A Teaching Model for the Innovation of University Physical Education in Modern Information Technology

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Abstract — This thesis studies the university physical education teaching mode and teaching method under the circumstance of modern information technology, starting from the purpose of cultivating innovation ability and carrying out quality-oriented education. Through literature studies and logic inference, certain major ways of how the modern information technology affects university PE are analyzed, and the problems caused during the integration process of those two are researched. This thesis also put forward the new reform and development thinking of university PE teaching mode under the circumstance of modern information technology.

Keywords — Information Technology; Circumstances; University Physical Education; Innovation

I. INTRODUCTION

With the development of society, economy and living standard, people pay more attention to sports, and at the same time, it is important to gain knowledge and information related to sports from modern Internet. The advance nature of modern information technology, the quick development of its extendibility and application range, open the door of developing online sports intelligence and information utilization, and thus, the modern online sports information can be provided and utilized in an optimized way.

Nowadays, information technology has been widely applied while the reform of university PE is deepened unceasingly. How to construct university PE teaching mode under the circumstance, and therefore, fulfill a leap development of universities PE, have become an important research project to many PE teachers.

II. CONNECTION BETWEEN MODERN INFORMATION TECHNOLOGY AND UNIVERSITY PE

Currently, the education develops toward three direction as follows: ① basing on the Internet and virtualization; ② coming out into the open and internationalization; ③ automation and diversification. With the combination of modern education technology, multi-media technology and Internet technology, the multi-media sport information based on the Internet will become the main resources of university PE in the future. The 21st century is the time of Internet technology, and the Internet affects every aspect of PE with an unprecedented impulse, broadening the vision of PE teaching reform [1]. In the time when information is uneasy to get, PE teacher monopolize the knowledge and technology of sports, and serves as the only judge and publisher of sport information, enjoying the "loftiest authoritative position of Physical Education". In class, it is common that student only learn what the teacher teaches, and learn in the way of how the teacher teach. With the development of modern technology, students can gain information from various channel, accompanying with more and more doubts casted on their teachers. Therefore, teachers should develop their information technology in order to provide a better service to their students.

III. MAJOR FORM OF INTERACTION BETWEEN MODERN INFORMATION TECHNOLOGY AND UNIVERSITY PE

A. PE Score Registration and Evaluation Analysis

The electronic record of students PE score and physical fitness test results built by computer is convenient for teachers to process various kinds of tables, to save archives and to search data. The using of computer can help teacher to analyze and evaluate the general data or some certain data, so students’ deficiency can be found out and then advice can be provided to improve. Meanwhile, department of sports in university can upload the PE score or students’ health information on the Internet, so that parents can know their children’s physical condition and assist universities in the work of students’ constitution and health. When teachers manage PE and the score under “standard test” with the assistance of computer, it is significant to design software which suits the schools’ reality, because the raw score of PE in some universities may be different from the format of score under “standard test”. Furthermore, we should take the advantage of the function of Internet when we design or improve our PE score managing program [2].

The PE curriculum information module is an important part of PE teaching program, which mainly provides PE...
teachers overview of teaching materials and shows the way of how to combine it effectively with students in different educational stage. It also includes some important information about course assessment and curriculum implementation. The teaching managing platform based on Internet not only provides students the template of instruction, but also provides teachers some technical supports in curriculum management including the input of student lists, the tracing of students’ learning progress, the supervision of learning project, online examination, score management, and the communicating mechanism between students and their teachers [3].

B. Setting up PE Teaching Plan

PE teaching plan includes the plan of school year educational works, the semester teaching progress plans (schedules), the teaching plans of each unit, the lecture arrangements (lesson plans) and so on. Before making such plans, manager should set up the standard format, such as the format of page, typeface and type size, according to the relating document requirements, management system, the guiding educational ideology and teaching objectivities. The format unification and standardization contributes to a better preparation for computer-assisted teaching management. When setting up of lecture arrangements (lesson plans), we can refer to those foraging advanced examples and absorb their advanced PE thoughts, taking into full consideration of the different teaching styles of each teacher, under the framework of syllabus and general teaching plans. Each teacher can choose their teaching contents and methods flexibly and independently to some extent, in order to assure the diversity of PE teaching, reflecting every teacher’s distinguishing teaching characteristics and their personalities.

C. Subsidiary Education Function from Multimedia

The networks level in PE education is obviously and highly related to the professional qualities of teachers. The application of modern educational technology means we can occupy the commanding heights in modern education. Distance education realized by Internet is the trend and direction of modern educational reform, and it possesses many advantages and wide application prospect which cannot be found in traditional teaching method. PE is an important part in our country’s educational policy of students’ developing morally, intellectually, physically, and exploiting the advantages of PE with the assistance of modern education technology and Internet technology, is a significant way of developing the quality-oriented education service [4].

Throughout slow playing, stopping scene and replying the animation and image in multimedia courseware, teachers can display the course of sporty action in an analytical way, helping students to have a better and direct understanding. For example, in basketball lessons, students may not see clearly the process and catch the gist of a basketball technical -- passing and catching the ball on move within three people, though teacher have repeated the explanation and demonstrate it personally for several times. With the modern Internet technology, now, teachers can display the complicated sporty skills directly to students by slow playing or stopping scene, and so the students can catch the gist of the action from teachers’ lectures and grasp the key points and difficulty of sporty skills.

D. Interaction between Teaching and Learning under Modern Information Technology

Students can utilize the network interaction function (e.g. email and BBS) to communicate with their teachers and classmates. They can post the contents of textbook on the Internet and do online discussions with certain “central topics”. Of course, they can seek help to their teachers and classmates. Students can achieve a deeper understanding of the knowledge under the guidance of teachers and classmates, and meanwhile, their ability of cooperative learning can be cultivated [6]. For example, students show their step number in WeChat’s Circle of Friends, which can be regarded as a process of mutual promotion. It’s teachers’ duty to supervise students’ amount of exercise and their exercise intensity, and teachers will remind students of avoiding sport injury, warming up before exercise and relaxing after it. This kind of interaction can not only enhance the relationship between teachers and students, but also broaden university students’ learning space.

Redesigning the PE teaching method and organizing process, making it combined with modern information technology, and changing the traditional ways of teachers’ “teaching” and students “learning”, contributes to the construction of new teaching mode characterized by teachers’ guidance, students’ subjective role, Internet as instrument and emphasizing process management.

IV. PROBLEMS WITHIN THE INTERACTION BETWEEN UNIVERSITY PE AND INFORMATION TECHNOLOGY

Nowadays, most of PE teachers belong to the generation of digital immigrant, which means during their process of growing up and achieving education, the information technology grew out of nothing, and its influence became strongly day and day. Confronting with new teaching object in new PE teaching context, teacher will get embarrassed in their identity, or feel ability not equal to his ambition and may even find it difficult to guarantee the smooth conduction of PE, if they still follow the old knowledge and cognition and express and deduce the
new expectation from the new environment [6]. When integrating information technology into teaching activities, we should correctly recognize the position and role of information in teaching activity. It is only a copositive factor in teaching activity, which means it cannot substitute either teachers’ teaching or students’ learning. Further, the formalism such as using technology for owing the element of technology use, should be completely eradicated. The use of information technology should be integrated with teaching contents and teaching process closely [7].

The proprioception caused in the process of gaining sporty skills, relies on teachers’ control, which can be regarded as a kind of reflection of teachers’ teaching ability. This ability can hardly be expressed through language, and accurate description by language cannot be replaced by computer. Some deficiency in students’ personalities cannot be observed by teachers and teachers cannot guide it appropriately. Student who comes to school, brings not only his or her desire to acquire knowledge, but also his rich emotional world, and this means that a student is an individual with life consciousness [8]. Therefore, teachers should continuously exchange experience with their students during education, trace students’ emotion changes and guide students properly. This can also be hardly to modern technology.

The “physical activity” and “educational space’s openness” in PE make PE teachers face much more difficult challenges when using information technology to improve its teaching effects. During the PE course, the information technology levels of both the way of teachers’ gaining teaching information, and information communication between teachers and students, are very low.

V. CONCLUSION

The research of university PE teaching mode based on information circumstance, caters to the requirements of university PE teaching reform made by the development of times. PE teachers should firstly foster their teaching notions of modern PE, and then be aware of using the theories and methods of modern information technology to improve the effect of PE teaching. With the deepening of the combination between information technology and PE curriculum, the teaching activity of PE, will be continuously optimized and perfected in the aspects of teaching mode and teaching structure.

The reasonable use of modern information technology serving university PE curriculum, changes the situation where students are passive in the traditional PE teaching process of acquiring knowledge and learning skills, and students can acquire sport knowledge from much more abundant sources.

REFERENCES