

Reform and Optimization of Physical Education Under the Background of the Internet Era

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Abstract: Under the development of advanced scientific and technological means such as computers, the Internet, and big data, it has brought certain challenges to the development of higher vocational colleges. Therefore, it is particularly important to carry out the reform of physical education in higher vocational colleges. Education, as the most traditional industry, needs continuous innovation and reform, and the introduction of "Internet +" is particularly important. From the perspectives of innovation, fun, exercise, etc., analyze the precautions for higher vocational physical education teaching under the background of "Internet +"; finally, from the rational use of Internet teaching, fully combining teaching with students' actual conditions, and improving physical education teachers' Internet teaching awareness, etc. Aspects elaborate on the methods and strategies of using "Internet +" to carry out physical education teaching in higher vocational colleges.

Keywords: Reform and Optimization, Physical Education, Internet Era

I. INTRODUCTION

The Internet has become an effective way to acquire knowledge, which has driven the reform of the teaching system in higher vocational colleges. Traditional classroom books can no longer meet the development of the times. The information age is a symbolic product of the development of Internet technology. With the advent of the information age, Internet technology has also been widely infiltrated in education and teaching. More and more educators are actively changing teaching concepts, mastering Internet application technology, and closely integrating teaching courses. To ensure continuous improvement of teaching efficiency.

As a new type of technology, "Internet +" mainly uses the network platform as the carrier to disseminate and share various information resources and knowledge, so as to achieve the purpose of resource sharing and information exchange. With the wide application of information technologies such as Internet technology and mobile terminal equipment in the field of education, my country's economic and social development has entered a new era, and a new wave of scientific and technological revolution has swept in. Breaking the barriers of time and space restrictions, not only get more opportunities for information resources, but also increase the platform for teachers and students to communicate with each other, so that students can not help thinking deeply, enhance their creative ability, and promote the common progress of both teachers and students.

The concept of "Internet +" was proposed by Mr. Yu Yang, Chairman and CEO of Analysys International at the 5th Mobile Internet Expo in 2012. He analyzed what "Internet +" is from the perspective of economics. It is a new economic form that takes the Internet as the core and integrates the innovation of the Internet with the economic system. Nowadays, with the continuous advancement of science and technology, the Internet

is gradually integrating with other industries. The "Internet +" education model is a reform of the traditional face-to-face education model for teachers and students, which is a brand-new reform model.

Therefore, in the public physical education courses of colleges and universities, in the context of the rapid development of the Internet, strengthening its informatization construction is conducive to promoting the effective reform of the teaching of physical education related courses in colleges and universities, and is an important measure to improve the quality of public physical education teaching. Teachers and students can achieve teaching and learning, so that various information can be shared in a timely and effective manner, breaking through the limitations of time and space, allowing teachers and students to have more opportunities to access more resources, more freedom in time, and continuously stimulate students' innovative consciousness and creativity. In the context of the Internet, network technology has been applied to classroom teaching by more educators, prompting the transformation of the original teaching mode, and gradually building a liberalized, personalized and more targeted teaching method, which also makes up for the The flaws of a single, tedious approach to traditional teaching.

II. THE PROPOSED METHODOLOGY

As a new type of medium, "Internet +" is constantly changing people's lifestyles and learning methods, especially in the field of education, breaking through the traditional "teacher-based" teaching mode, improving teaching quality, promoting It has played an important role in the personal development of students. As we all know, China's education method is a traditional lecture-style classroom, where the teacher systematically imparts scientific knowledge to the students, while the students passively absorb the knowledge taught by the teacher under the podium. The leader of the classroom is the teacher. But in the long run, the disadvantages of traditional classrooms have also been found. In passive classrooms, students' enthusiasm is often not high. The emergence of "Internet +" has injected new vitality into traditional education.

The Internet in the "Internet +" we often say refers to a new era of information technology represented by big data, cloud computing and artificial intelligence, and "+" represents the impact of the Internet on all walks of life in society. Catalysis produces new forms through catalysis, which detonates the reform and development of various traditional industries. In the current information age, the Internet has become a basic tool for people's lives, and the Internet has enabled people to communicate with each other. Contact becomes more and more convenient, and life becomes more and more convenient. So what we want to introduce here is the history of the Internet. In the early days of the Internet, it was mainly used for connections during wars.

Because on the battlefield, maintaining contact is the most basic and most important. It can realize the real-time sharing of effective resources and the rapid exchange of resources between platforms. The real-time sharing of resources has become an important feature of modern social informatization construction. The use of network platforms and resources to teach public sports can meet the goal of advancing with the times in quality education. Teachers often allow students to carry out daily physical education learning through their own activities, which does not really achieve the purpose of physical education. Some physical education teachers do not really give full play to the effectiveness of physical education classes when students exercise, and students do not really learn professional physical education knowledge in physical education classes, which has a direct impact on the improvement of students' physical ability and literacy.

The traditional model of Chinese education is the teaching method. At the same time, teachers impart the same knowledge or skills to students, but each student has different receptive abilities. It is difficult for teachers to ensure that all students can fully absorb the knowledge. The same is true of physical education. In class, it is difficult for professors to find teachers who are less well-accepted after class, resulting in frustration of students' enthusiasm. Different from other classes, physical education classes must have demonstrations in the classroom, because students' learning of sports techniques and skills depends to a considerable extent on imitation, so teachers' demonstrations are very important.

As the saying goes, what kind of teachers will teach what kind of students. Using the Internet platform, the teaching mode of physical education teachers is very different from the traditional teaching mode. This new teaching mode is to use the Internet to spread knowledge and skills, drive changes in the way students learn, student choices, and study planning. The limited communication between students and teachers in the classroom results in limited depth of physical education knowledge learning.

The ready-made physical education content on the Internet is just a simple copy of the textbook, and its knowledge and information have not been effectively broadened, and students are obviously not interested in learning from this repetitive information, which leads to the failure of online teaching to play its application effect. In the research of professional educators in Germany, it has been clearly stated that in the process of students' growth, proper and reasonable exercise is conducive to the healthy development of students' physical and mental health, so the subject of physical education is very important for students. At present, most of the public sports teaching modes in colleges and universities in our country are project-based classes, natural classes or associations, clubs, etc., which have obvious traditional characteristics, and teachers are also mainly based on the teaching methods of explanation and demonstration, which fail to form unique projects. The teaching and management mode has great limitations in both form and content.

Interesting teaching principle is an effective way to ensure the smooth progress of physical education in higher vocational colleges. The age characteristics of students in higher vocational colleges determine that they are not interested in boring education and teaching methods. Students already have the ability to learn independently and have higher requirements for teachers' teaching methods and methods. The combination of "Internet +" and physical education teaching mode is the general trend. In addition to being conscious, teachers also need to pay

attention to the integration of the Internet and classroom teaching. Although it is necessary to rely on the Internet platform to achieve reform and innovation, we cannot blindly focus on the Internet platform and ignore the usual classroom teaching; now most of the students are not very motivated or interested in learning sports, so the author is in education. Pay attention to "teaching and music" and "teaching", which is the method, and strive to use teaching methods such as fun, game, and competition to effectively impart knowledge.

"Music" is the classroom atmosphere, and it must be fun. This way of mutual communication can stimulate students' initiative and enthusiasm in learning, and allow teachers to understand students more comprehensively and take care of each student. However, when teaching and guiding through the Internet, we must pay attention to the healthy and meaningful dissemination of information resources, and pay attention to normative, not just dissemination. At this stage, most of the teaching evaluation of public physical education teachers is based on the content of teaching, and there is a lack of comprehensive evaluation of the teaching teachers. After the course teaching is completed, the teaching effect is only tested by means of knowledge examination. The evaluation method is too single, so that the network teaching model can not play its real value.

Teachers can share some meaningful videos for their classmates with the help of relevant communication software, and call on everyone to conduct after-class training. Teachers can guide students' training online and communicate with students at any time. Health education is an important part of public physical education in modern colleges and universities, and health education has become an important goal of college students' physical education, which requires colleges and universities to link it with the characteristics of students' disciplines in the development of public physical education, and integrate it into the content of health education. On the basis of the characteristics of the subject, it ensures the enhancement of students' physical fitness. The ultimate purpose of physical education teaching is to improve the physical quality of students. Therefore, the principle of exercise should be placed at the top of the learning of physical education. The teaching of physical education in higher vocational education under the background of Internet education and teaching should be effectively related to the principle of exercise combine.

Teachers can guide students face to face, and the Internet platform mainly plays the role of review and consolidation, and teachers can also answer students' doubts through the Internet. The Internet platform and teaching complement each other, and only by integrating the two can real reform and innovation be achieved. The lively and lively teaching situation has a huge appeal to students. When students enter the physical education classroom, all of them are full of vitality, vigorous and energetic. When teachers teach in the classroom, the classroom discipline should be combined with strictness and strictness, and they should master the proportions, so as not to make the classroom too serious or lax. In the daily teaching of higher vocational colleges, teaching methods and classroom teaching modes are things that teachers have to learn and master all the time, which is applied to the flipped classroom. As a new educational model, flipped classroom has been very popular in recent years. This new educational model has overturned the traditional teaching model.

The teaching method of the Internet is fundamentally different from traditional teaching. Most of the teachers are simplified in the teaching of physical education knowledge.

Through flexible teaching methods and simplified teaching content, it is convenient for students to quickly understand and master knowledge and projects. With the help of information technology and multimedia tools, students are required to use teaching videos for self-study before class, and students discuss and practice among students under the guidance of teachers in class. In this way of classroom learning, students will participate in the classroom independently, actively interact with teachers, and improve the autonomy of students' learning.

CONCLUSION

The rational use of the Internet can not only promote the comprehensive development of students, arouse students' interest in learning, but also promote the self-development ability of higher vocational colleges to a certain extent. Higher vocational physical education focuses on practical subjects and integrates teaching with the Internet. In the context of the Internet, in order to improve the level of public physical education in colleges and universities, it is necessary to play the role of network teaching and break the traditional public physical education teaching mode. , make full use of network technology to continuously change the teaching mode of public sports, and strive to give full play to the educational resources and platform advantages of public sports; continue to promote the effective reform of the teaching of sports-related courses in colleges and universities to improve the quality of online teaching of public sports.

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