Research on the Application of Multimedia Teaching System in College Physical Education

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Abstract: Introducing multimedia network teaching platform in college physical education teaching can promote the reform of college physical education teaching mode, stimulate students' learning enthusiasm and improve the effect of physical education teaching. Multimedia network teaching is a very prominent part of it. Physical education is a bilateral activity of teaching and learning with strong practicality and participation. At present, the resources on the network are less than those of other disciplines, and lack of systematic and integrity. This article embarks from the characteristics of short teaching cycle, less hours and single teaching method of physical education in Colleges and universities. Make full use of modern computer network multimedia technology to design a multimedia teaching platform system that is in line with college physical education. The multimedia network teaching platform is applied to college physical education teaching, promoting the liberalization and networking of physical education in colleges and universities, promoting the standardization of physical education assessment, and finally strengthening the effect of physical education teaching, encouraging students to strengthen their physical fitness through physical exercise, improve physical quality, and form perseverance. The spirit of sports

1. Introduction

Multimedia technology has sprung up rapidly and developed vigorously. It has been applied in all corners of national economy and social life. It is bringing tremendous changes to the mode of production, work and even life of human beings. Multimedia network teaching platform based on multimedia technology, data technology, network technology has become the main trend of future development, and has been applied in various fields of education. As a new carrier of human information exchange, multimedia is bringing increasingly significant changes to human daily work, learning and life [1]. In order to promote the rapid development of modern education, it is necessary to adapt to the modernization and informationization of education. In addition, the particularity of physical education makes the teaching methods and teaching methods of physical education classrooms still in a single state of explanation and demonstration. It has little effect on improving students' autonomy in learning and stimulating students' interest in learning [2]. Multimedia network teaching is a new teaching mode that combines network technology and multimedia technology. It is based on network technology to introduce multimedia technology, using pictures, audio, video and other means to make the original dull classroom become interesting and vivid, and promote the perfection of interactive teaching forms.

2. Methodology

Physical education, like other teaching in other disciplines, is a process of teaching students' knowledge, improving students' skills and physical strength, and cultivating students' ideological and moral qualities. In the process of teaching college physical education, it is necessary to give full play to the main role of students and the leading role of teachers, actively create inquiry-based and open-type teaching activities, and expand the time and space of physical education [3]. It will inevitably have a profound impact on the physical education and teaching process. The ability to create, the sense of innovation can not be cultivated in a day or two, and must be based on

long-term planning and lay a good foundation. In addition to providing students with more intuitive and authentic observation, CAI also strengthens students' ability to analyze and deal with problems. Computer-aided instruction has broken the limitations of space and time. This new assistant teaching method has been widely used in the teaching system of colleges and universities. It introduces computer multimedia technology into physical education teaching and plays an auxiliary role in traditional physical education teaching.

With the further development of network multimedia, teaching resources are becoming more and more open. Students' demand for teaching resources in their own time needs to be further satisfied. However, there are few multimedia teaching platforms based on network. Physical education is a bilateral activity of teaching and learning with strong practicality [4]. It is a process of perception and cognition of sports actions. It includes cognitive activities of feeling, thinking and memory, and cognitive activities of actions. However, physical education also has other characteristics, that is, physical activity class is based on the thinking of teachers and students, through physical exercise to achieve the purpose of disseminating knowledge and skills. Its most fundamental purpose is to enhance the individual physique of students. Physical education belongs to technical teaching, mainly for the physical practice of students. Establish an independent learning environment, so that students can systematically accept the education of physical education curriculum, master the skills and methods of scientific fitness, thus promoting the physical and mental health development of college students and improving their comprehensive quality [5].

The development of students' logical thinking generally goes through the process from concrete to abstract. As far as college physical education is concerned, the students' ability to summarize and think is cultivated and promoted according to the appearance of things. Teachers can upload teaching-related content, maintain learning materials, answer questions online, and reply to messages. The publication of the teaching content refers to uploading the learning content related to the technical action, the video and the technical actions of the excellent athletes to the website for the students to learn [6]. Starting from increasing the extensibility and entertainment of physical education teaching, satisfying students' independent study after class time and stimulating students' enthusiasm for physical education learning, this paper introduces computer network multimedia technology into physical education teaching in modern colleges and universities. It can effectively use multimedia technology to bring into play the advantages of network teaching, break the limitations of traditional teaching, promote the network of physical education teaching, and establish a mature multimedia network teaching mode.

3. Result Analysis and Discussion

The characteristics of physical education teaching in Colleges and universities are the combination of theoretical teaching and technical teaching. The theoretical teaching mainly covers the development history of physical education, the current situation of physical education, and the human and psychological knowledge related to physical education. The main components of the network teaching platform are the learning of curriculum content, the provision of teaching resources, the exchange of learning and the evaluation of teaching content. The purpose of the network teaching platform is to integrate and optimize resources, pay attention to the interaction between students and apply multimedia technology. Computer-assisted instruction pays great attention to the effectiveness, practicability and convenience of the physical education process. In addition to the individualized teaching for different students, it also provides students with real situational feelings, which greatly stimulates the students' enthusiasm and mobilization. Students' enthusiasm for learning Therefore, as long as we seriously explore and practice, we will continue to summarize these profound humanistic connotations and improve them to make them systematic and feasible.

The teacher uploads the teaching videos, the technical action related pictures and the videos taken in the classroom according to the students' actual technical movements according to their pre-made course plans, and uploads them to the multimedia system in order according to the teaching plan for the students to browse. In this process, accurate action cognition and performance

can only be formed if the concept of action and representational memory are continuously performed. The implementation of network teaching is directly affected by LAN, intra-school network and hardware support. Compared with the original physical education model, a stable network environment is an important guarantee for the implementation of sports network teaching. Theory teaching and technology teaching are inseparable in college physical education. Theory teaching is the basis of College Physical Education and technology teaching is the practice of college physical education. Therefore, the unity of theory and practice is very important in College Physical Education teaching. Sports information is mainly to provide students with some sports technical terms and some sports websites, to facilitate students to search and understand sports information, expand students' sports knowledge.

The essence of this transformation is to transform the traditional physical education centered on imparting existing sports knowledge and skills into modern physical education focusing on cultivating the innovative spirit of learning cars. Although the advantages and characteristics of CAI are remarkable, we should not only pay attention to its function, but also pay attention to the humanization and artistry of teaching. It is more conducive to the formation of students' perception of action to the cognitive process. The multimedia assisted instructional platform system can also break the singularity of previous teaching, so that students can understand and learn various sports items of interest at any time and any place. The database server of the system stores a large number of teaching videos in different formats, and the user can select and download the teaching videos in the corresponding format in combination with the personal device support format. It also helps students self-test the knowledge they have learned. The evaluation of practical projects is mainly to evaluate the skills of each specific exercise, so that students can grasp and learn sports knowledge in a targeted manner.

4. Conclusions

To sum up, the introduction of multimedia network teaching platform in college physical education not only promotes the reform of college physical education teaching mode, but also helps to expand the space of physical education teaching. It can be used in college physical education to effectively strengthen students' long-term memory; it can significantly enhance students' knowledge application ability; it can fully stimulate students' interest and initiative. The multimedia-assisted teaching system gives students great interest. The generation of learning interest stimulates the students' positive learning emotions and establishes the tendency of active learning. It is helpful to improve students' learning enthusiasm and cultivate students' ability to find, analyze and solve problems. However, if such a brand-new teaching mode is to be effectively applied to physical education with strong practicality and theory, it will inevitably lead to some unexpected problems in the actual physical education teaching process. All these need the joint efforts of the national education department, the teaching management department of universities and the society in the future to improve and perfect constantly.

Acknowledgements

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