

Analysis of Volleyball Teaching Effect Based on CAI Technology

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Keywords: CAI Technology; Volleyball; Teaching Effect

Abstract: After entering the new era, China's education system reform has become more and more in-depth, and has changed teaching methods and teaching methods to a large extent. As a new type of teaching technology, CAJ technology can be effectively applied to volleyball teaching, in order to stimulate students' interest in volleyball learning, reduce the difficulty of teachers' work, and improve the overall effect of volleyball teaching.

1. Introduction

Specifically, the CAI pedagogy refers to computer-assisted instruction, which is to actively apply the corresponding computer tools in teaching activities. It organically combines computers and various media types, including text, graphics, animation, graphics, etc., by outputting information to encourage students to feel immersive. The application of CAI technology can stimulate students' interest, curiosity, etc., to concentrate and achieve the purpose of improving learning efficiency. At the same time, through the application of CAI technology, the teaching task of teachers can also be reduced, which can effectively simulate the teaching behavior of teachers, the physical exertion of teachers in the course of class is reduced, and the teaching efficiency and teaching quality are significantly improved [1].

As we all know, volleyball teaching has strong imitation characteristics, only enough visual and image, students can master the corresponding technical standards of movement. In the past volleyball teaching process, the teacher integrated the explanation and personal demonstration, and passed the corresponding volleyball knowledge and technology to the students. Through personal training and thinking, the students mastered the corresponding knowledge and skills. Under this traditional teaching mode, teachers, as the main body of the classroom, dominate the development of classroom teaching, while students passively and mechanically receive knowledge and acquire skills, unable to give full play to students' subjective initiative. Under the combined effects of age, physical fitness, professionalism and other factors, it is difficult for teachers to standardize some of the technical actions of the standard, which increases the difficulty of students' understanding and the teaching effect cannot be realized. Through the application of CAI technology, the demonstration requirements of physical education can be realized, and the vividness and image of teaching can be enhanced [2].

2. Application of CAI Technology in Volleyball Teaching

2.1 Composition of CAI Courseware.

The application of CAI technology in volleyball teaching first needs to produce the corresponding CAI courseware. The courseware content includes volleyball teaching content, training guidance, demonstration and so on. In the CAI courseware production, the teacher can use the sound animation method to explain the knowledge and skill points to the students.

Before starting volleyball teaching, all students are required to cycle through the relevant materials in advance in order to gain a deeper understanding of the key points and difficulties in the volleyball teaching content. After completing the volleyball technical teaching, the students repeatedly watch the teaching materials in order to more deeply understand and consolidate the

relevant teaching content.

2.2 The Production Process of CAI Courseware in Volleyball Teaching.

In the process of making CAI courseware, the multimedia platform should be fully applied and the flow chart should be rationally designed to fully reflect the teaching design ideas in volleyball teaching. By setting some simple levels, scientifically arranging the courseware content, and constructing the CAI courseware flow chart framework reasonably.

The related video and material play are the main advantages of CAI technology in volleyball teaching. Therefore, in order to promote the volleyball teaching effect, teachers need to comprehensively use a series of modern information technology to rationally edit the training process and skills of volleyball players.

In the volleyball teaching process, according to the differences in student situations, teachers should arrange the contents of each chapter reasonably. The study found that CAI technology provides more than 10 types of interactions to teachers. In the specific selection process, students need to fully consider the learning needs, adjust the teaching progress reasonably, and improve the volleyball technology teaching atmosphere [3].

By applying graphics, text and other special effects to the CAI courseware production process, the volleyball teaching form can be enriched, and the students' attention can be concentrated to achieve the goal of improving teaching efficiency. For example, through the rational use of illuminated text, jumping text, etc., it can effectively highlight the focus of teaching, while enhancing the vividness of CAI courseware.

3. Application Requirements of CAI Technology in Volleyball Teaching

First of all, when the teacher arranges the teaching content, the volleyball teaching materials need to be fully considered. In teaching practice, it is necessary to use the application of multimedia information technology to scientifically arrange the teaching difficulties and teaching priorities of each lesson. Through the development of computer-aided teaching, teachers' teaching efficiency can be greatly improved, and the teaching atmosphere can be optimized. For example, in the teaching practice of passing technology, you can download the passing video clips of excellent volleyball players, and explain video recordings of knowledge points. In the classroom, teachers can promote students' understanding of the passing technique by playing these images to students. In order to cultivate students' thinking ability and profound knowledge, teachers also need to combine the video content to ask corresponding questions.

Secondly, in the teaching practice, the teacher should guide the students to summarize the learned techniques and knowledge points in order to understand the volleyball technology more deeply. It is necessary to use multimedia technology to timely display the training process of the students and correct the errors. At the same time, play the standard action video to help students find ways to improve [4].

Finally, in order to fully utilize the application effects of CAI technology, the arrangement of homework after class is also a very important part. For example, teachers can copy the demonstration materials of volleyball technology, the video of athletes, etc., and ask students to use their spare time, watch repeatedly, and write their own learning experience.

4. Research Objects, Research Methods and Research Results

4.1 Research Object.

Eighty girls were selected and divided into elective classes and control classes, each with 40 students. The main training content is to serve the ball, put the ball, and pass the ball on the front.

4.2 Research Methods.

The teaching content and teaching progress of the two classes are the same, and the teaching uses hard volleyball. The elective class adopts the modern multimedia CAI teaching method, and the

control class adopts the traditional demonstration, explanation and practice teaching methods.

4.3 Research Results.

The study found that the two classes are basically the same in terms of serving effect. The main reason is that the research objects are all girls. The starting service has less technical difficulty, and the technical requirements will not affect the success rate of the ball to a large extent. The hard volleyball used in the teaching has a larger weight and a harder cortex. Under the effect of faster speed, it will cause a greater pain when hitting the ball, which will affect the interest of girls in volleyball training. It is easy to produce fear, which in turn affects the technical mastery effect.

Compared with the traditional demonstration and teaching methods, CAI technology teaching has a higher effect. The main reasons include these aspects:

First of all, through the use of CAI technology, before the teaching, the students have already in-depth observation of various exciting game segments. Most of the students have a preliminary understanding of the role and application of the technical movements, and the learning objectives are clear. The attitude has been corrected and laid a good foundation for subsequent technical learning. The CAI courseware produced by the game uses a series of pictures, texts, audio, video, etc., which is vivid and vivid, giving students an intuitive impact and helping students to clearly construct the movements. At the same time, it can create a good situation, mobilize the students' multiple organs, help students to understand and memorize knowledge more deeply, and the learning efficiency is significantly improved. The application of multimedia teaching technology can construct teaching feedback in time. Students can watch the action completion images in time, find out their own advantages and disadvantages, and correct errors in time. The students' learning enthusiasm is fully mobilized and the teaching effect is improved. In addition, the application of CAI technology, the interaction between teachers and students is enhanced, students can actively participate in the process of action collection, discussion, evaluation, etc., the lack of teachers' single evaluation has been compensated, and the initiative of students to participate in teaching has been stimulated. Finally, part of the teaching workload of teachers can be replaced by CAI technology, and repetitive labor has been greatly reduced, so teachers can invest more time and energy in courseware production and teaching method innovation, find problems timely and improve teaching. The way, the initiative and creativity of teaching have been enhanced, and the teaching effect has been improved [5].

5. The Problems Needs to Get Attention When CAI Technology Applied to Volleyball Teaching

First of all, CAI technology cannot be abused in volleyball teaching. It is necessary to fully take into account the characteristics of physical education and the advantages of multimedia teaching, and integrate them rationally and scientifically. It is necessary to clearly understand that the teaching activities of teachers cannot be completely replaced by multimedia courseware. CAI technology only plays the role of auxiliary teaching. The teaching links of teachers' explanation, demonstration, questioning and discussion still need to be carried out. CAI technology is only a teaching method.

Secondly, it is necessary to continue the good things in the traditional teaching mode. At the same time, the advantages of multimedia technology will be brought into play to promote the improvement of the quality of volleyball teaching. If you use some intuitive and simple teaching aids, such as projections and wall charts, you can promote the goal of teaching, then you don't need to apply CAI technology, you can't apply it just for application, otherwise it will become formalism.

Finally, physical education teachers should constantly improve the level of personal multimedia technology, be able to master the courseware production software, and independently produce the courseware. At the same time, it is necessary to closely consider the cognitive characteristics of students and scientifically produce courseware. Before the production, we should seriously study the content of the teaching materials, reasonably grasp the key points and difficulties of teaching, target selection and collection of materials, process and organize the collected materials, and continuously improve the quality of multimedia courseware production.

6. Conclusion

In summary, the traditional volleyball teaching mode is relatively boring, and it is easy for students to become bored and restrict the improvement of teaching quality. In response to this situation, CAI technology can be reasonably applied in volleyball teaching to stimulate students' enthusiasm and enhance teaching effects. In the specific practice, it is necessary to combine the student's situation and teaching content, reasonably produce CAI courseware, scientifically design the teaching process, and maximize the auxiliary teaching role of CAI technology.

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