

Research on the Change of Physical Education Teaching and Management in Colleges and Universities in the Age of Informatization

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Abstract: *In the information age, the new economy represented by computer and network technology began to take off, and the information society caused a general change in production and lifestyle. In the field of physical education in colleges and universities, educational resources were optimized and utilized by means of information technology, so as to improve the business level and management efficiency. The extensive penetration of information technology in physical education in colleges and universities inevitably required the adaptive change of physical education management in colleges and universities. This paper mainly analyzes the classroom teaching, curriculum management and student management of physical education in colleges and universities, aiming at providing reference for promoting the informatization of physical education in colleges and universities.*

Keywords: *College and University Physical Education; Information Technology; Physical Education Management*

1. Introduction

Informatization has brought unprecedented convenience, rapidity and efficiency, and at the same time, it has put forward higher requirements for the informatization reform of management. The changes brought by informatization to college and university physical education are reflected in two aspects, one is the informatization of management objects, the other is the informatization reform of management methods and means; The application of information technology has two sides. If it is not used properly, it will also bring negative effects. Therefore, it is necessary to effectively control the process of colleges and universities Physical Educations informatization. The rapid development of higher education requires colleges and universities to improve management efficiency and implement effective management. Therefore, it is necessary to innovate in management technology and management methods to meet the needs of the new situation.

2. Interaction between information construction and information management reform of colleges and universities Physical Educations

All kinds of changes that have taken place in Physical Educations management practice since 1980s are self-adjustment made by Physical Educations in the face of the pressure of survival and development in the information environment. The emergence and upgrading of information environment has changed the content and form of Physical Educations management, and also provided a powerful weapon for Physical Educations to gain competitive advantage ^[1]. The theory of school Physical Educations management originates from the practice of school Physical Educations management, which is constantly developing and changing, so the theory of school Physical Educations management should be consistent with the characteristics of the times and the general requirements of education. The development of informatization has promoted the development of school Physical Educations, thus promoting the evolution of school Physical Educations management means. The reform of school Physical Educations management can also accelerate the development of school Physical Educations informatization. In order to make informatization play an effective role in management, it is necessary to combine informatization with management reform. Informatization and management reform are inherently interdependent. If the old management organization and management methods are not changed, it will increasingly hinder the development of physical

education, and in terms of informatization, it will also hinder the development of some advanced technologies.

3. Informationization improves the function of colleges and universities Physical Educations management

3.1 The concept of time and space of management has changed

School Physical Educations administrators can sit by the computer, and through the network, all the basic information of the school, the education situation of the school, teachers, students' personal files, and the teaching achievements of each school can be seen at a glance. Through wireless network technology managers can expand the concept of time and space of management, break the limitation of the traditional eight-small-task working system, and know the situation and implement management anytime and anywhere, which greatly improves the timeliness of management. It truly embodies "strategizing, winning thousands of miles away".

3.2 The information revolution makes the fine and institutionalized transformation of college and university Physical Educations management

As the application of information technology makes it possible to dynamically check and monitor people, the development direction of physical education management in colleges and universities will be more and more refined, and refined management must have institutional guarantee, requiring everyone to take responsibility for their actions, so as to effectively overcome the management uncertainty brought by the rule of man and improve the scientific management. In addition, the application of information technology can make the following aspects become reality: show the effect of teaching management to parents and society, and strengthen communication with parents and society; Physical Educations financial management is more transparent, avoiding black-box operation; Increase the transparency of decision-making, solicit opinions extensively, and improve the scientificity and rationality of decision-making.

3.3 It is conducive to improving management efficiency and streamlining management organization

The education administration department can put aside the frequent, cumbersome and repetitive physical work, concentrate more on creative work related to education policy and education reform, and make strong control over education work to promote the development of regional education.

3.4 Conducive to the sharing of educational resources, improve resource utilization

Through the information exchange of education network and the sharing of physical education teaching resources in schools, the school is no longer an information island, but will share and interconnect with the physical education resources of various schools to serve every student, teacher and school physical education manager.

4. Analysis of information management reform of physical education in colleges and universities

Informatization is a double-edged sword, especially when it is still a new thing for school Physical Educations administrators. The application of informatization in school physical education is still at the initial stage, the construction in all aspects is still far from perfect, and there is no rich experience accumulation. Therefore, the construction of school physical education informatization is a hard process, which requires everyone in the field of school physical education to change their working thinking mode and traditional working habits for many years, and actively adapt to the school physical education under the condition of informatization. Informatization has a far-reaching impact physical education, which affects almost all aspects of school physical education, causing profound changes from students, teachers and managers to teaching methods and management methods.

4.1 The application of information technology requires organizational changes

Due to the development of information technology, especially the continuous improvement of computer's ability to process information and the popularity of the Internet, on the one hand, the

traditional management concept has been impacted to a certain extent, on the other hand, it will inevitably lead to the change of management methods and means, and the concrete manifestation of these two aspects is the change of management organization. "People" is the core element in management activities. The change of management will inevitably lead to the flow of personnel, and the change of personnel will inevitably touch the interests of some people. The change of interest relations has brought great pressure to the change of organizations. Flat organization, reduced organization scale and job mobility are the requirements of information management reform, as well as the obstacles and difficulties in implementing the reform. As Zhong Zhiling said, "From the system to the organization operation, the relationship between command plan and autonomy lacks flexibility. The evaluation system and method of school Physical Educations management effect need to be improved. The most important factor in management activities-people's enthusiasm has not been fully mobilized"^[3].

4.2 Integration of information technology and management

Some scholars put forward that "the real risk of management informatization lies in the differentiation between management and information technology." Because the application of information technology in colleges and universities Physical Educations management is still new, there is a shortage of compound talents with information technology and management knowledge, those who are proficient in technology may not know management, and those who are proficient in management may not know technology. Therefore, when making information decisions, colleges and universities Physical Educations management often ignores or doesn't consider it from the management and strategic perspectives at all, and the application of information technology is only a tool for work rather than a means of management.

4.3 The integration of information technology and physical education is difficult

If information technology can be used correctly, it will undoubtedly effectively improve the effect of physical education teaching. However, in the actual operation process, it is always difficult to integrate information technology with teaching process, and it seems that it is difficult to find a connection point between information technology and traditional teaching. Not only in the field of physical education, but also in the whole field of education, many expensive information technology equipments are left unused after purchase, and teachers are unwilling to use them and students don't like them. The emergence of this phenomenon is related to the simple information technology treatment of educational informatization. The integration of information technology and classroom teaching is a problem that involves the psychology, consciousness, emotion and many other aspects of both sides of teaching, not only the advanced information technology.

4.4 The maladjustment between college and university physical educations administrators and the managed ones in the information environment

Under the condition of informationization, the teaching means and methods have changed, and the scope of educational resources is broader. To promote information-based physical education, it is necessary to strengthen the cultivation of physical education teachers' own abilities, especially the study and application of information-based knowledge. To strengthen the training of P.E. teachers' computer application ability, we should start from practical application, from teaching practice and from improving teaching effect, so as to strengthen the information business knowledge level of Physical Education teachers. The realistic requirement of information-based teaching for students is an important driving force for us to reform the current traditional teaching methods. Therefore, we should determine the ways and means of physical education teaching according to the actual needs of colleges and universities students. At the same time, we should also improve our physical education teaching form according to physical education class's inherent laws to meet the needs of cultivating all-round modern talents in the new period. Informatization can't be smooth sailing, and inefficiency may occur at a certain stage, which is inevitable in the informatization process. What we have to do is to improve business proficiency, improve personal information literacy and meet the challenges of informatization.

5. Conclusions

5.1 Actively promote organizational reform

Physical Education information management in colleges and universities requires organizational reform, which will inevitably lead to the flow of personnel, which is also the biggest resistance to change. During the implementation of the change, employees should understand the implementation plan of the change, and listen to their opinions and suggestions as much as possible, so that employees can participate in the change.

5.2 Improve the information literacy of school Physical Educations managers

The core of management is the management of people, and the management change driven by the information revolution must also be based on the improvement of staff quality [4]. With the rapid development of higher education, the deepening of teaching reform, the application and popularization of teaching management information system, many educational administrators can't meet the requirements of teaching information system construction in many aspects. Physical education teachers are the key factors in the development of school physical education. Mastering modern educational management methods and means, consciously improving their overall quality, constantly accumulating computer, multimedia and other knowledge, updating and broadening their skill fields, can master modern information technology skillfully, and make a qualified school physical education educational administrator's basic accomplishment.

5.3 Accelerate the construction of information hardware supporting facilities

With the rapid development of information technology, information resource sharing becomes more and more smooth. The backwardness of teaching hardware facilities not only fetters its own development, but also affects the enthusiasm and innovation of educational administrators, which leads to the poor flow of information resources and low management efficiency. Therefore, in order to make teaching and management information resources highly shared, improve the efficiency and quality of educational administration, and mobilize the enthusiasm and creativity of managers, colleges and universities must increase capital investment and update the backward educational administration hardware facilities as soon as possible. Only in this way can advanced information technology be quickly applied to colleges and universities Physical Educations management, so that the management can be scientific and modern.

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