

# *The Application of Modern Educational Technology in College Physical Education under the Background of Informatization*

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**Abstract:** With the deepening of the current educational curriculum reform, modern teaching technology is a brand new educational mode produced based on the current historical background. On the one hand, modern educational technology is based on the inheritance of Chinese traditional PE teaching methods, and on the other hand, it improves and innovates and develops relevant teaching methods, making it get a comprehensive play. This article focuses on the development trend of modern educational technology to be deeply studied, and analyzes its relative advantages in the current university physical education teaching, and strive to further improve the current level of university physical education teaching, and promote its continuous development.

## 1. Introduction

Under the background of The Times, physical education courses in Chinese universities have become an important position for training sports personnel, and undertake the mission of training sports personnel to the world. Physical education course has also become the key course in the current process of college education, which can promote the harmonious development of Chinese college students in a certain sense, so that students can master the corresponding physical education skills and methods, and then help students to form the core idea of lifelong physical education. The root of China's physical education teaching model has restricted China's physical education teaching model for a long time. The misconception of education curriculum has made China's modern teaching methods unable to develop or effectively implement in college physical education curriculum, which not only seriously interferes with the development of current college physical education teaching methods, but also leads to the low level of current college physical education classroom teaching quality effect.

## **2. Brief description of modern educational technology**

### **2.1 Concept of modern educational technology**

Modern educational technology is a new educational model produced under the current historical background. On the one hand, the modern educational technology is the inheritance of the traditional Chinese physical education teaching methods, and on the other hand, it develops the new related education and teaching mode methods, which makes it get developed. Modern educational technology is also known as modern network education, namely the use of network technology and multimedia to implement a new model of education. Modern educational technology also involves many traditional education fields, such as the research and formulation of relevant educational courses, optimizing the structure of educational curriculum system, conducting educational curriculum evaluation and so on. In general, with the maturity of the development of modern educational information technology in China in recent years, according to the current time background of our country, we should develop modern educational information technology as a specific application of modern teaching concepts and modern information technology, realize the development and optimization of modern educational technology and corresponding educational and teaching resources, and thus achieve the goal of modern teaching management and the best educational application model.

### **2.2 Relevant connotation and characteristics of modern educational technology**

Modern education technology implementation and development process has experienced rough, and modern education teaching thought has become its development foundation, it first needs to clear the current education curriculum requirements, and through modern education technology (multimedia teaching, Internet teaching) to directly guide students' physical learning, and by mobilizing students' learning enthusiasm, guide students to use sports practice knowledge to explore knowledge, to understand the relevant knowledge method, in order to effectively master the basic knowledge of sports, and master the corresponding skills. So as to improve the overall level of student sports development. Modern educational technology is also a current mode of physical education, and its fundamental purpose is to enhance the efficiency of the current physical education classroom teaching in current colleges and universities, promote students to understand the basic knowledge of physical education, and make it form the core thought of lifelong physical education. Through the allocation of school teaching facilities and the adjustment of education and teaching resources, modern teaching information technology has been optimized to effectively improve the quality of school teaching and sports.<sup>[1]</sup>

## **3. The Specific Application of Modern Educational Technology in College Physical Education Course**

### **3.1 Optimize the physical education teaching theory**

Under the background of traditional education, the teaching of physical education has always been based on theoretical knowledge education, without relevant practical education. However, these methods are relatively monotonous and rigid, which cannot arouse students' interest in learning and potential teaching motivation. Modern teaching information technology is mainly based on the current school physical education teaching methods, to effectively improve the reform. Such as when the school physical education course is developing about sports skills course, the teacher can combine multimedia teaching equipment, such as the lecture, through conducting

human organization structure, and use the pictures and video materials to effectively introduce students body structure, and fully mobilize students 'learning consciousness, fully mobilize students' training interest, let students realize the sports knowledge skills, and improve students to have a strong consciousness of independent learning, and optimize the teaching method, improve the sports classroom teaching effect.

### **3.2 Optimize the physical education practice teaching link**

In university physical education courses, teachers must integrate theoretical knowledge education and practice to optimize classroom teaching. The practical teaching link of physical education occupies the main content of the overall course time. Teachers should fully integrate modern teaching theories, and students should be encouraged to learn and master relevant practical theoretical knowledge when carrying out practical courses such as physical education skills and skills. Therefore, teachers can also use the teaching method of sports skills and skills demonstration, and first make a classroom demonstration before the classroom, and then guide students to carry out simulation teaching activities. This kind of simulation teaching activity will also be given according to the different levels between students, according to the different students 'physical education mastery status, and make a corresponding introduction to students' different movement skills, so as to enrich students 'physical education ability, so as to promote students' learning improvement.

### **3.3 Optimize teaching methods**

The development of modern teaching technology has improved the application frequency of network multimedia equipment and other advanced teaching equipment, and can play its effective use. Therefore, in the process of applying modern educational technology, we should use the teaching activity equipment to fully mobilize the students' interest in learning, adjust their learning autonomy, and achieve good results. Using modern education technology, can, to a certain extent, improve the effective communication ability between teachers, make the emotional communication between teachers and children more closely, to improve the emotional flexible communication between teachers, can also effectively fully mobilize teachers 'emotion, stimulate students' interest in teaching, make students quickly familiar with the course.<sup>[2]</sup>

### **3.4 Optimize teachers' teaching concepts**

In the conventional teaching methods, the teachers usually adopt the cramming teaching method, and let the students follow the teacher's classroom introduction and related demonstrations, and participate in the whole classroom teaching process. But these habits often ignore the students 'classroom center status, make the students' active thinking into a passive, and cannot fully mobilize the students' divergent thinking ability, but also often due to the surrounding education resources and the corresponding education facilities, students in the whole learning by considerable limitations, and cannot really understand and master the learning skills. So teachers should use of modern teaching information, Break the shackles of the tradition called classroom teaching, Treat students as the main players in the classroom, Fully mobilize the enthusiasm of students' classroom subjects, Pay attention to the different characteristics between the students, And according to its current situation, Through the use of modern multimedia information technology, modern network education information technology and other advanced educational technology means to effectively use the resources of educational classroom, According to the classroom teaching information means to carry out PE classroom teaching, We can fundamentally reform the current physical education teaching methods in colleges and universities, Thus breaking the shackles of previous education in

schools, By constantly improving the education and teaching methods, Promote the current work of physical education classroom teaching in colleges and universities.

## **4. An Analysis of the Application Problems of Modern Educational Technology**

### **4.1 Lack of relevant teaching facilities**

The actual use of modern classroom teaching tools should be according to the school about modern teaching equipment, such as in multimedia equipment, network teaching equipment and other modern teaching equipment, according to the school current sports teaching activities requirements, further cultivate students' interest in learning, and make full use of modern education technology to practical application in classroom teaching, in order to achieve excellent teaching effect. The lack of relevant teaching equipment in many schools brings many obstacles to modern education.

### **4.2 The level of high attention of universities is low**

The application and development of modern educational technology is based on the development of current higher education. The corresponding support degree of current higher education not only determines the application effect of current modern educational technology, but also determines how physical education courses in universities achieve excellent results. However, because under the current information age background, many colleges and universities do not pay attention to the application of modern educational technology, so the corresponding degree of support is not high. Even because of some wrong ideas of modern educational technology teaching, the current modern educational technology has not been effectively carried out in the physical education curriculum in colleges and universities, and it has not been developed. Therefore, in general, the current higher education in the use of modern education technology support degree is weak, failed to achieve the relevant teaching tasks. However, how to strengthen the penetration and application of modern educational technology under the background of the current development is the current walks of life and university teaching workers must reflect. The implementation and application of modern teaching means play an important role in the current level of physical education in Chinese universities.<sup>[3]</sup>

### **4.3 The application of modern physical education information technology is not effective**

The development trend of information education is only the education system and mechanism that adapt to the trend of the information age, and talents can promote the efficiency of physical education classroom. Traditional physical education teaching method may lead to the popularity of physical education courses, also to a large extent for sports curriculum play brought great restrictions, so the current in the development of information education must strive to form a way to adapt to the development trend of the information age teaching method, including the guiding ideology of information curriculum, information curriculum teachers, information teaching mode, etc. For example, we should recruit professionals to the school to carry out training, to create excellent sports information course personnel. The conflict between teaching factors and objective conditions is often reflected in the special information development personnel do not want to introduce all of them to the school to carry out courses, so it is difficult for the school to improve the classroom teaching. At present, some colleges and universities have recruited information talents from some subjects, but because the current situation of such teachers' "false positions" cannot be effectively overcome, it is difficult to improve the overall education level of school

physical education information courses, which has a negative impact on the development of quality education in primary schools.

## **5. Analysis of relevant improvement measures**

### **5.1 Strengthen college teachers' understanding of modern educational technology**

In the physical education teaching of colleges and universities, teachers in colleges and universities should not only change the previous teaching mode, but also gradually deepen their understanding of modern educational technology, and increase their strong support for the development of modern educational technology. The teaching staff of colleges and universities should also form a reasonable physical education teaching thinking, and build the applied physical education teaching facilities according to the background of the information age, and comprehensively explore the utilization value of educational resources, so as to attract their students to participate in the school physical education teaching. Physical education teachers should also realize that modern educational technology is a new physical education teaching mode produced under the background of the information age, which can effectively improve the physical education classroom teaching conditions in colleges and universities, and has become an inevitable development history of physical education in colleges and universities in the future. In addition, the school physical education teachers should carry out the teaching of the relevant theoretical system according to the modern educational technology means, reasonably grasp the relevant theoretical teaching basis, and continue to promote the good use of the modern teaching means in the current physical education curriculum in colleges and universities.<sup>[4]</sup>

### **5.2 Change the traditional teaching concept**

Under the current historical background, the professional support and attention of physical education courses in colleges and universities are weak. Under the background of the intervention and application of modern educational technology, all colleges and universities should pay full attention to the specific educational role of physical education courses in colleges and universities, and increase the support for physical education courses. Physical education course is the key course in the process of current school education, which can promote the harmonious growth of current college students to a certain extent, so that students can master the corresponding physical education skills and methods, and then help students to form a nuclear and scientific view of lifelong physical education, for example. However, due to the actual development of various colleges and universities, the physical education courses have not been regarded as the key education courses, so that the physical education courses have not received enough attention and support, and the corresponding education curriculum plan cannot be implemented. Therefore, institutions of higher learning must regard physical education curriculum as the main curriculum at present, and constantly promote the practical application of modern teaching information technology in physical education curriculum in colleges and universities, so as to cultivate compound talents who grow together with moral, intellectual, physical and aesthetic development, so as to promote the healthy growth of the school.

### **5.3 Improve the input and application of relevant education and teaching facilities**

Modern teaching technology also needs schools to improve the modern education process and optimize the relevant teaching means according to the physical education and physical education teaching with the support of modern education and teaching equipment. Although the current

investment is more in modern teaching equipment in colleges and universities across the country, but the investment in modern education science and technology according to physical education is less. According to these realities, the current colleges and universities should actively strengthen the targeted investment of physical education courses. For example, according to the application of modern teaching information technology, colleges and universities should strengthen the multimedia equipment, network teaching equipment and other modern curriculum equipment corresponding investment, the construction of sports multimedia classroom, use related modern curriculum equipment into use, and integrate modern teaching information technology, can effectively promote comprehensive sports courses, sports, thus fully arouse students' enthusiasm for reading, fully mobilize the students' reading positive power, so as to get good physical education teaching effect.

## 6. Conclusions

To sum up, with the development of modern educational science and technology, its application direction is also increasingly deep, and more and more has become an indispensable teaching part in the education curriculum of colleges and universities. By using modern teaching science and technology in the teaching and physical education curriculum of colleges and universities, we can reasonably combine the teaching facilities of each curriculum, enrich the classroom teaching and optimize the educational means, fully mobilize the students' learning interests and hobbies, and then greatly improve the efficiency of study, and make them form excellent professional ability. Modern educational information technology, as the main means of educational technology in the current university physical education curriculum, effectively promotes the innovation and improvement and development of the current physical education curriculum in colleges and universities. On the whole, the modern education and teaching information widely used in the current university physical education curriculum is the main development trend of the current future physical education teaching in the current colleges and universities.

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