teachers have a great influence in effectively carrying out teaching activities. Strengthening comprehensive quality of information technology of gym teachers is the premise to integrate information technology and national traditional sport course. Universities in our country shall regularly train gym teachers about information technology and fundamentally improve their comprehensive qualities of information technology. There is no doubt that the rise of information-based education not only creates development opportunities for national traditional sport in universities, but also brings serious challenges for it. As the guide, teachers play an incomparable role in the process of integration of information technology and national traditional sport course. Therefore, teachers should reinforce learning, continuously improve themselves and then establish high-end and high quality courses for students.

For gym teachers in universities, except for understanding and mastering information technology, they must improve their practical operation ability, in order to better excavate and make use of information resources. Through necessary training of information technology, they can improve their skills in applying information technology as well as make correct and scientific guidance for students to learn. [3] Generally speaking, the frequently-used training methods of information technology for teachers are mainly embodied in the following contents: base on the principle of reducing costs and strengthening effectiveness (reduce training costs and strengthen training effectiveness), employ experts in their own schools to carry out information technology training; base on the principle of broadening the horizon, organize gym teachers to go out to visit and study and prompt them to adapt to the trend of development; base on the principle of independent study, gym teachers can master the ability of applying information technology.

Therefore, the team of gym teachers with high level and high quality can be established.

B. Integrate according to Actual Teaching Situation

It has been found that information technology can only integrate with suitable teaching contents. In other words, in the process of integration, it is necessary to comprehensively consider factors such as the differences among students as well as actual teaching conditions. When integrating, gym teachers must adhere to the following principles: firstly, the teaching contents selected should meet the requirements of teaching objectives. Different teaching contents will reach different degrees of teaching objectives. Therefore, teaching objectives selected by teachers should get close to actual teaching objectives. Secondly, teaching contents selected shall have strong interestingness to arouse students' enthusiasm to participate in national traditional sport teaching. Besides, teachers also can stimulate students' enthusiasm for learning through optimizing traditional sport events. The integration of information technology and national traditional sport greatly improve teaching effects. Finally, teaching contents selected should refer to students' hobbies and interests, sport quality and characteristics of schools, and then fully excavate, make use of and develop teaching resources.

C. Strengthen the Construction of Information Technology Infrastructure

Computer network is a necessary condition for integration of information technology and national traditional sport course. Therefore, universities in our country should strengthen the construction of information technology infrastructure (digitized campus, computer and multimedia, etc). It has positive significance on national traditional sport teaching to realize information-based teaching. For resources of information software, it mainly consists of instructional software and management software. Only through continuous optimization can universities perfect the construction of information and teaching resources, and then give full play to educational value of information technology to realize strategic target of higher education informatization.

At present, many universities have system of digitized campus, which promote the information construction at universities. It is certainly worthy of rejoicing, but digital supporting facilities are imperfect. Therefore, universities should pay more attention to application platform of sport information technology, strengthen the construction, and effectively implement the work of integration of information technology and national traditional sport course. For example: create sport teaching environment covered by network; improve infrastructures of multimedia and audiovisual equipment; provide many classrooms for fixed sport teaching, etc. Besides, universities should spare no efforts to fully enrich national traditional sport teaching resources. For example: through cooperation with universities, introduce high sport course of high quality; purchase sport software. Perfect hardware and software facilities have extraordinary significance on promoting the process of combination of information technology and national traditional sport course.

D. Innovate Teaching Mode

With continuous development of education reform and information technology, the learning style is diversified. [4] Meanwhile, integration of information technology and national traditional sport course has enormous effects on teaching mode. The introduction of information teaching realizes the extension of sport teaching and helps students to consolidate and grasp sport knowledge. In addition, information technology makes it possible for students to learn sport knowledge whenever and wherever possible. Sport teaching is no longer limited to playground and gym but extended to places such as computer rooms and students' dormitories. According to investigations, many universities have been covered by the network, which provides solid guarantee for the integration of information technology and national traditional sport course. [5]

The change of learning style is mainly embodies in the following contents: 1. the learning of sport knowledge gets rid of the limit of time and space. Students can determine time and space to learn sport knowledge according to arrangement of learning and practical situation of their own. The learning places of students change from playground to places such as home, dormitory as well libraries, etc. Besides, except for learning through teaching materials and television broadcasting, people can rely on network. The introduction of information technology turns lifelong learning into reality. 2. Taking information technology as the tool for daily sport teaching can better give play to application value of information technology in actual teaching activities. 3. Realize the role transformation of information technology from assisting means of teaching to learning style; make the most of advantages of using information technology to teach: communication, interaction and exploration, etc. Besides, gym teachers shall assign homework in and after class to strengthen students' ability of independent learning, and then improve the effectiveness of teaching.

V. CONCLUSION

In conclusion, information technology plays an important role in the teaching of national traditional sport course at universities. At the present stage, universities in our country shall correctly understand and make use of information technology, timely solve problems appeared in the process of integration of information technology and national traditional sport, and improve the teaching jobs of national traditional sport through taking effective measures such as improve gym teachers' comprehensive quality of information technology, integrate according to actual teaching situation and strengthen the construction of information technology infrastructure as well as innovate teaching modes. We hope that under continuous endeavors of all sectors of society, the information-based education of national traditional sport in universities of our country can make greater progress, create high quality environment for students to learn sport knowledge and then promote comprehensive development of university students.

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