

# Research on the Practice and Exploration on the Integration of Physical Quality and Health Training into Educational Informationization for College Students

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**Abstract:** Under the background of information age, the ways and methods of College Students' health training are also constantly improving and innovating. The enthusiasm of College Students' health training can be further improved by integrating more information means. In this paper, we will put forward the application of information technology in the health training of College Students' physical quality, so as to show the role of education information technology in improving college students' physical quality.

## 1. Introduction

Under the fast-paced life, the physical quality of college students is not optimistic, the overall health level is not high, the lack of positive sports consciousness, is not conducive to the development of physical and mental health. As a result, colleges and universities pay more and more attention to college students' sports and health. With the popularization of information technology, trying to adopt new information technology means in college students' sports training can further improve the enthusiasm of college students' training, and has become an indispensable new form of education.

## 2. Introduction of Exercise APP in Physical Quality and Health Training of College Students

Nowadays, the use of the smart phone is very common, and the contemporary college students can not be separated from the smart phone. The app that can download the sports class in the smart phone can effectively make up the shortage of the traditional teaching means and conform to the current trend, and it is a brand-new information education mode.

### 2.1. Preparation of Part of the Introduction of the Motion App

Before college students' health training, using sports app can avoid the boring feeling brought by single running and stretching exercise for a long time, and many students are not fit for running and have a certain sense of resistance to running. By introducing sports app, students can actively carry out various warm-up exercises through happy music with a certain sense of rhythm. In addition, various types of warm-up exercises in app are suitable for students with different physical qualities, with timing function, without excessive exercise, so as to ensure the safety of sports while improving the enthusiasm of students.

### 2.2. Introduction of Exercise App in Training

Running training is the most contact form of sports training for college students, especially in physical education, there are many training items about running, but some students are not enthusiastic about running, and regard the items with great sports value as a kind of task burden. The introduction of exercise APP can closely grasp students' heart rate, energy consumption, running distance, time and so on in the process of running. If the heart rate exceeds the standard, it can appropriately slow down the speed, if the energy consumption is insufficient, it can continue to increase the running time. In the long run, it will gradually eliminate the students' resistance to running and turn the task into fun.

### **2.3. Introduction of Sports App After Training**

Many students will have muscle strain, knee damage and other problems in the process of sports training, which is closely related to unreasonable exercise methods and excessive exercise intensity. Therefore, after training, the introduction of APP can help relieve motor nerves, relax the muscles of the whole body and eliminate fatigue. For example, learn some soft relaxation movements in APP, with soft music, so that the whole body get better relaxation. Sports data can be obtained from APP and shared on the platform to urge, encourage and improve physical fitness with more students who use sports APP.

### **2.4. Use of Sports App in Teaching Supervision and Evaluation**

The use of smartphone APP to supervise and manage students in class and the development of various sports after class can make up for the shortcomings of the traditional teaching assessment. Both teachers and students can find their own sports modules in the physical education teaching system. Then, through exercise APP, you can get your own exercise data for the first time. For example, running can get a variety of information such as running speed, time, energy consumption and so on. We can also find a teacher to answer the confusion through APP [1]. Teachers can effectively query the data and information of each student and make an assessment of their physical fitness. In 2005, teachers do not need to face to face with students to obtain student sports data, and have a grasp of students' participation in sports this semester. And through this platform to query their own results, have a certain understanding of their own physical quality, will exercise enthusiasm to stimulate, set up a higher standard of training goals.

## **3. New Mode of "Internet Sports Goods Shopping" in Physical Quality and Health Training of College Students**

Under the background of information technology, the Internet and the traditional industry combine each other, thus forming a kind of new ecological adaptability product. The resulting "shopping for sports goods on the Internet" can further meet the needs of college students in physical exercise, and has a positive impact on the formation of good physical exercise behavior habits and the further improvement of physical quality.

### **3.1. Increase the Frequency of Sports Events and Introduce New Sports**

In order to further integrate sports resources and diversify the development of physical education in colleges and universities, colleges and universities not only advocate students to carry out more physical exercise, but also introduce more new educational models. For example, holding various forms of sports competitions, sports and so on can effectively attract students to participate in physical exercise. And the development of sports competitions, we must have a variety of sports equipment as support. Including a variety of sports equipment, sports clothing, protective tools, auxiliary equipment and so on. Only by equipped with sufficient sports equipment, can we further mobilize the enthusiasm of students' sports training. Sports goods are presented to students through sports events. The former is very intuitive and has no shape, which can lead to the production of guided consumption, which can enhance the understanding of the students' different sports goods, pay more attention to the quality of the sports goods and reduce the occurrence of blind shopping.

### **3.2. Based on the "Internet +", the Student's Information Acquisition is Increased**

Based on the background of "Internet +", while providing convenience for people's life, it is more convenient to obtain information flow. College students will form a strong herd mentality, and imitation behavior will also be generated imperceptibly. Therefore, in order to make full use of the publicity function of the network, QQ group or Wechat group can be established, and micro blog platform can also be used to further expand the channels for college students to obtain information, which is significant for understanding the latest sports, sporting goods, sports apparel and various sports events [2]. Form a kind of guiding factor, carry out physical exercise for college students, and further improve the enthusiasm of participating in physical exercise.

### **3.3. Fully Reflect the Diversity of Online Purchase of Sports Goods, and Stimulate the Potential of Sports**

Online shopping has become an indispensable part of College Students' life. The purchase of sports goods from the Internet is not limited by time, space and place, which greatly satisfies the curiosity of college students. They are always curious about new things, have new ideas and behaviors about things, and greatly stimulate the desire for exploration, so as to transform the sports goods with diverse characteristics into a kind of sports goods Enthusiasm, more willing to try and challenge different sports. In a word, as a new form of College Students' shopping, online purchase of sports goods not only facilitates college students' life, but also creates more conditions for exercise, and further satisfies college students' demands for physical exercise.

### **4. Introduction of "Data Quantitative Examination System" Into Students' Physical Quality and Health Training**

The advent of the information age has not only brought opportunities, but also challenges for college students. Although it greatly facilitates the life and study of college students, it can not leave the home online shopping, order takeout, understand the latest information, but also play a variety of different types of games, watch different types of videos, so that more and more college students do not want to go out, more neglected exercise, long-term will make the physical quality continue to decline. Many colleges and universities realized this deficiency and began to implement various innovative measures, such as using sports app, and requiring students to punch in the app every day, and the number of punch in is directly linked to credit. Other colleges and universities have supervised students' training through the development of small programs, such as "ten thousand steps per day". Through various forms of quantitative data assessment, students are forced to exercise. Although this way ignores the subjectivity of students, it can improve their physical quality, is also practical, and can continuously cultivate students' awareness of sports.

#### **4.1. Institutional Restraint Training**

It is also an essential method for the school to supervise and urge the students to participate in the exercise training through the development of relevant system specifications. Although the college students have made the adult, there are still many students will still be not strong, the self-binding and the behavior control force are not strong, and if it is not necessary to take the necessary institutional constraints, it will be difficult to play a certain training effect. The system has not yet been introduced. In order to develop practical and perfect rules and regulations in combination with the current training of the students, the system can put all the students into the exercise training through strong institutional constraints and "to drive a duck". If the relevant system specifications have been put in place, it is necessary to further Optimization and improvement. For example, the large inter-class activity system can be set up, and the teachers and students can exercise together, and the participation will be further improved under the leadership of the teachers; the sports competition and the reward and punishment system are established, and more scientific rewards and punishments are adopted through different forms of competitions, the student's sports enthusiasm is further stimulated, and better guidance is taken to participate in the exercise training[3]; the physical health monitoring system of the student is established and improved, the content of the sports performance and the credit identification is effectively combined, and the students who are not out of the household are "to catch" out. At the same time of studying, we should activate the motor nerve of the body, combine work with rest, and promote the overall development of physical quality.

#### **4.2. Pay Attention to "To Catch" and "Guide" Combination**

While taking compulsory measures to "force" students to carry out sports training, it is also necessary to give more guidance, students voluntarily participate in physical exercise to make sports training more lasting. Interest can be used as a starting point to carry out a variety of campus

activities, such as debates, speeches, PPT production and so on, as well as exercise as the theme of the current social hot spots, such as "whether college students need a lot of sports "," whether college students sports important or credit important" and other topics, through these activities, actively transfer the positive energy of exercise, fitness. In addition, the school to the stadium body. The facilities are updated and perfected, the latest sports equipment is introduced, more sports training fields are created, and a better physical training environment is created.

## **5. Conclusion**

"The body is the capital of revolution", which can't be replaced by anything. Only when the body reaches the health standard, can we study and work for a long time. In view of the current problem that college students generally have poor physical quality and lack of enthusiasm for sports training, colleges and teachers need to actively guide, constantly change educational concepts and methods, and use more information-based education means, so as to further enhance the enthusiasm of students in sports training and obtain more significant sports training results.

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