

Research on the Management of College Physical Education under the “Micro-Platform”

Haihua He, Shaofan Liu

Jiangxi Police Institute, Nanchang, 330103, Jiangxi, China

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Abstract: “Micro-platform” is an innovative way of college education reform in the era of mobile Internet. The use of “micro-platform” in physical education has gradually been recognized by universities. This paper starts from the imbalance of the comprehensive utilization rate of sports “micro-platform”, the limited degree of originality and the lack of motivation of teachers and students, and discusses the methods of college physical education management under the “micro-platform”.

1. Introduction

Introduction: With the popularization of the concept of lifelong sports in Chinese universities, the size of the student group willing to actively participate in physical exercise has gradually grown. Various sports and recreational sports such as tennis, volleyball, badminton and other sports have been sought after by students, but many sports are technically strong and require a lot of skills, which makes many sports fans have a lot of sports. The project is prohibitive. As a new way of physical education in colleges and universities, sports “micro-platform” has unique advantages in the management of college physical education. It plays an important role in expanding the reserve of sports knowledge of college students and enhancing the interaction between teachers and students.

2. Characteristics of “micro-platform” in the management of college physical education

2.1 It can accurately reflect students' physical learning and exercise.

In the traditional college physical education teaching process, the feedback of students' actual exercise situation mainly depends on teachers. The physical education teachers give students a certain time to conduct physical education in physical education classes, and observe, analyze and guide them. However, the teacher's attention is limited, and it is impossible to take care of all the students. This leads to teachers' feedback to the students, which inevitably have different degrees of distortion. It is difficult for students to realize that their sports skills are misused during the training without correct correcting the guidance, which makes it difficult to improve the level of sports. The “micro-platform” is a communication platform for related sports knowledge. There are many learning videos related to sports skills teaching uploaded by teachers. Students can download and watch the corresponding video videos on the “micro platform” to understand their training methods and The gap between standard training methods to ensure the correctness of their training methods, correct corrective actions in a timely manner, and improve the quality of learning.

2.2 “Micro-platform” teaching content is rich in expression.

Because “micro-platform” can use sound, image, video, animation and other multimedia tools to create scenarios, and design more perfect teaching methods for different teaching content, this aspect can greatly mobilize students' enthusiasm and stimulate students' interest in learning sports. On the other hand, it can make the teaching content more fully displayed, and has the role of guiding students to focus on special and difficult action learning, and urge students to actively explore the effect of active learning. In the physical education teaching, the movements of many

sports events are continuous movements, which can only be completed in one-time teaching. At this time, the “micro platform” can greatly help. For example, running is a cyclical movement with strong technical complexity and strong continuous movement. In the process of teaching the running sport, it is difficult to have practical results by simply relying on the teacher to demonstrate and explain. Manually using the “micro-platform” for slow-motion playback teaching can not only show students correct and complete arm swing, leg bending and breathing movements, but also quantitative analysis and analysis of walking frequency and stride during running to help students better Fully master the running sport. In addition, projects such as high jump, long jump, gymnastics, etc. can rely on “micro platform” slow motion video to assist teaching. There are many teachers on the “micro-platform” for the decomposition of technical actions, and the corresponding background music is specially designed to strengthen the sensory memory of the students with the rhythm of music, so that students can master the action essentials as soon as possible.

2.3 “Micro-platform” teaching content is more comprehensive.

“Micro-platform” uses multimedia technology to improve the classroom teaching ability of physical education teachers, broaden students' horizons and improve teaching quality. For example, the teaching of sports competitions is not available in traditional physical education. On the “micro-platform”, teachers can use multimedia technology to let students appreciate the explanations or video clips related to the competition. Teachers will guide students to deepen them during the explanation process. Students gradually master how to enjoy sports events; in the basketball rules class, teachers can use multimedia tools to pass regular text pictures or instructional videos to students, so that students can more fully understand the rules, so that they can make some hidden fouls. Correct judgments to promote students' understanding of relevant rules.

2.4 “Micro-platform” is based on the teacher and student interaction sharing.

Insufficient interaction and insufficient information sharing are common problems in traditional physical education. This problem has been solved well under the “micro platform”. With the development of information technology, people's communication activities are more and more concentrated on the Internet, and so is the physical education under the “micro platform”. For example, in the courses “Lifestyle and Health” and “Sports and Tourism”, teachers will post some after-school questions through “micro-platform” and provide some websites to let students browse the Internet and find their own answers. They can train students to analyze problems. problem solving skill. Therefore, the “micro-platform” makes up for the lack of classroom teaching, so that the teaching information can be updated in real time. In addition, students can also ask questions to teachers through “micro-platforms” or share the collected information with classmates to achieve full sharing of sports learning materials. In the interactive sharing of physical education information, we should brainstorm and use the application of “micro-platform” in physical education to a new level.

3. The Influence of 2 “Micro Platform” on the Management of Physical Education in Colleges and Universities

3.1 Providing new channels for the dissemination of sports culture in colleges and universities

Traditional sports culture communication modes, including television, newspapers, magazines, photos, etc., have been extremely popular, controlling the right to speak of sports communication with its rationality, logic and authority, and determined the direction of sports culture communication. With the advent of the micro-era, micro-media and micro-applications have rapidly spread, and mass messages have been widely recorded as “seconds”, which has become a useful supplement to the traditional mode of communication.

3.2 Expanding the audience and influence of college sports culture

In order to meet the needs of college sports culture communication, the new media displays the sports culture activities, cultural systems and cultural connotations of colleges and universities in a

multi-dimensional and multi-form manner, and comprehensively reflects the health, entertainment, fashion, life and publicity of campus sports culture. Sexual and cultural. College students change instantly in the role of audience and communicator, select, forward, praise and comment on sports information, expand the influence and radiation of campus sports culture information, resonate in the circle of friends, and enhance the sports culture information. The recognition within the group has accelerated the speed of communication.

3.3 Increasing the timeliness and interactivity of sports culture communication in colleges and universities

Sports news in college sports culture is time-sensitive, the moments of events are time-sensitive, the reports of events are time-sensitive, and the convenient features of micro-media can quickly spread sports information to a wider range of regions and people, causing group resonance. . College students are not only the audience of “micro-platform” but also the disseminators of sports information. They also hope to record their own events through their own perspectives and lenses, and express their opinions and participate in a campaign as observers. Therefore, the form of “micro-beat” takes the students' own thinking and design into a sports, which is a deeper exchange between college students and sports culture.

4. Problems in the management of college sports under the “micro-platform”

4.1 Unbalanced comprehensive utilization rate of college sports “micro platform”

As the construction of the “micro-platform” of colleges and universities is mainly to increase the propaganda ability and strengthen the propaganda channels of various professional aspects of the school, the use of “micro-platform” of sports is mainly concentrated in the students of physical education, although non-sports students will also Joining the sports channel under the “micro platform”, but rarely using “micro platform” for learning sports, the comprehensive utilization rate of college sports “micro platform” is not high. The low utilization rate of “micro-platform” has affected the enthusiasm of platform managers for updating relevant content. The content of “micro-platform” is slow to update, making the updated content unable to attract students and falling into a vicious circle. In addition, the “micro-platform” servers are often arranged in the school intranet, and the comprehensive utilization rate is not high, so that the allocated bandwidth is limited. When the group events such as “school games” are held, the sports broadcasts based on “micro-platforms” are broadcasted. The platform is often embarrassing, further reducing the reputation of college sports “micro-platform”.

4.2 limited original ability, and insufficient personalized service

Sports “micro-platform” is a sports culture teaching communication section specially designed for college students. It not only has teaching information related to sports knowledge, but also various sports event information and sports lace news. This kind of learning and entertainment coexisting layout design is in line with the country's positioning for sports and recreation, but it also makes the micro-platform update content more and more entertaining, and the original teaching video update has not been moving, original Insufficient ability is a common problem faced by many college sports “micro-platforms”. In addition, due to the limited number of micro-platform operation and service personnel, the school can only deal with the problems of student feedback before it can be disposed of, which makes the micro-platform personalized service lack. Some non-sports students also gradually abandon this sports learning feedback because of slow feedback. Channels, leading to the “micro-platform” hit rate of sports is getting lower.

4.3 Physical education teachers and non-sports students participate in insufficient motivation

Different from the initiative for the teaching of physical education students, physical education teachers often do not have sufficient motivation for non-sports students. The corresponding problems are also reflected in the physical education teachers' class management of micro-platforms. Since the teacher can directly see the student's class when the micro-platform interacts, the physical

education teacher's attitude towards the non-sports major is often the same as that of the non-sports major, which makes the students and teachers not actively interact through the micro-platform. The desires of students, the problems of student feedback often have to wait until the physical education class can be solved, and the tasks issued by the teachers are often not taken seriously, which intensifies the students' lack of attention to sports and falls into a vicious circle. The countermeasures of college physical education management under the "micro-platform"

5. Enhancing the teaching function release function of sports "micro platform"

In the promotion process of sports "micro-platform", the application of "task-driven teaching method" should be emphasized to stimulate the interest of non-sports students in sports learning. In foreign countries, sports learning, leisure and entertainment, and games are almost equal. In the process of using information technology to increase the ability of physical education, foreign countries are also promoted in the form of "educational and entertaining" game tasks. Examples of life to stimulate students' desire for sports knowledge learning. Domestic sports "micro-platform" can also refer to this idea, publish sports game tasks on the "micro-platform", intersperse sports knowledge into the game, create a pleasant interactive learning atmosphere, and let students in sports game tasks. Gaining happiness makes students have the desire to actively participate in other activities of the "micro-platform" of sports, thereby improving the comprehensive utilization rate of sports "micro-platforms" by non-sports students.

5.1 Based on students, establishing a physical education original system

The original ability of sports "micro-platform" is limited, and the lack of personalized service is due to the fact that the "micro-platform" has too much management authority to concentrate on teachers, and there are not many students participating in "micro-platform" management. Therefore, managers of sports "micro-platforms" should consider selecting outstanding students from students to establish their own original system of physical education content. Students can not only apply for a new physical education video by the teacher's guidance organization, but also publish a variety of cool sports moments to show the vitality of college students in physical exercise. Students tend to be more aware of young people's concerns about sports than teachers. Establishing a physical education original system based on students can not only provide comprehensive utilization of sports "micro-platforms", but also enable teachers to better understand students' thinking about sports. To promote teachers to actively change their teaching philosophy.

5.2 Organizing sports competitions and increasing participation motivation

The lack of interest in sports for non-sports students is an important reason for students' unwillingness to actively participate in the "micro-platform" of sports. As an important way of sports confrontation between classes, competition can greatly enhance students' interest in participating in sports. However, many college sports competitions are concentrated in the autumn school sports meeting, and in the spring there is no organization of sports competition habits. Colleges and universities should consider setting up more school-level sports competitions in the spring, so that students can also actively participate in physical exercise in the spring. The information of the sports events will be announced by the teachers on the sports platform. The students will also participate in the activities of the sports "micro-platform" in order to obtain the relevant information of the competition in time, so that the students pay attention to sports and the teachers pay attention to the virtuous circle of students.

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