

## Research on the Influence of Modern Educational Technology on Physical Education in Colleges and Universities

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**Abstract:** After years of theoretical and practical research, modern educational technology has made many important achievements. During its application in related fields, it has fully played its own technical advantages and brought positive stimulation to the development of China's education industry. The course content of sports professional technology is relatively rich, which is an important tool for the cultivation of college sports. With the development of college students and the setting of physical education curriculum, it has set a benchmark for the cultivation of physical education talents. Part of the content of modern educational technology is consistent with the educational concept of PE specialized technology course. Through the effective integration of relevant measures, we can make full use of relevant educational resources and bring positive effects to the comprehensive development of universities. In order to do a good job in the integration of modern education technology and sports professional technology courses, we must thoroughly analyze these two related concepts.

### 1. Introduction

To some extent, it promotes the development of educational technology and provides a reliable working idea for the development of modern educational technology in China. In order to improve the use of educational resources and make the quality of professors reach a high level, it is necessary to achieve the goal of integration between different fields. The effective development of physical education curriculum activities makes the combination of related cultural courses and practical courses of sports skills. Its relevant educational philosophy is highly consistent with the overall idea of modern educational technology. Therefore, in order to achieve the ultimate goal of maximizing the efficiency of educational resources, we should adopt appropriate technical measures that effectively combine the two[1]. In order to achieve this goal, it is necessary to analyze and understand the two related contents, fundamentally ensure the reliability of the merger work, continuously improve the comprehensive education level of colleges and universities, and maintain market competitiveness. The related content of modern educational technology plays an important role in the establishment of physical education curriculum. Therefore, it is necessary to make a comprehensive investigation and analysis of the comprehensive education system.

### 2. A Summary of Modern Educational Technology

#### 2.1. Basic Concepts of Modern Educational Technology

Modern educational technology is a kind of science and technology that obtains modern educational information with certain values by carrying out relevant educational activities under the influence of relevant educational thoughts and concepts. This is the common definition of modern educational technology. In the history of American education, there are views on education and educational application technology. Its essence is to emphasize the inseparable relationship between technology and education, which provides some reference for the follow-up development of modern educational technology. The integration of technology and education objectively reflects the

relevant characteristics of modern educational technology: the main position of teachers is weakened, and the strategic position of technology is improved[2]. In the process of tracking research on modern educational technology, the importance of technology is gradually emphasized. By strengthening the cooperation with professional teachers, the workers with strong professional and technical ability will make the most of the advantages of modern information technology in the actual classroom teaching process. Rich educational resources can indirectly activate teachers' educational ideas, reduce the corresponding educational burden through the processing of information technology, and complete normally in a high-efficiency and high-quality way within the specified time. This mode of cooperation reflects the advantages of modern educational technology[3]. In the development of modern education engineering, teachers should pay attention to the research of education theory and education thought, technology is the tool of teaching. This also objectively emphasizes the importance of teaching ideas for classroom teaching, but also highlights the value of technology as a solution to the problem.

Table 1 Physical Education in modern education

	Quality development training	College physical education
Student role	Active participant	Passive recipient
Ways of learning	Team and individual learning	Individual self-learning
Learning subject	Students and teachers are the main subjects, but learnMainly	Student
Learning evaluation	Process and results combined, self-evaluation, mutual Evaluation and teacher evaluation	Based on the results evaluation, using a single Evaluation, teacher evaluation
Learning process	Experience - Review (Process) - Share(Experience) - Communication (Feeling) - Integration (Essence) - Promotion - Application...	Teacher explanation - Student exercises - Focus on learning again - Correct wrong actions - Practice again - Teacher summary
learning result	In addition to completing the functions of traditional physical education, it will also affect thoughts, change behaviors, cultivate good psychological quality and social adaptability, apply what they have learned, and improve their quality and ability.	Enhance physical fitness, cultivate the will of quality and exercise the body, but sometimes learn to use disjoint, high scores and low energy
Learning characteristics	Personalized, realistic; multi-directional communication, multiple sensory stimulation; easy democracy, flexibility, multiple identities; student-centered, emphasizing learning in experience (participation), emphasizing instant feeling, paying attention to attitude, concept, spirit	Standardization, theorization; one-way communication, single stimulation; restrictive, fixed, emphasis on identity; teacher-centered, single-infusion learning; emphasis on knowledge and skills
Main points of view	Representative Scholar	Definition Description
Characteristic View	McClelland	Competency refers to the ability to distinguish the individual characteristics of a particular T-job with excellent performance from that of a share holder.
	Bowaz	Competence does not refer to knowledge and skills in a general sense, but to the use of knowledge and skills in a particular job.
Behavior View	Sandberg	Competence is the synthesis of all the characteristics related to knowledge, technology, competence and high performance in work.

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## 2.2. Related Contents of Modern Educational Technology

The main content of modern educational technology is multimedia educational technology [knowledge processing technology] (knowledge system framework construction theory). Multimedia education technology mainly refers to the use of multimedia computer technology, in the course of teaching related guidance activities to complete the relevant teaching materials. Multimedia computer technology plays an important role in the processing of text and image information, and achieves the related goals of digital education[4]. Through the dynamic interface information to stimulate students' enthusiasm for learning and improve the quality of classroom teaching. Multimedia teaching process includes a variety of teaching modes, such as situational teaching, interactive teaching and exploratory teaching. These teaching models not only enrich classroom teaching, but also provide useful reference for students' interest training. Intelligent processing technology is a kind of network technology which has a great influence on modern education technology: it breaks the traditional education methods and concepts. The network technology realizes the unrestricted education of regions and places, realizes the goal of resource sharing and human-computer interaction, and brings great convenience to the University and its teachers. By writing program code, we can complete relevant education business mainly through specific program system. This brings a new mode for the development of modern educational technology. The framework theory of knowledge system mainly emphasizes the main position of students in the learning process. That's basically consistent with the educational concept of exploring learning. This theory is that in a specific learning process, teachers should be their own auxiliary role, emphasizing the relevant knowledge system, and students can explore and construct it by themselves, so in order to find the corresponding learning interest. This theory provides some ideas for the development of modern educational technology and enriches the theoretical knowledge system[5].

## 3. The Main Contents and Related Characteristics of Physical Education Major

### 3.1. Main Contents of Physical Education Major

The main content of sports major is to achieve the main training objectives. The main goal of physical education professional training is "to be able to engage in the management and development of school physical education through the relevant physical education teachers, solid theoretical basis and rich practical education experience. The related professional guidance, the school's specialized training of various objectives can be from the sports professional training objectives, and the training method is that the theoretical learning and practical ability are mainly included. The study of theory mainly refers to the knowledge of sports and the theoretical research of teaching materials related to sports. Practical ability, mainly training ability, refers to the actual educational ability, etc. The physical education major also has a clear training goal, and the setting of physical education curriculum content has a certain impact. The main content of sports major is the training of basic sports theory, sports physiology, sports and technical skills, including the theoretical learning of basic courses, such as the comprehensive training of sports skills, which are all practical teaching.

### 3.2. Characteristics of Physical Education Major

The characteristics of physical education are mainly reflected in the educational characteristics of the guidance process. These educational characteristics are mainly related to the influence of the contents of Professional PE textbooks and the role of PE teachers. Learning educational skills and guidance are compatible[6]. The ability of innovation has been greatly improved. The sense of

innovation is reflected in the learning process at every stage.

#### **4. The Integration of Modern Education Technology and Physical Education Professional Technology Course Teaching**

##### **4.1. Integration of Teaching Ideas**

The guiding ideology is the guiding ideology of education development, which has an important influence on the arrangement of the guiding plan in the future. This paper focuses on the comprehensive of modern educational technology and the teaching concept of sports professional technology courses. emphasize the importance of learning topics. This mainly emphasizes that the teacher must give the students in the special education classroom a complete game of subjectivity and initiative. Under the influence of this concept of teaching, while weakening the sense of authority of teachers, students should participate in relevant activities as much as possible, and find the necessary answers through exploration and practice. The subjective state of students is emphasized in modern education theory, which objectively determines the scientificity and rationality of teaching. In the classroom education, the teacher's role is to help students to complete the related learning tasks, and to make a special answer to the confusion of students in the theoretical research. At the same time, it also needs to stimulate students' enthusiasm for learning through relevant teaching methods, mobilize their enthusiasm for learning, so that they can independently complete various teaching tasks and broaden their learning horizons. To emphasize the importance of students' subjective status, teachers should be given more initiative in learning. Improve students' practical ability. Under the influence of the concept of higher education, the importance of students' practical ability is emphasized. Under the influence of the traditional education theory system, learning ability is mechanical and cannot express important knowledge through one's own understanding. The students of physical education major are the effective methods to improve their professional skills. At the same time, through the effective exercise of students' practical ability, students can indirectly improve the overall professional skills, so as to find the corresponding solutions when solving practical learning problems. Modern educational technology also puts forward the relevant requirements to improve the practical ability of students. This objectively shows the importance of improving students' practical ability in the teaching concept of overall development. Change the curriculum resources, change the classroom model. Modern physical education technology puts forward specific requirements for classroom teaching mode, and the rich curriculum resources of physics teaching major have a huge impact on students' potential consciousness. In the course of physical education, students avoid the exercise of professional skills. Moreover, by enriching these professional curriculum resources, we can effectively change this unfavorable situation[7].

##### **4.2. Integration of Teaching Evaluation**

In addition, the impact of teaching evaluation on related courses is also very obvious. The integration of curriculum evaluation aims at improving students' ability. The improvement of the practical operation ability of physical education requires a high level of students' skill class. The sports ability of students has an important influence on their professional level[8]. Therefore, it is more reasonable to establish an open teaching evaluation system according to the actual situation of students. This mainly emphasizes that the evaluation results should be truly objective and truly reflect the rationality and scientificity of physical education curriculum. In the open evaluation system, all the evaluation contents objectively reflect the actual application effect of the curriculum system, and play a certain role in promoting the development of follow-up work[9].

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## 5. Conclusion

Modern sports technology has a significant impact on education in different fields, and its related theoretical knowledge has an important guiding significance for the cultivation of physical education. In order to better integrate modern sports technology and sports professional technology, we need to discuss and analyze the basic concepts and methods of integration in detail, so as to greatly improve the work efficiency after integration.

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