Evaluation and Analysis of Improvement Methods of Physical Education in Colleges and Universities Based on Modern Information Technology

Bo Zhang

Department of Physical Education, Inner Mongolia University of Technology, Hohhot, Inner Mongolia, 010051, China

Keywords: Information Technology, College Physical Education, Teaching Evaluation

Abstract: With the quality of education without breaking push wide, each high school more and more attention Education, music and other arts courses. In order to improve the physical quality of students in modern colleges and universities, the teaching quality of physical education courses must be given serious attention, on this point the teaching of physical education courses in modern colleges and universities is generally rough in the way and method, usually using a unified standard for students to train, ignoring the individual differences of students, while not conducive to students' interest in physical education learning, it can be seen that the quality of teaching is not as expected. In the current environment, how to strengthen the deep integration of modern information technology and college physical education is the focus of the next discussion.

1. Introduction

Information technology in the long-term development, has now entered the field of teaching, in the language, mathematics and other subjects should be widely used, but on the whole, information technology and physical education curriculum teaching still have a certain distance, because the physical education curriculum is relatively special, all activities need students to participate, on the surface there is no space to integrate information technology. The lack of interest in college physical education classroom is the main problem. Because the content of physical education in colleges and universities is relatively boring, many students are not interested in physical education courses, which greatly reduces the enthusiasm of students to exercise [1]. And the lack of college sports equipment and the lack of stadiums also in a very large degree of impact on the physical education and learning efficiency of the high. For the solution when the pre-body education and education encountered difficulties, can be waved The use of information technology in the present generation, ease the shortage of physical education teaching space equipment in colleges and universities, make up for the lack of basic cultural knowledge of sports, raise the height High school students end up body body education knowledge, in the subliminal help To help college students to establish the spirit of sports. In order to achieve the deep integration of information technology and physical education, promote the promotion of high school students' literate culture and the development of a comprehensive energy [2].

2. The Application Of Modern Information Technology in Physical Education

2.1. Make up for the Lack of Sports Theory and Sports Culture Literacy

In the process of physical education in colleges and universities, many students reflect that the school pays too much attention to physical education and forging, and neglects the dissemination of physical education and knowledge [3]. But it is the life and practice of physical education, the two are one, not Can be separated from . In order to better improve the quality and level of physical education in higher education, it is necessary to use modern information technology to train and educate college students in sports literacy and sports spirit. Sports culture and education is when the former high school physical education and education of the development of the party, in the In this process, we need to play the dual role of physical education teaching, not only to use the physical
fitness of physical training students, to enhance physical fitness, but also to borrow Aids Education and Education, Education, Education, Physical Education, Physical Education, And Physical Education, For example, Long run movement, training students strong and willing to suffer The essence of God [4]; With help, run, stimulate the students' fighting spirit and self-confidence; Increase the shooting and taekwondo and other sports, improve the focus of students and so on. Different sports have different roles and values for students, but in the traditional physical education program, teachers often go into the game Education of culture and knowledge and education, so that students lack of physical education Spirit, is only tired of paying the teacher's cloth of the body is not conducive to the physical education of high-school students. As a result, the current generation of information technology has a great effect on the humanistic literacy of high school students [5].

2.2. To Alleviate the Shortage of University Venues and Equipment

Judging from the number of college entrance examinations in recent years and the number of students enrolled in major universities, many high schools are in the form of continuous expansion of enrollment. In this kind of situation, high school equipment and site resources appear insufficient phenomenon, in order to alleviate this dilemma and the situation, need to open up More physical education and teaching resources, from the ease of the hardware teaching set The shortage of the cast. At this time, the current generation of information technology can be to wave it out of the Advantages and uses, can be used to help the present generation of information technology to develop High quality network body education course, guide students in the network On-the-go learning and knowledge of the body, the development of high physical education and culture within culpability [6]. Benefit with the current generation of information technology into the network on the physical education and education To a great extent, it has improved the utilization rate of physical education resources in schools, which effectively alleviates the shortage of physical education teaching hardware [7].

2.3. More Diverse Teaching Methods and Methods of Physical Education

Extracurricular physical exercise in the traditional physical education model is a more common form, the content of physical education in colleges and universities includes two parts of theory and practice, but is the large part of the high school physical education class more side Heavy in practice division, but ignored the emphasis of physical education theory study Want sex [8]. The development of current information technology is well placed to solve the current predicament, to teach sports theory with the help of modern information technology, and to Very large degree of high physical education and education quality and water level, example Such as: In the traditional physical education teaching, most physical education teachers are in the form of board books to carry out physical education and knowledge of the teaching, and the board of books It needs to be fixed, which makes the already tight physical education teaching time become shorter invisibly, which is not conducive to the promotion and education of physical education [9]. And with the help of modern information technology for physical education, can be in the physical education teaching Chinese use of electric sub-board book base ben generation for hand writing board book, big Improve the efficiency of higher education, reduce the time of short board books. In addition, can also be used in the current information technology into the high school Physical education network teaching, both in the teaching, but also in the shape of no Medium eases the condition of the tight supply of the resources of the physical education field. In addition to this, by helping the present generation of physical education and education management department General administration of expense management, data management, physical inspection, etc., can be measured in real-time students' physical condition and learning The situation is conducive to the long-term development of college students [10].
3. Measures Applied by Modern Information Technology in Physical Education

3.1. Strengthen the Investment of Information Technology Software and Hardware in Physical Education Teaching, and Provide Support for Teaching Software and Hardware

In the process of promoting the deep integration of physical education teaching and information technology, sufficient financial support is required. If you want to make multimedia technology play a more rational role in physical education in colleges and universities, we should be able to teach and teach the science of the Read the whole thing, but these are based on the scientific and rational basis of teaching software. In the course of high school aerobics and teaching, multi-media techniques should be Should rely on this kind of software to cooperate with each other, so that the overall quality of classroom teaching to the certification. First, the high school side should set up the software and hardware set Dedicated items of capital items, from the certification software to and hardware The capital supply for the development of work shall be stable, this kind of one come, so that the high school's software and hardware research Make to a more deeper and deeper exhibition, more on the promotion The overall quality of media technology teaching and construction will certainly be greatly improved. Second, colleges and universities should also focus on the development of unified management software, the development of this software will enable the development of aerobics and teaching More favorable, at the same time also make the course of the course structure design and course management more, in the promotion of education Teaching the same quality of education, but also more to add to the teacher's life In the line flow, from which the sharing of educational activities and the centralized distribution of resources are effectively reflected [11].

3.2. Multimedia Technology Should be used in the Fusion of Traditional Teaching Concepts

The application of media technology is bound to make the teaching of physical education in colleges and universities a new level of learning to have an effective promotion, but yes, in the increase of the larger Multi-media techniques should be used vigorously, but should also be carried out in depth on the traditional educational and teaching models, and in the teaching of the general It is a good choice to combine multi-media technology with traditional teaching concepts when learning to absorb teaching and learning, but also To a great extent, to enhance the acceptance of the course. From a certain layer of face and say, multi-media technology should be used and is not for the end All take the teaching and education model of the whole generation, but is for the make the lesson The pattern of teaching becomes more and more multi-yuan and rich , only if there is a combination of the two into the right way, can it be enough The overall quality of aerobics teaching

3.3. Strengthen the Information Technology Training of College Physical Education Teachers and Improve Teachers' Information Literacy

In the process of the deep integration of information technology and college physical education, high school physical education teachers wield the main guidance. Because of this step forward to improve the information technology of high school physical education teachers, it is necessary to strengthen the information technology training of college physical education teachers, improve the information literacy of teachers. For example: First, you can ask our information technology teachers to teach the school's physical education Specialized training to improve the teaching skills of high-body teachers force. Second, use the network course to teach. High school physical education teacherself self-awareness learning information technology, promote high The integration and development of school education and current generation of information technology.

4. Conclusion

Modern information technology for alleviating the shortage of physical education resources and equipment in colleges and universities, starting with the use of non-normal large-scale, plus strong current generation of information The deep integration of technology with the physical education of
high schools requires the teaching of teachers. Do not cut the information of high-level people, improve the information technology of college physical education teachers. It is also necessary to construct the educational environment and learning methods of colleges and universities under the modern information technology environment. Finally, we also have to step up a step to strengthen the physical education and education soft, hard parts set the grant of capital Into, step by step to promote the deep integration of physical education teaching and modern information technology in colleges and universities.

References


