

Exploration and Research of Physical Education Informatization in Colleges and Universities in Mobile Internet Era

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Abstract: With the development of the times, mobile Internet technology, as the main driving force to promote social progress, has been widely used in people's lives. Physical education (PE) in colleges and universities should also adapt to the development of the times and apply mobile Internet technology to carry out teaching work. Mobile Internet technology has the advantages of enhancing the feelings between teachers and classmates and improving teaching efficiency. This paper mainly carries on the corresponding exploration from the aspect of PE informatization in colleges and universities in mobile Internet era.

1. Introduction

With the continuous development of network technology, people are able to get the information they need at any time through mobile devices, which also provides a certain basis for PE informatization in colleges and universities. In higher education, PE teaching is a very important part. In this era of rapid development of network technology, how to use relevant technology to improve the quality of PE informatization teaching is a common problem.

2. Problems Existing in the Informatization Teaching of Physical Education in Colleges and Universities

2.1 Relatively Poor Professional Level

Nowadays, with the rapid development of Internet, network technology has been applied to all walks of life. Thus, informatization teaching has become a new development mode, which requires teachers to have computer expertise. However, most teachers in colleges and universities are so traditional that they are unable to adapt to informatization teaching. Therefore, it is relatively difficult to carry out informatization teaching, which is also the main reason why the current PE teachers can not skillfully apply informatization teaching. In addition, the traditional PE teachers have their own unique teaching methods. They take the training of students' physical fitness and sports ability as the main task. However, informatization teaching is quite different from the traditional teaching, resulting in the lack of professional competence of traditional PE teachers.

2.2 Current Teaching Management Mode does not Meet the Requirements of Informatization Teaching

If we want to manage the teaching of colleges and universities, it is essential to have a good teaching management mode. A fine teaching management mode is expected to be adapted to the development of students and the development goals of colleges and universities. However, the reality is that China's colleges and universities are developing rapidly while the teaching management mode is relatively backward, which is in line with the informatization teaching. The main reason why it is difficult to integrate informatization teaching into PE is that the informatization teaching mode does not match the current teaching management mode, thus causing various problems.

3. Promoting Role of Mobile Internet in Informatization Teaching of Physical Education in Colleges and Universities

In today's era, Internet technology is developing rapidly. Young people are the main target of using the Internet. According to the results of relevant surveys, young people show a gradual upward trend in the use of the Internet, among whom college students account for the largest proportion. Because college students are in the most vigorous stage of life, they are full of infinite interest in new technologies. The universal use of mobile devices just meets their actual needs. In the teaching activities of colleges and universities, as the main component, PE teaching should take the overall informatization teaching as the starting point and service teaching as the main part, gradually establish a network service platform based on mobile internet technology, and explore a new mode of PE teaching.

4. Application of Mobile Internet Technology to Physical Education Teaching in Colleges and Universities

Through the application of modern mobile Internet technology, the rich teaching resources will be transferred to the multimedia information platform, so that students are able to obtain information through the platform to achieve the goal of PE teaching in colleges and universities. The application of mobile Internet technology can improve the level of teaching management, the quality of colleges and universities, teaching efficiency, and the professional informatization knowledge of teachers. It is of great significance to promote the informatization teaching of PE in colleges and universities.

4.1 Infrastructure of Internet

The basis of realizing informatization is the Internet. Mobile Internet has gradually penetrated into campus. In order to improve the quality of colleges and universities and integrate various resources, many colleges and universities have established a network covering all places in the campus, which realizes the interconnection of colleges and universities. It is also necessary to establish a campus network to connect all computers and Internet in the campus, and centralize the management of application data, network equipment and so on. Meanwhile, a network learning center is set up in the campus, and multimedia equipment is used to provide activities related to network multimedia teaching.

4.2 Create and Share Teaching Resources

In the teaching staff of PE in colleges and universities, each teacher has his own specialty. Sharing resources together can maximize the development of his own superior resources, so as to improve the teaching quality and work efficiency. In the process of PE informatization teaching, resource construction is to integrate teaching resources, select excellent teaching resources, and make the team form a joint force, so as to realize the sharing of resources.

4.2.1 Create and share electronic teaching plan

Before carrying out teaching activities, teachers are required to prepare lessons accordingly. Teaching plan is the main link of preparing lessons and is the plan made by teachers for a lesson. Whether the teaching plan is well prepared or not will have a direct impact on teachers' classroom teaching. With the progress of the times, teaching plan is no longer a traditional paper-based way while the paperless has become the main office mode in colleges and universities, so the teaching plan has become an electronic version. However, there will inevitably be some problems in the production of electronic teaching plan: the teaching progress is inconsistent with the teaching plan, the format is not uniform and so on. Therefore, in the process of making an electronic teaching plan, teachers are required to unify the curriculum standards and syllabus of each project, the teaching process, the corresponding format and the teaching content of the plan. The electronic teaching plan should be sorted out and screened. Then excellent electronic teaching plans are transmitted to the

teaching resource database. All teachers can use this database for learning. By this way, they can learn the advantages of others, and improve the teaching plan according to their own characteristics when the overall framework is unchanged. By sharing the electronic teaching plan together, the unification of teaching progress and teacher preparation can be realized. It is very beneficial to standardizing teaching and realizing the teaching purpose of mutual learning and common progress.

4.2.2 Construction and application of micro-class teaching

Micro-class is a new teaching method under the background of new era. Video teaching is a process of explaining relevant knowledge points of education according to curriculum standards and teaching practice needs. Let's take the waltz right-turn step in sports dance class as an example. By applying micro-class method, the main points of action are refined and the relevant text is attached in the form of video presentation. To refine knowledge points in short videos, it is necessary to have a deeper understanding of relevant knowledge, and to prepare for micro-class production and implementation process. In the era of mobile Internet, teachers have huge teaching resources. They need to integrate teaching resources scientifically, select the resources they need, and establish the final topic content. In the course of courseware making and design teaching, it is required to choose a relatively suitable teaching method based on teachers' own actual situation and students' physical and mental characteristics, make full use of the professional knowledge and formulate the corresponding micro-class making program. In the latter stage, those who want to add videos or other technical means can learn independently to improve the production level. In addition, the production of micro-class also can be completed with the help of relevant professionals to achieve the final micro-class uploading. In the traditional PE teaching activities in colleges and universities, the teaching method of teachers' imparting of knowledge is adopted. However, this teaching mode is not effective. In the new form, teachers are able to shoot their own teaching activities through the production of micro-lessons, highlighting the key points and difficulties. With the wide application of mobile devices, micro-class has become the main way for students to learn independently. First of all, students at all levels are able to learn through micro-class and choose their own appropriate knowledge points for learning. At the same time, they can learn at any time and anywhere to supplement their knowledge deficiencies. Secondly, through the use of micro-class, students are stimulated from the visual and auditory aspect, so that they can be more deeply impressed by the knowledge points. Students are also allowed to use micro-class in their after-class time to choose sports related to their own interests for learning, which is an expansion of traditional teaching, achieving the effect that traditional teaching can not achieve.

5. Relevant Measures for Implementing Informatization Teaching of Physical Education in Colleges and Universities in the Mobile Internet Era

5.1 Teachers should Change Their Concepts and Improve Their Professional Knowledge of Informatization

Nowadays, it is the age of Internet. The way people acquire knowledge has also changed. It is not only through teachers and classrooms, but also mainly through the effective use of the Internet. Under the new situation, the main purpose of PE teaching is not only to enable students to master sports skills, but also to understand the relevant theoretical knowledge, so that students' interest in learning can be stimulated. By virtue of the advantages of the information age, colleges and universities are providing rich learning resources for students on the Internet, and transforming the compulsory imparting knowledge by traditional teachers into students' self-learning of knowledge. Teachers should change their roles properly. Instead of simply teaching knowledge, they are required to let students study independently as an organization, so that students' desire for knowledge can be stimulated and their ability to process information alone can be improved. In addition, the professional knowledge of a PE teacher in information technology is also a key factor in teaching. Therefore, teachers need to learn relevant knowledge and improve their ability.

5.2 Apply New Technology in the Internet Era to Informatization Teaching of Physical Education in Colleges and Universities

In the information age, mobile devices have been widely used in people's lives and campus has also realized the comprehensive coverage of wireless networks, which provide convenience for PE informatization teaching. We should make full use of new technologies, such as Wechat, QQ and other communication software, so that there will be better interaction between students and teachers. According to the requirements of teaching objectives and teaching progress, teachers put some learning materials on relevant platforms, as well as the difficulties and key points in teaching, so that students are allowed to learn spontaneously. If students encounter obstacles in learning, they can feedback to teachers through the platform, then teachers grasp students' learning situation at any time, and formulate relevant solutions accordingly, so as to achieve the improvement of teaching efficiency. In addition, students are capable of understanding themselves and their learning ability more clearly by using the platform for self-learning, so that they can listen more pertinently and improve the quality of learning in the actual teaching process.

5.3 Explore Teaching Resources Fully with the Help of Mobile Internet

In the past, the main way for people to obtain information was in the laboratory, classroom and other occasions. Nowadays, any place that covers the network is available for people to obtain information. PE informatization teaching in colleges and universities is mainly to make full use of PE teaching resources. There are a large number of PE teaching resources on the mobile Internet, such as fitness, ball and other related knowledge. However, in the face of such huge information resources, it is essential to select the appropriate learning resources for our own learning.

6. Conclusion

At present, in the era of rapid development of mobile Internet, the traditional college PE teaching mode has been unable to meet the needs of modern development. Since mobile Internet is the current and future development trend for a long time, it is of great importance to fully apply this new technology to PE activities, enhance the communication between teachers and students, strengthen the training of teachers' relevant professional knowledge, and carry out PE teaching in colleges and universities efficiently with the help of mobile Internet technology.

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