

# Practical Research on Innovating Physical Education Teaching in Higher Vocational Colleges in the Context of Informatization

Qiaozai Song

Jiangxi Vocational Technical College of Industry&Trade, Nanchang, Jiangxi 330038, China

s13879147962@163.com

**Keywords:** Informatization, Higher vocational colleges, Physical education teaching

**Abstract:** This paper discusses the innovation of higher vocational physical education subject teaching in the information context, understands the significance of implementing this work, defines the specific situation of current higher vocational physical education teaching, and deeply discusses and describes the methods to promote the innovation of higher vocational physical education teaching in the information context, hoping to provide support for the development of relevant work, further improve the quality of physical education in higher vocational colleges.

## 1. Introduction

With the progress of science and technology, China's information technology has made great progress and has been widely used in the field of education. While effectively innovating the education model, it has also significantly improved the quality and efficiency of relevant teaching activities. However, in terms of the current situation of higher vocational physical education, it does not keep up with the pace of the development of the times, and there are still many problems. For this, it is necessary to promote the innovation of higher vocational physical education through the effective application of information technology. Only in this way can we further improve the quality of higher vocational physical education and promote the realization of relevant teaching objectives. Therefore, it is necessary to strengthen research on relevant contents.

## 2. Significance of Strengthening Innovation in Higher Vocational Physical Education in the Context of Informatization

### 2.1 Improve Students' Interest in Learning

The innovation of higher vocational physical education teaching by using information technology can effectively improve students' interest in learning. This is mainly because the application of information technology in physical education teaching is relatively less, and students are more curious about new content presentation methods and teaching methods, so they are more willing to learn and improve in this way, ensure the effective development of physical education teaching activities. At the same time, the application of information technology means that it has richer teaching resources, which can make physical education break through the limitations of books and teaching materials, contact more and comprehensive physical education knowledge and skills, and further increase students' learning enthusiasm.

### 2.2 Improve the Teaching Quality

Different from the traditional physical education teaching mode, physical education teaching activities under the information background pay more attention to the main position of students. Through corresponding teaching means, students' autonomous learning ability and thinking ability can be effectively improved, which plays a very positive role in the effective implementation of the goal of quality education and the formation of students' lifelong physical education consciousness and ability. In addition, the application of information technology to implement physical education teaching activities can make relevant teaching activities more intuitive and vivid, and enable

students to feel and learn physical education knowledge and skills. It can even break through the limitations of time and space and promote the steady improvement of students' sports level. This plays a very positive role in improving the quality and efficiency of physical education in higher vocational colleges.

### **2.3 Contribute to the Construction of Good Teacher-Student Relationship**

By applying information technology in higher vocational physical education, teachers can more clearly and comprehensively understand students' needs and preferences, which can not only improve the pertinence of teaching activities, but also help teachers and students find common topics, so that teachers and students can have effective communication and interaction. While narrowing the relationship between teachers and students, it can also make students like teachers more, so as to open their hearts to teachers and cooperate with teachers to better carry out relevant teaching activities.

## **3. Specific Situation of Physical Education in Higher Vocational Colleges**

### **3.1 Old and Backward Teaching Ideas**

Many physical education teachers in higher vocational colleges are deeply influenced by the traditional educational concept. In teaching practice, they do not recognize the dominant position of students, resulting in their failure to pay attention to the mobilization and exertion of students' subjective initiative. Teachers tend to lead the trend of the whole classroom by themselves, and believe that they are self-centered in classroom teaching and it is more convenient for the control of classroom discipline and the orderly development of various teaching links, which is conducive to the improvement of teaching quality. However, this is not the case in practice. Because teachers have occupied the dominant position in the classroom for a long time, all teaching contents and organizational activities are arranged by teachers, and various knowledge and skills are instilled into students by teachers. In this state, students' learning will gradually fall into a passive state, only receiving and learning various knowledge and skills blindly, so it weakens their interest in physical education. It will also make students rely too much on teachers and can't fully think and explore in the classroom, affecting the formation of students' comprehensive quality and ability. In addition, due to the conservative concept of some teachers, they have weak learning awareness or insufficient learning ability for advanced educational ideas and methods, which also leads to their inability to innovate physical education teaching activities through the effective application of information technology, producing a certain restrictive effect on the improvement of the quality of the discipline<sup>[1]</sup>.

### **3.2 Single and Rigid Teaching Mode**

In the process of implementing physical education teaching activities, many higher vocational colleges basically rely on teachers' demonstration and explanation to complete relevant teaching tasks. Under the long-term application of this teaching mode, although it has a relatively mature and perfect teaching system, which can help students quickly master corresponding knowledge and skills, the defects are also obvious. On the one hand, this teaching model does not pay attention to the main position of students, resulting in the lack of participation of students' independent consciousness and thinking ability, and it is difficult to deeply think and study relevant knowledge, resulting in their understanding of knowledge and skills on the surface, and even forgetting after a long learning time. On the other hand, this teaching method is relatively single and rigid. In the case of long-term application, it will not only reduce students' interest, but also make students feel tired and even form resistance, affecting the quality of teaching activities.

### **3.3 The Teaching Evaluation System Needs to Be Improved**

In higher vocational colleges, physical education teaching assessment is usually realized by the final examination results, but this evaluation system is not scientific and reasonable. It only pays attention to the students' physical education level, but does not see the students' attitude and

improvement in physical education learning, leading to the lack of objectivity and comprehensiveness of the physical education evaluation system. It can't convince the students and achieve the purpose of encouraging students to improve. Therefore, the relevant teaching evaluation system needs to be improved<sup>[2]</sup>.

#### **4. Methods of Promoting Effective Innovation of Physical Education in Higher Vocational Colleges in the Context of Informatization**

##### **4.1 Strengthen the Innovation of Educational Ideas**

First of all, higher vocational physical education teachers should do a good job in the innovation of their own educational ideas in combination with the relevant requirements of teaching reform. We should fully realize the importance of students' subject status, take students as the center, and effectively implement various teaching activities to stimulate students' subjective initiative, make them more actively participate in physical education teaching, and improve learning effect and physical education level through in-depth thinking and exploration<sup>[3]</sup>.

Secondly, higher vocational teachers should recognize the important role of information technology in the construction of college physical education classroom, correct their attitudes, update their ideas, comprehensively understand and study information technology, and study and apply the application of information technology in various ways to ensure that physical education teaching can be effectively combined with modern science and technology, so as to lay an ideological foundation for the innovation of physical education teaching<sup>[4]</sup>.

##### **4.2 Strengthen the Innovation of Teaching Methods**

For teaching innovation, method innovation is the core content. Therefore, higher vocational physical education teachers also need to apply information technology to promote the effective innovation of physical education teaching. The specific methods are as follows:

First, apply multimedia technology to implement innovation activities. Sports is a kind of real-time sports, in which many actions need the joint participation of speed and strength, which also leads to these actions are often completed in an instant. For the teaching of these movements, even if the teacher makes repeated demonstration and explanation, it is difficult to obtain in-depth understanding when the students can't observe effectively. In view of this situation, teachers can apply multimedia technology<sup>[5]</sup>.

For example, introduce relevant technologies into multimedia devices, and then decompose and slowly present the actions in front of students in the form of animation or video demonstration, so that students can more intuitively and comprehensively understand the key points of force and body coordination, have an in-depth understanding of the actions. On this basis, with a little training, students can firmly grasp the relevant content.

Second, apply micro course to teaching innovation. Physical education teaching time is often limited. If the knowledge is explained too much, the students' practice time is relatively less, they can't master the movements skillfully, and the teachers can't give timely guidance and correction. If there are few explanations, students can't master the technical essentials and are prone to sports injury. The application of micro course for teaching innovation can significantly improve the teaching quality<sup>[6]</sup>.

For example, before learning a sport, teachers can make micro class videos in combination with the technical points in the sport, and then let students learn independently before class, record what they don't understand, and ask questions in class. Using this method can not only reduce the occupation of classroom time by comprehensive teaching and enable students to have more time to train, but also enable teachers to clearly grasp students' common problems, implement targeted guidance and improve teaching efficiency.

##### **4.3 Strengthen the Teaching Evaluation System**

On the basis of summative evaluation, process evaluation should be added to improve the

scientificity and comprehensiveness of teaching evaluation system. Specific evaluation activities can be completed by using information technology. For example, information technology is applied to the information collection and evaluation platform, in which the teaching contents and training tasks of various sports are set up to allow students to choose and complete independently, while teachers can see students' learning and training by using the management platform, so as to clarify students' learning attitude and improvement, and combine it with the final examination results. It can effectively improve the objectivity and comprehensiveness of teaching evaluation and clarify the direction for the improvement of students<sup>[7]</sup>.

## 5. Conclusion

To sum up, strengthening innovation in higher vocational physical education teaching under the background of informatization can significantly improve the teaching quality of this discipline. Therefore, higher vocational physical education teachers should pay attention to this work and carry out effective innovation in combination with practice, so as to improve the quality of teaching activities.

## References

- [1] Liu Yajun. Practical research on innovating physical education teaching in higher vocational colleges in the context of informatization. *Journal of Hubei Open Vocational College*, vol.34, no.15, pp.3, 2021.
- [2] Liu Jianjian. On the innovation and practice of intelligent classroom teaching in higher vocational colleges in the context of informatization. *Propagation Force Research*, vol.33, no.31, pp.1, 2019.
- [3] Pan Yute. Research on informatization of physical education in higher vocational colleges -- Comment on Teaching Design and Practice under Informatization Environment. *Chinese Scientific Papers*, vol.14, no.11, pp.1, 2019.
- [4] Xin Lei, Wang Hui. Research and construction on the integration of information technology and physical education teaching in higher vocational colleges. *Education: Abstract Edition*, pp.00277-00277.
- [5] Liu Feng, Zhang Jianling. Reflections on the reform of physical education classroom teaching in higher vocational colleges under the background of rapid integration of informatization. 2020.
- [6] Gao Hongqiao. On the effectiveness and improvement strategies of physical education under the information environment. *New Education Times E-magazine (Teacher Edition)*, vol.000, no.022, pp.264, 2018.
- [7] Wang Guoliang, Guo Jianying, Li Xiaoyan, et al. Research on the development process, practical difficulties and promotion strategies of sports information teaching [C] // The 11th National Sports Science Conference. 2019.