

The Effective Application of Modern Educational Technology in the Reform of Physical Education Teaching

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ABSTRACT. *In the context of the information age, modern educational technology, as a new model used in college physical education, not only inherits traditional sports, but also serves as a new teaching development. This paper will investigate the application of modern educational technology to the reform of physical education, analyze the role of modern educational technology in physical education, and point out the use of existing problems to propose countermeasures to promote the reform of modern education and physical education in colleges and universities.*

KEYWORDS: *Modern educational technology, Physical education, Transformation*

1. Overview of modern educational technology

1.1 Modern Educational Technology

Modern educational technology, also known as modern educational media, uses modern multimedia technology to teach. Modern educational technology encompasses many aspects of education. For example: planning and development of educational programs, structural definition of education, evaluation of education (mutual evaluation of teachers and students), etc. By summarizing the research results of the countries in Sichuan and China [1], combined with the reality of China, modern education technology is defined as the application of modern educational theory and modern information technology. It is the theory and practice of teaching optimization through the development, operation, evaluation and management of teaching process and educational resources.

1.2 The Application of Modern Technology in College Physical Education

1.2.1 Optimizing the Teaching of Sports Theory

The original methods of physical education are based on the knowledge of books, which is more rigid and single, and can not stimulate students' interest in learning. With modern educational technology, the effect of teaching is better. For example, when learning the internal structure of human muscles, the teacher designs the courseware in advance, and produces one-dimensional and three-dimensional graphic effects and related video and audio to stimulate students' interest in learning, so that students can accept it faster to achieve better teaching results [2].

1.2.2 Optimization of Technical and Tactical Teaching

In the process of physical education, the technical practice class is part of the people. When learning some complicated tactical cooperation and difficult key technical actions, through the application of modern educational technology, students can accept tactical cooperation and technical actions more quickly and intuitively.

1.2.3 Optimize Teaching Methods

In the continuous development and development of modern educational technology, both multimedia audio-visual equipment and other modern teaching equipment can fully exert its effective value. Not only do students interact closely, but the interaction between teachers and students is more flexible in this process, and it

also motivates students' enthusiasm and fun, which can effectively cultivate and Stimulate students' divergent thinking skills [3].

1.2.4 Promote the Transformation of Teaching Concepts

In the continuous development and development of modern educational technology, both multimedia audio-visual equipment and other modern teaching equipment can fully exert its effective value. Not only are students interacting closely, but also the interaction between teachers and students is more flexible in this process [4], and it also motivates students' enthusiasm and fun, which can effectively cultivate and stimulate students' divergent thinking ability.

1.2.5 Promote Teachers to Change Teaching Concepts

In the most traditional teaching methods, students only have an intuitive image of skills and tactics according to the teacher's explanation and demonstration. However, due to the limitations of time, space and teachers' own conditions, students will have certain in the process of learning. The limitations cannot be better and more complete [5]. However, modern educational technology has broken the traditional teaching mode. Teachers can make full use of multimedia technology to master the production of images, texts, sounds and animations, make full use of campus network resources, break through the limitations of time and space, implement comprehensive classroom teaching, and respect students' learning. Differences make fundamental changes in physical education.

2. Modern Educational Technology Applied to Physical Education

(1) Insufficient teaching equipment. The use and development of modern educational technology is based on computers, projectors, audio and other devices. Only by perfecting these equipments can we achieve their use in teaching and achieve better teaching results. The backward configuration of hardware equipment seriously hinders the application of modern educational technology in physical education [6]. This mainly refers to the low configuration of computers in sports colleges or colleges and universities, and many of them are models left or eliminated by other professions. Such a computer has low processing speed and poor storage capacity, and how can it meet the needs of modern educational technology teaching requirements? Even if some schools have configured better computers for physical education, they are only rare and cannot represent the overall level.

(2) Subjective reasons of the teacher. The premise of implementing the reform of physical education is to change the traditional concept of college teachers. Due to their different concepts, qualities and abilities, the application of modern educational technology will have different attitudes. Today, in the modernization of education, we still have a lot of physical education educators who are stubborn and rigid, and are accustomed to using traditional teaching models, teaching methods and means to measure physical education. This educational concept has a serious influence on modern education. The use of technology in physical education.

(3) There are fewer physical education resources and software. Some teachers need multimedia teaching in the process of physical education, but they cannot make courseware. The school lacks a report meeting to encourage and motivate teachers to learn modern educational technology. The school website is extremely scarce and lacks professionals who produce multimedia courseware. Many of the existing physical education software and products cannot support the network environment and do not have hypermedia functions. Most of the software does not have intelligent functions. Such products are time and money, and are not effective and forward-looking [7].

(4) The degree of attention of the school leaders and the corresponding policy support of the school are not enough. The use of modern educational technology teaching methods for teaching also requires the human support of the school leaders. With the support of teachers, the use of multimedia teaching will be more motivated and creative. However, the school's promotion and implementation of this side is very lacking.

3Modern educational technology applied to the reform of physical education

2.1 Improve the Computer Application Ability of Physical Education Teachers

At present, in the field of sports, there are not many high-tech talents who are interested in devoting themselves to sports education networks and software development. Compound talents who understand both sports and computers are even more scarce. We must absorb sports computer talents extensively. Sports colleges and universities with conditions should open sports computer programs and train talents who understand both computers and sports knowledge. In addition, we should pay attention to the continuing education of physical

education teachers, set up modern educational technology and computer level training courses, and strive to improve the modern educational technology level and computer application ability of physical education teachers to ensure the needs of the modernization process of physical education and promote modern educational technology in physical education. Use and development.

2.2 Improve the Level of Software Development to Meet the Needs of Teaching

As far as the current physical education software is concerned, the overall development level is low, and many cannot support the network environment and do not have the hypermedia function. Such software can not only promote the use of modern educational technology in physical education, but will hinder the development of modern educational technology in physical education. Therefore, it is necessary to vigorously introduce computer science and technology talents, combine computer and physical education organically, and develop a high-level physical education software to meet the needs of physical education.

2.3 Increase Investment to Improve Computer Hardware Environment

The computer hardware environment is the material basis of modern educational technology used in physical education. There are high-level talents and better computer software. Without a computer with a high configuration, it is not acceptable. To improve the computer hardware environment of physical education, it is necessary to increase capital investment, equip physical education and physical education teachers with better computers, and actively improve the computer hardware environment of physical education to meet the needs of modern physical education and promote modern educational technology. Widespread use and development in physical education.

2.4 Optimize Teaching Resource Management and Use Teaching Resources Efficiently

With the continuous enrichment of physical education resources, how to enable students to quickly search and browse the required information in a large number of teaching resources, how to provide a quick and convenient preparation platform and rich teaching materials for physical education teachers, has become a modern education. The problems that technology must solve in the application of physical education. The use of large-scale network databases to effectively organize and manage various multimedia teaching resources is conducive to the utilization of high teaching resources. On this basis, the teaching resource management system is developed to optimize the management of teaching resources.

3. Conclusion

The use of modern educational technology is not only a change in teaching methods and methods, but more importantly, deep-seated changes in educational thoughts and models. The information society needs teaching reform, and the application of modern educational technology is the catalyst and important guarantee for the reform of physical education. Therefore, we must highly understand the significance of the application of modern educational technology in physical education. At the same time, we must also see the broad prospects of modern educational technology in physical education. It is clear that the organic combination of modern educational technology and physical education is the development of physical education reform. trend.

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