Present Situation and Countermeasures of the Application of Modern Educational Technology in Physical Education Teaching

Jianhua Jiao
Department of Physical Education Guangdong Polytechnic College, Guangdong, 526100, China

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Abstract: With the continuous development of the times, the continuous progress of society. Physical education should also keep pace with the times and bring students more scientific education and training. Nowadays, modern educational technology has been widely used in physical education teaching, and has become one of the important evaluation criteria to measure the quality of physical education teaching, which provides more direction for the transformation of physical education for young people. If we want to optimize the physical education teaching and improve the students' physical quality effectively, we should make clear the present situation of the application of modern educational technology in physical education teaching, and integrate all the information resources and hardware facilities needed to implement modern educational technology with good countermeasures.

1. Application of Modern Educational Technology in Physical Education

The application of modern educational technology plays an important role in the physical education teaching in colleges and universities. It can not only make up for the problem of insufficient class time, which is easy to appear in physical education teaching, but also optimize the quality of class, stimulate students' learning motivation, and help students develop good physical exercise habits. Based on this, students can choose more autonomous learning sports route, which plays an important role in the growth and progress of students. Taking the physical education teaching of high schools and colleges in Jilin Province as the main research object, this paper statistics the present situation of the application of modern educational technology in physical education teaching by means of questionnaire, interview and field investigation, and analyzes the relevant countermeasures to improve the efficiency of the application of modern educational technology in physical education teaching.

1.1. Coverage and Application of the Campus Network

Taking Jilin Province colleges and universities as the main object of investigation, according to the survey, all colleges and universities have established the campus network, and most of the multimedia classrooms are in the state of networking. Campus network coverage has included teaching buildings, administrative buildings, libraries, student dormitories and other important locations[1]According to the calculation, most of the applications of the network in colleges and universities are mainly administrative propaganda and the application of cultural courses. The proportion of administrative propaganda is 41.5%, the cultural courses are 33.5%, the recreational activities are 20.3%, and the application efficiency in physical education teaching is low, less than 5%. It can be seen that the network hardware condition of modern educational technology is sufficient, but the utilization rate is very low, which leads to the technical advantage of network is not fully utilized in physical education teaching, and colleges and universities still need to continue to explore the teaching potential of the network.
1.2. Construction of Information-Based Teaching Equipment for Modern Physical Education

If we want to provide a good implementation environment for modern educational technology and promote the development of physical education teaching, the key point lies in the construction of information-based sports teaching equipment. If the equipment is sufficient and the quality is up to standard, the efficiency of popularizing modern educational technology in physical education teaching will be improved significantly. According to the interview statistics in Jilin Province, with the general high school and physical education colleges as a comparison, the general high school physical education teachers mostly think that the current information sports professional equipment can basically meet the needs of teaching. Some 64.2 per cent consider adequate equipment and 35.8 per cent consider general. Some PE college teachers believe that the relevant hardware preparation is insufficient, it is suggested that more professional PE teaching facilities should be updated or introduced. The proportion considered adequate, general and insufficient is 42.7%, 21% and 36.3% respectively.

1.3. The Attitude of PE Teachers Towards the Application of Modern Educational Technology

Taking Jilin Province colleges and universities as an example, through the questionnaire survey data show: most teachers think that the use of network video to carry out physical education teaching, the form is more cumbersome, need a long preparatory time, teachers should also invest a lot of relevant energy, than the traditional form of physical education to come directly and quickly. In addition, sports materials collected through the network are usually relatively old, video quality is low, and lack of relevant training system, so it is difficult to achieve the established teaching purpose. Therefore, the application of modern educational technology in physical education classroom is mostly disapproved. Another part of teachers think that the application of modern educational technology in physical education teaching, the teaching form is very novel, can effectively arouse the enthusiasm of students to learn sports, think that the application of advanced technology should be vigorously promoted. Approximately 66 per cent and 34 per cent respectively.
2. Application of Modern Educational Technology in Physical Education Teaching

2.1. Physical Education Teachers are Not Familiar With the Application of Modern Educational Technology

Because the physical education classroom is generally carried out outside, the multimedia classroom is rarely used to teach, which also leads to the problem that PE teachers are generally not familiar with the information teaching equipment. The proficiency of PE teachers in technical equipment is directly related to the teaching quality of modern educational technology. In physical education teaching, the application frequency of multimedia, network, electronic whiteboard, tape recorder and other equipment is higher, such as projector, camera and other complex equipment teaching attempts are less. Therefore, most PE teachers' ability to apply these technology equipment is relatively short board. In addition, the teaching courseware of PE teachers mainly comes from the network, and its ability to make courseware independently is insufficient. This also leads to the application of modern educational technology in physical education teaching is difficult to meet the practical needs of students.

2.2. Physical Education Teachers Lack Relevant Training in Modern Educational Technology

With the rapid development of information technology, PE teachers should take an active part in relevant training and study the relevant application of modern educational technology. However, most schools have insufficient organization of training work, and physical education teachers have not been trained and studied, which leads to the weak mastery of modern educational technology and the lack of sufficient professionalism. And through the understanding of interviews, many PE teachers when talking about modern educational technology, hope to receive more professional learning, understand theoretical knowledge, get practical guidance. Most PE teachers have clearly realized that by virtue of their existing modern educational technology ability, it is difficult to show the essentials of some sports technical movements perfectly. Therefore, it is necessary to learn more advanced software or facilities through training to express the key points and difficulties of these actions.

3. The Application of Modern Educational Technology in Physical Education Teaching

3.1. Changing the Concept of Application of Modern Educational Technology

If we want to improve the efficiency of the application of modern educational technology in physical education, we need to change the concept of teachers and students first. Physical education teachers should not only broaden their horizons, but also actively try advanced teaching techniques to improve the quality of classroom teaching. In addition to physical education teachers, students also need to correct the wrong learning concept, not to use multimedia, network as a simple entertainment tool, but to take the initiative to accept the reform brought by modern educational...
technology, and choose physical education courses according to their own strengths and preferences for autonomous learning. The change of concept can promote the application process of modern educational technology and promote the progress of physical education and teaching.

3.2. Improve Related Facilities

It is difficult to implement modern educational technology in physical education without good hardware foundation. Schools must improve the construction of advanced facilities and improve the capital investment of hardware. At present, schools are generally not fully equipped for the professional facilities of sports subjects, and there are some negligence in maintenance and management. Therefore, application efficiency should be improved for the following facilities. One is the application of campus network, a large number of network resources are applied to school propaganda, and the application rate of teaching services has not reached the highest. Teachers should improve the educational function of campus network and develop more educational functions. The second is the establishment of sports exchange platform, with the teaching gradually into the process of information, the teaching materials in the knowledge has been unable to meet the needs of students to learn[3]. Physical education teachers can provide good advice for students by establishing information platform. In the process of learning sports, students can get guidance from PE teachers, athletes, professional coaches and so on at any time, at the same time, they can exchange experiences, share resources, and fully reflect the application advantages of modern educational technology.

3.3. Innovating the Contents of Physical Education Teaching

Physical education includes physical exercise, competitive competition, sports performance and so on. If we want to make effective use of modern educational technology in physical education teaching, we should integrate advanced technology into the mode, content and concept of physical education teaching. This can not only enrich the educational resources of physical education classroom, but also help students to develop towards individualized physical education learning. In this regard, teachers can start with the teaching materials, make excellent learning courseware, and develop online teaching courses. For example: basketball teaching video, aerobics action decomposition, martial arts courseware and so on.

3.4. Improving the Training of Modern Educational Technology Theories And Skills

Physical education teachers have insufficient understanding of modern educational technology theory and low operational proficiency in related skills, which will affect the efficiency of the implementation of modern educational technology in physical education teaching. School leaders should focus on organizing relevant training to improve the comprehensive ability of PE teachers to use modern educational technology. The relevant training work can be arranged according to different circumstances, such as choosing the training time in the summer or winter vacation, so as to ensure that the study time is sufficient. Physical education teachers can also be stratified training according to the difference of academic qualifications and age. Young, highly educated teachers accept more quickly, progress can be advanced. The weak foundation of older, less educated teachers can slow progress appropriately, which can balance the progress of both learning.

4. Conclusion

Compared with the traditional physical education teaching, the introduction and application of modern educational technology makes the contemporary physical education teaching mode more diversified, which not only enriches the classroom content, but also innovates the teaching form. The application of modern educational technology in physical education teaching is gradually on the rise, and many professional facilities can also meet the basic teaching needs of physical education teachers. If we want to further optimize the efficiency of the application of modern educational technology, we also need to vigorously carry out relevant educational policies, update professional equipment in time, improve the budget of funds, cultivate the relevant ability of
physical education teachers to use modern educational technology, and make a good transition from theory to practice in the application of modern educational technology in physical education.

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References

