

Analysis on the Current Situation and Countermeasures of College Physical Education Training

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Abstract: Educational activities are the process of information exchange and exchange mediated by certain media between students and teachers, and with the rapid development of science and technology, educational activities are the process of exchange and exchange of information between students and teachers through a certain media. Multimedia is a new kind of educational media technology, which participates in PE teaching, and has become the focus of people's attention. At the same time, it becomes one of the most important symbols to measure the teaching level of a school. As a sports work, how to use this advanced teaching method reasonably and correctly in PE teaching has become a top priority for us. This paper will put forward some opinions and suggestions on this issue.

1. Introduction

The popularization and application of multimedia technology open up a new field of middle school P.E. teaching. In addition to the strong physical education significance, the PE and health courses in middle schools also permeate modern scientific knowledge. It is very necessary to carry out multi-media technology teaching according to the characteristics of physical education and health textbooks, which can help students learn knowledge, broaden their horizons. Middle School multimedia technology is an important part of middle school P.E. teaching, which is very important for consolidating classroom teaching effect and cultivating students' ability of imitation and learning. The teaching of physical education and health course must follow the Basic Law of human body physiology, if we want to "cultivate students' creative learning ability and enhance their ability to study and explore independently", we must first use various materials and means to inspire and guide students to reproduce the actual situation in the mind, and form vivid technical action. So that they can get the right understanding through their own analysis. The implementation of the Teaching of action reproduction, which is determined by the characteristics of sports own discipline. But, if only rely on the teacher's explanation in the process of implementation, I am afraid students will be difficult to form a specific intuitive understanding, this time need to borrow modern education technology to help.

Physical education is the basic way to complete the school physical education task. It is a process in which teachers teach students knowledge and skills, develop students' bodies, enhance their physique, and educate their students about the quality of morality and morality according to the education plan and the education outline. Teaching physical education and other courses not only have something in common, but also have different points, the biggest difference is that physical education is carried out through a variety of physical exercises, Students master the sports Knowledge, skills and skills, and develop the body through closely combining physical activity and thinking activities. Many secondary school sports need to be outdoors, and most of the PE classes in secondary schools must be completed outdoors. Multimedia Computer is a new teaching method, which integrates text, graphics, images, video and other multimedia. The teaching process and entertainment integration, computer network information dissemination system broke through the campus, classrooms, regions and even the boundaries between countries. Although the application of modern information technology in education does not change the essence of educational process, it really changes the mode of educational process, the organization sequence and the thinking of

analyzing teaching problems. Educational information technology has become the basic component of education and teaching.

2. Multimedia Teaching Characteristics

2.1. Renewing teachers ' teaching methods

The teaching mode is the teaching structure and the activity program which is established for the completion of the specific teaching purpose and content under the guidance of certain educational thought and theory. The teaching mode is the action way of the teacher, the teacher applies the multimedia technology in the physical Education teaching, and carries on the physical education teaching redesign, which will renew the teacher teaching method. Through the network interactive teaching, teachers can more accurately understand the teaching situation at home and abroad, they can show all kinds of sports audio-visual and graphic materials to students in time. The development trend of sports subject determines that a large part of the teaching content needs digital interactive dynamic demonstration, which would not be completed by the conventional teaching means. Now the school has established the campus network platform, constructs the multi-media classroom teaching system, the school modernized management system, the video system, the teacher prepares lessons the system, which create the condition for updating the teaching model.

2.2. Improving students ' ability to analyze and solve problems

Using modern information technology can improve the ability of students to solve problems. Technical difficulties and points, a variety of different sports technology, and common mistakes are made into courseware by modern information technology. And the students can watch the courseware in class, at the same time, the teacher and students together to ask questions, answer questions, so as to promote students ' analytical problem-solving ability. For example, You can give a few sets of the jump-forward simulation lenses including good jump, better, general, poor and so on a number of situations. Then let students develop collaborative learning. First of all, the group observation, comparison, analysis, communication, discussion and finally come to the rise of the long jump run-up, take-off, flight, landing and other technical requirements and points of attention. Then, the Panel reports on the results of each group. Finally, the teacher summed up the action technique essentials of the long jump. So students not only learned about knowledge and skills, but also master the learning methods. Another example, students cannot grasp the "jump" feeling in teaching "diving forward", and they are prone to collapse when tumbling, but teachers cannot slow down when the demonstration. Because, if they slow down, they will make mistakes. Therefore, if teachers use multi-media in teaching, students will have perceptual knowledge.

2.3. Inspire students ' enthusiasm for study

As the saying goes, interest is the best teacher, so the effective and practical means to arouse students ' interest in learning is to introduce multimedia technology into the classroom. Teachers can use multimedia courseware to create vivid teaching situation according to the content of teaching, which can arouse students ' intense curiosity and strong thirst for knowledge. In this way, students ' attention and curiosity can be combined with physical education so that students can think and explore the essentials of technical action. For example, you can play some NBA star penalty basket or shooting technical action, such as Jordan, Kobe Bryant, Yao Ming and other shooting technology action video or screen when the students are learning the shooting skills. The teaching method of modern information technology is lively and novelty, and it make up for the lack of teaching models in the past. The use of modern information technology not only meets the curiosity and psychological needs of adolescents, but also creates better situation and emotional experience, arouses and keeps students' attention and interest, and thus can arouse students' enthusiasm for learning and mobilize students' learning positivity. For example, you can play some NBA star penalty basket or shooting technical action, such as Jordan, Kobe Bryant, Yao Ming and other shooting technology action video or screen when the students are learning the shooting skills. The

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2.4. Establish correct visual image and improve motor skills

One of the major tasks of physical education teaching is to enable students to master certain sports skills, and on this basis, the student can apply these skills flexibly and create new sports skills. The formation of a new action must be perceived through listening and observing the process of technical action, using modern information technology to establish the correct apparent appearance, which can effectively improve motor skills. Audio-visual media is much better than simple visual and auditory media in providing information in multiple channels, regulating temporal and spatial changes, and truly reflecting the phenomenon of things and the characteristics of movement. According to educational psychologists, the information that people obtain through seeing and hearing accounts for 94% of the total amount of information, and it accounts for 70% of the total amount of information that can remember after 3 days. The good observation ability is the basic skill which the student studies, the modern information technology utilization has the remarkable effect to the training student good observation ability. In sports, there are many sports techniques not only complex structure, but also the athletes need to complete a series of complex technical action in a flash. For example, the athletics jump item aerial movement, gymnastics support jumps the continuous movement, the skill tumbling, the horizontal bar's loop movement and so on, these are some uses frequently the movement. Such as in the throwing project, the force of the shot in the sequence, jumping items, the rise of the long jump of the exhibition body, high jump hip and other movements are in daily life has never been a movement, which brings great difficulty to teaching. On the one hand, the teacher's model action is limited by all aspects, because the movement is more arbitrary, such as the teacher's understanding of the essentials of action, the age of teachers, physical conditions, psychological factors and other conditions of their own; On the other hand, the students ' observation angle and the time of observation will be greatly limited, and the action is fleeting, what's more , the comprehensive difficulty is high, therefore, it is difficult for the student to observe clearly how the teacher does the demonstration according to the movement request, those must bring certain difficulty to the student's study. Teachers can make multimedia courseware through using modern education technology, Teachers can use slow action, stop mirror, replay technology to explain the difficult technology. This can help students to see the technical details of each moment of action, the teacher can explain the main points of the decomposition action, demonstrating the whole process of the action, and then grasp the key parts of action, highlighting the key points, difficulties. The new technology can make the establishment of action imagery faster and more complete, it also can improve the cognitive stage of the teaching efficiency of action learning , and shorten the teaching process.

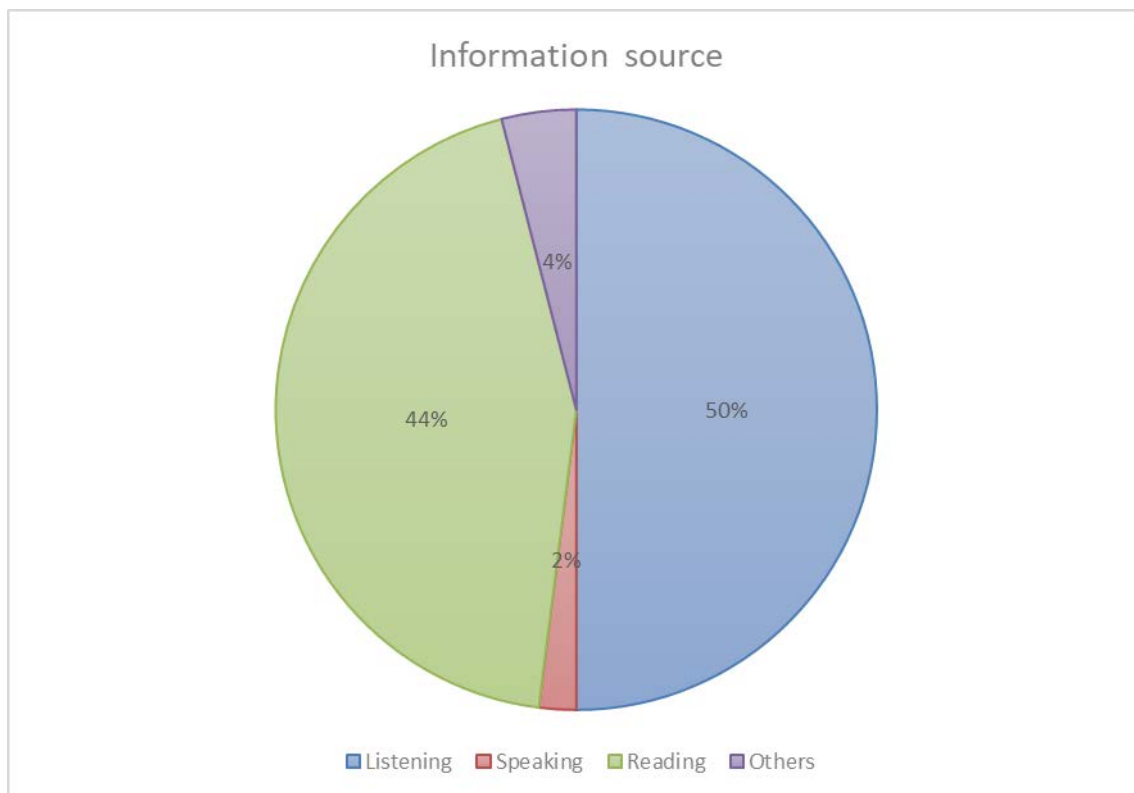


Figure 1. The ratio of each element in the information source

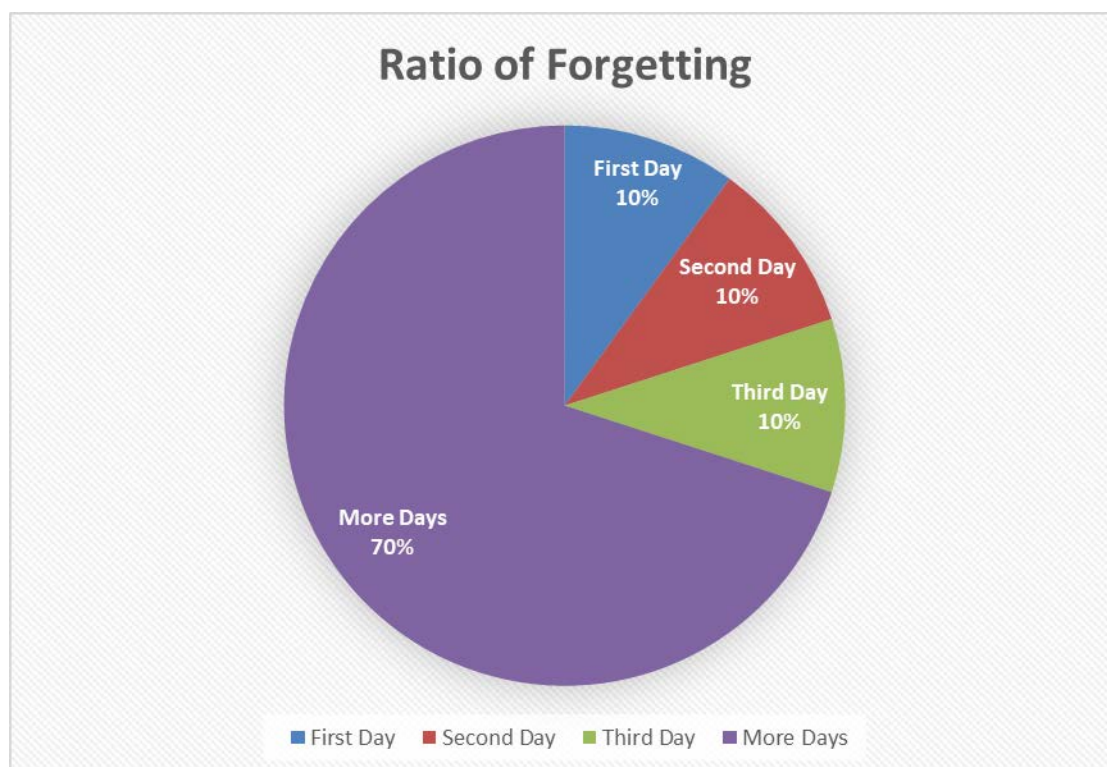


Figure 2. The ratio of forgetting

3. How to Use Multimedia Correctly

We should not only retain the good things in the traditional teaching, but also give play to the advantages of media teaching, add wings to the traditional methods of physical education, and develop the use of multimedia teaching. The traditional teaching methods should be insisted on teaching, you can use multimedia teaching should be bold to be used. In short, we not only accept

the concept of multimedia teaching in a developmental and forward-looking manner, but also treat the traditional teaching methods of sports in a positive and solid manner, so that the two play each other and complement each other.

3.1. How to use multimedia correctly

We should establish the relationship between multimedia and physical education. Multi-media teaching should be an important part of the teaching means of P.E. However, multimedia teaching can only occupy the auxiliary position in the teaching of physical education, because the realization of multi-media teaching means depends on the multi-media teaching platform, which means that its teaching space needs to be carried out indoors. As we said before, most of the teaching venues in middle school physical education are outdoors, that is, physical education cannot be used in outdoor multimedia teaching, thereby reducing its frequency of use, so that it cannot become the main means of teaching. At the same time, the lack of physical education also makes the use of multimedia is limited. So is it that multimedia teaching cannot be used in physical education? No, I think, as long as properly used, multimedia teaching is an important teaching aid to complete the task of physical education.

3.2. Multimedia coaching role

The syllabus of primary and secondary school sports stipulates that students must take a quantitative theoretical course each semester, which covers a lot of athletic sports knowledge, physiological knowledge, psychological knowledge and health knowledge. These are very suitable for multimedia classrooms. Internet and related databases on behalf of the world to eliminate space and time and human factors, which allows students to obtain a lot of knowledge. The internet and related databases, which is represented by the Internet, has broken the limitations of space and human factors, which gives students a lot of knowledge. This not only expands the students' knowledge, but also fundamentally changes the students' view of PE class, which is that education is only a course to master sports skills. Thus, the students' interest in learning sports is improved and the essence of quality education for students is also met. Teachers teaching sports skills, should spend a certain period of time in explaining the principles of action and physiological basis and the use of network and related courseware. In this way, the cognition of students' actions can be improved from perceptual awareness to rational understanding. For example, swing arm action has always been a difficult to teach in the explanation of Sprint Action Essentials. In the traditional teaching means, the learning mode can only be repeated demonstrations by the teacher, and the students repeatedly practice the benefit, but the teaching effect is not ideal. Students are difficult to change the wrong action suddenly because of the usual habit. Thus, students' learning quality is too difficult to be improved. However, if you let students watch some of the information online and pictures, so that they understand the correct running posture of advanced athletes. Then through the animation in the relevant courseware to understand the physiological principles of muscle structure and movement. Let students know the best movement angle of shoulder joint, elbow joint and wrist joint in the process of swinging arm. Why is this swinging angle the best angle? It played in the entire technical action played a role? When sportsmanship is the most athletic item with the feeling of posture, when students understand the ins and outs of the whole action, he can consciously understand and understand the teacher's action rather than pure imitation. Body sensory ability will also be improved, the entire skill class teaching quality will be a qualitative breakthrough.

3.3. Innovating the evaluation system of College Volleyball Teaching

Arrangement of multimedia teaching plan must be set up around skill class and theory course. In the class arrangement, we should pay attention to the multimedia teaching and the traditional teaching ratio should be 1:5, should not be distracting, self-defeating. In the development of multimedia teaching plan, we should try to embody the level, subjectivity and innovation of students' learning.

3.3.1. Subjectivity

The core of quality education is subjectivity, which should be embodied in multimedia teaching, and students should always be placed in the subject position of learning. The elaborate use of the design, production, full use, should not be used firmly. Otherwise, the production of courseware over-programmed, simple, formal. In teaching, students will lack the space for thinking, follow the computer program to go, contrary to the original intention

3.3.2. Innovation

The cultivation of creative ability is the soul of quality education. In the course of multimedia teaching, we must pay attention to train students ' innovation movement, the courseware of design should not only revolve around the knowledge goal, but let the students face the knowledge and problem situation, inspire the students to explore diligently, and develop the innovation ability when solving the problems constantly.

3.3.3. Levels

Students recognize things step by step. From difficult to easy, from the old knowledge to the new accumulated, the planning of the designation should reflect this. In the process of teaching if followed this rule, it will stimulate students 'interest in learning, mobilize the students' thinking enthusiasm, and show the learning process, breaking the difficulties.

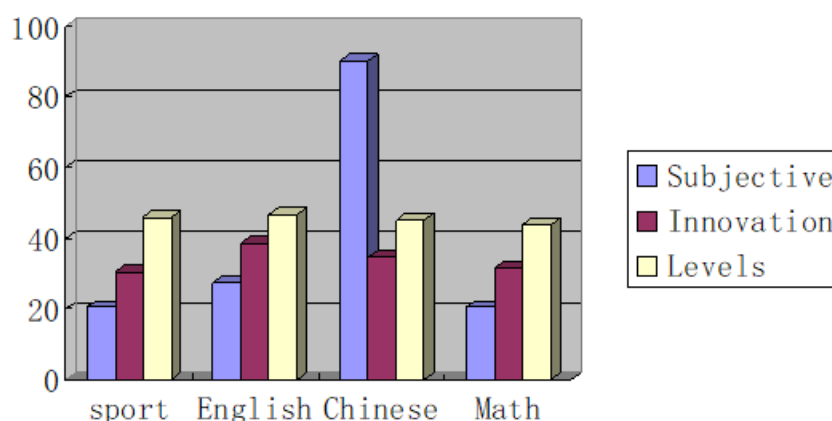


Figure 3. The ratio of forgetting

3.4. Teachers ' information quality

Whether multimedia teaching can become an important teaching means of physical education, there is a key factor that is the information quality of P.E. teachers. Physical education teachers often have little contact with computers for objective reasons, in the course of time are not willing to use multimedia to teach, because multi-media teaching and they usually use the means or a distance, they always think that multi-media teaching is the teaching means of other subjects, the completion of physical education teaching tasks mainly by outdoor class to complete. There are a great few sports teachers with this erroneous view, which is obviously inconsistent with the demands of the new era for the P.E. teachers. Therefore, physical education teachers must strengthen their information literacy training, which includes the following aspects:

Table 1. The ratio of each element in the center

| Element | The kernel layer | The middle layer | The outer layer |
|---------|------------------|------------------|-----------------|
| Ratio | 60% | 30% | 10% |

3.4.1. The kernel layer

The kernel layer is the quality of teachers ' individual information quality, including information consciousness, information concept, information consciousness, information morals and

information psychology. Information consciousness is the process of teacher's reflection of information through the brain, it measures the sensitivity of individual teachers to capture and judge information, and the information concept is the reflection of teachers' individual value orientation; Information awareness refers to the conscious degree of teachers' individual mastery and use of information; Information ethics refers to the moral character of teachers in the process of understanding, acquiring, disseminating, applying and innovating information, and information psychology is the general name of individual psychological characteristics, such as the cognition, emotion, will of information and so on. The quality of information quality is the basis of other level quality.

Table 2. The ratio of each element in the kernel layer

| Element | information consciousness | information concept | information consciousness | information morals | information psychology |
|---------|---------------------------|---------------------|---------------------------|--------------------|------------------------|
| Ratio | 40% | 20% | 10.2% | 9.8% | 20% |

3.4.2. The middle layer

The middle layer is the quality of teacher's individual information ability level. It mainly refers to the teacher's individual knowledge and the quality of the total amount of information. A person can not exhaust all human information knowledge, but a certain amount of information knowledge as an individual survival and development of the necessary conditions, is undoubtedly very important. The quality of information knowledge level is the key link of teachers' overall quality.

Table 3. The ratio of each element in the middle layer

| Element | individual knowledge | the quality of the total amount of information |
|---------|----------------------|--|
| Ratio | 80% | 20% |

3.4.3. The outer layer

The outer layer is the quality of the teacher's individual information ability level, which includes the ability of individual teachers to acquire information, process information, utilize and innovate. Information ability is the foundation of modern people's various professional abilities, and it is the most basic element in the structure of human creativity. With the development of information technology, the role of new technology and new methods in teachers' ability is becoming more and more important. As stated in the 1994 report of the United States Department of Education entitled "Technology to support education": "The role of education technology can promote the reform of education, can break through such as school hours, curriculum, professional and grade limit", it needs to be explained that mastering computer knowledge and skills is an important means for teachers to acquire, disseminate, disseminate and use knowledge. However, the information quality of teachers should have a broader connotation than that. As long as the teachers can set up the correct teaching idea, they can master the multimedia teaching means to carry on the physical education teaching.

Table 4. The ratio of each element in the outer layer

| Element | acquire information | process information | Utilize and innovate |
|---------|---------------------|---------------------|----------------------|
| Ratio | 21% | 17% | 62% |

This paper argues that only when we clear the relationship between multimedia teaching and traditional physical education, multimedia teaching can play a very good auxiliary role in physical education, which reflects the physical education teaching plan of multimedia teaching class arrangement, theory class and technology a reasonable combination of lessons. Multimedia teaching cannot be regarded as the main teaching method of PE teaching. However, it is an important teaching method. Only by giving full play to the advantages of multimedia teaching and facing the practical value of traditional teaching methods can we use it rationally and correctly instead of blindly or simply follow suit. Physical education teachers are the preconditions for this method to be used reasonably and correctly, which makes PE teachers need to renew their concepts and

acquire some multimedia teaching methods to teach. This paper also put forward some suggestions.

1) Should establish a complete courseware library, each school should be equipped with a certain number of professional courseware production staff.

2) Schools should build a reasonable number of multimedia classrooms.

3) Physical education teachers should be proficient in using computer and multimedia teaching platform.

4) Physical education teachers can master one or two courseware making software, independent production of simple courseware.

4. Conclusion

The new curriculum standard proposed that "Curriculum reform should be conducive to the renewal of teachers' teaching philosophy, which is conducive to the transformation of teaching methods and advocates the flexible use of diverse teaching methods and methods to create necessary preconditions for students' autonomous learning." Therefore, as a teacher, we must master the modern technical means, actively innovate, and explore the application of modern multimedia technology in the new curriculum reform in practice, so as to open up a brand-new world in teaching. In particular, physical education and health education is not a single physical education course. Instead, it sets specific targets for sports participation, motor skills, physical health, mental health and social adaptation and their corresponding content standards, so as to pay more attention exert the unique function of physical education curriculum to promote students' all - round development. Therefore, it is self-evident that multimedia technology teaching plays an important role in physical education and its application. We hope that the majority of our physical education workers should attach great importance to it.

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