

The reform of college physical education in the all-media era

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Abstract: *With the advent of the all-media era, human life style and ideas have undergone great changes. Facing the fast-paced and digital life style, people's body is difficult to get effective exercise, and their physical fitness is generally declining. In order to enable students to attach great importance to sports during school, the reform of college sports is being carried out in an all-round way, which has spawned a series of new teaching ideas, teaching objectives, teaching contents and teaching methods. However, at present, the development of physical education in Chinese colleges and universities is always affected by the traditional teaching mode in the concrete implementation process. It is difficult to combine theory with practice closely, and it is difficult to mobilize the enthusiasm and initiative of students. How to explore a set of reasonable and effective physical education teaching mode under the call of reform policy and the demand of the media age has become the primary task of universities.*

Keywords: *omnimedia era, College physical education, Innovative teaching method*

1. Introduction

The continuous development of higher education in our country prompts universities to pay more attention to physical education teaching. The university physical education teaching can not only improve the physical quality of students, but also develop the campus sports, which has positive significance for the sports development in our country. Now our country has entered the all-media era, information technology is playing a more and more important role in college education, in this case, the dilemma faced by college sports is gradually revealed, which needs to be solved urgently.

2. The all-media era is a new era of transition and integration of traditional media and new media

The continuous development of science and technology has given birth to the renewal of media which have evolved from the initial paper media to various digital high-end media. At present, our country has entered the age of all media. We can vividly summarize the all-media era as the "hodgepodge" era of the integration of multiple media. There are traditional newspapers, TV and radio media, advanced Internet media, and all kinds of new media supported by digital technology and technology. The classification of media is more detailed, the use of media is more convenient, and the channels and ways for audiences to obtain information are more diversified. At the same time, the functional connotation of the media is also more abundant. The media is no longer simply a tool to convey information and provide entertainment, but also begins to assume the functions of education, guidance and coordination. The role of the media in the society is becoming more and more heavy^[1].

2. The Applicability of all Media in the Reform of College Physical Education

One of the most prominent features of the all-media era is the continuous emergence of new media, from the traditional Internet portals, post bars, instant messaging tools QQ and MSN, and some new media, media forms are constantly updated and changing. It can bring changes to physical education in colleges and universities, and the root cause is that it is in line with physical education. It can be well applied to college physical education, which is embodied in these aspects.

3.1 The convenience of all-media information storage is conducive to the storage of teaching information

The new media technology in all media can realize the diversified preservation of text, pictures, sounds, and images, and the stored information can be processed and reused at any time, creating conditions for the subsequent collation and dissemination of information. This means that teachers can use all media to input and store teaching information, and can be stored at any time. If necessary, these teaching information can be supplemented and extracted at any time for supply for teaching use^[2].

3.2 The flexibility of all-media information transmission is conducive to the display of teaching content

In the all-media era, information dissemination tools are more flexible and diverse in form and function. Using these advanced media tools, PE teachers can vividly and concretely display some abstract PE knowledge and skills, which brings visual impact to students and deepens students' memory. For example, physical education teachers can use the network platform to display sports videos or skills videos of a certain sports event, and students can better understand and grasp the characteristics of skills through vivid pictures. In addition, teachers can also use a variety of other media means to achieve the display of teaching content, teaching methods are more flexible, more rich content.

3.3 The ease of all-media information exchange is conducive to equal interaction

One of the most important goals of college physical education curriculum reform is to realize teaching interaction. In the all-media era, one of the most important achievements of media innovation is the bidirectional and equal exchange of information. Point-to-multipoint and point-to-point communication can be realized by using media platforms. The application of omnimedia in physical education can, on the one hand, provide a platform for teachers to communicate with other peers, on the other hand, help to narrow the distance between teachers and students, and increase the communication and interaction between teachers and students, which is of great significance for promoting the reform of physical education.

4. The current predicament of college sports

4.1 College physical education teaching methods can not keep pace with The Times

In the indoor physical education course, the teacher only reads the textbook to the students once, the explanation is not detailed enough, the language is not interesting, even if the students listen to it temporarily, they will forget it later, and the classroom efficiency is not high. In the outdoor physical education class, the teacher only explained mechanically, demonstrated to the students, the students followed, and then let the students do their own activities, in this teaching situation, the students gathered in twos and threes to chat together, do not exercise at all, which leads to the emphasis on college physical education is just an empty talk, did not achieve its purpose.

4.2 The enthusiasm of physical education in colleges and universities is not high

The state attaches great importance to physical education in colleges and universities, but the assessment mechanism is strict, so many college physical education is perfunctory, such a practice, because there is no enthusiasm in college physical education. In many cases, physical education has to give way to other subjects, which leads to the lack of enthusiasm for physical education by both teachers and students. This attitude should be corrected. The process of improvement needs not only the attention of schools, but also the attention of the national education department.

4.3 Physical education in colleges and universities does not pay attention to the teaching of theoretical knowledge and health knowledge

The content of physical education is very extensive, and many sports need the support of theoretical knowledge. Each sport has its unique source and way of movement. For college students, they should not only know how to do sports, but also know how to do sports correctly and the purpose of sports. No matter how advanced the skill level, accidental injuries are always unpredictable, so health knowledge

is even more important. Therefore, in the physical education teaching, more students should understand how to avoid important parts of the injury and how to cure after accidental injury and , so that not only to protect themselves, but also to help others.

5. The innovation of college physical education teaching methods in the all-media era

Teaching reform and innovation is the main theme of educational activities and has distinct times characteristics. The current physical education innovation education in higher education is not only an important research topic in the process of higher education teaching reform in our country, but also a key part of quality education advocated by the present society. The changes of The Times have greatly affected people's awareness of sports. The emergence of digital technology such as omnimedia provides a better opportunity for the development of sports, which can further practice the concept of "sports for all" and make college sports teaching more innovative.

5.1 Use full media to share lesson preparation and improve the quality of lesson preparation

Although physical education in colleges and universities is only a branch of the curriculum system, it is an important part of quality education in colleges and universities, which plays an important role in strengthening students' physique, psychological quality, character and will. Physical education teachers in colleges and universities should take the lesson preparation seriously to pave the way for the smooth development of physical education. Under the all-media background, the media resources available to physical education teachers in colleges and universities are increasing, and teachers can make full use of various media to form a network lesson preparation system and realize the network lesson preparation. In the course of lesson preparation, PE teachers can search for the abundant physical education resources of college students on the Internet, integrate them into the teaching design, and optimize the teaching structure and enrich the teaching content according to the educational information on the Internet. They can also communicate and interact with other teachers on multiple media platforms, learn from each other, and fully exchange teaching ideas and teaching program design experience. Through communication and interaction with peers, they can learn from each other's strengths and complement each other's strengths. At the same time, teachers can also post their own teaching schemes and plans on the media platform after preparing the classes, share them with others, listen to others' opinions on the teaching schemes, and actively improve the areas that need improvement to ensure the perfection of the teaching schemes. The all-media era provides many media platforms for communication. Some viewers may put forward some pertinent opinions after browsing the teacher's lesson preparation plan and leave a message to the teacher on the platform where the lesson preparation plan is. By reading these messages, teachers can obtain different teaching ideas, which can make up for the limitations of teachers' individual thinking of lesson preparation, improve the scientific nature of lesson preparation, and ensure the quality of lesson preparation. In addition, teachers can also put their own lesson preparation results on various media platforms for other peers to exchange and learn, and fully realize the sharing of teachers' lesson preparation resources.

5.2 Diversified teaching based on all-media

In traditional physical education in colleges and universities, teachers generally teach on the playground, first with a certain theoretical explanation, then with movement decomposition training, and finally with the skillful use of the whole set of movements. This kind of teaching method is more about teachers talking and students listening, which will inevitably produce a sense of boredom and lead to a decrease in classroom efficiency. After the emergence of all-media, multimedia teaching can also be introduced in physical education class. First, multimedia classroom teaching. Schools can invest in the construction of a certain area of indoor sports venues, equipped with multimedia equipment, so that physical education teachers can use video, images, etc., to teach. This saves time and effort for teachers and is more attractive to students. Video teaching is more comprehensive and vivid, the demonstration movement is more accurate, and it can be watched or paused repeatedly, which will give students more time to learn and think. The second is the aid of targeted multimedia teaching resources. Physical education teachers can according to the needs of students, their professional understanding, action demonstration, etc., recorded into video, or made into ppt, for students to learn freely, different levels, different physical students, according to their own situation, targeted choice of these multimedia materials. In this way, in addition to completing the normal classroom teaching tasks arranged by the school, students can also be used to guide their usual fitness activities.

5.3 Teaching expansion based on network platform

The teaching of physical education is the same as that of other majors. In addition to completing classroom teaching, students also need to carry out relevant learning and practice after class to achieve the purpose of physical education. However, most of the time, students' after-class sports activities have nothing to do with physical education. For example, basketball class, for students who love basketball, in addition to class, they will also play basketball in class, go to watch professional basketball games, and gradually get familiar with basketball rules. And those students who do not like basketball, especially the vast majority of girls, in addition to the extracurricular almost never touch basketball, a semester after learning, still can not understand a basketball game. In fact, in addition to classroom guidance, teachers can fully use after-class time to carry out extended sports teaching on the network platform. For example, during leisure and entertainment, PE teachers can use QQ, Weibo, wechat and other ways to share some scientific sports knowledge or standardized action videos with students, so that everyone will accept them with a relaxed attitude. Without the tension and passivity in the classroom, students are more interested. Teachers can also use the network to set up relevant discussion groups or forums, as an equal partner to discuss some sports knowledge and issues with students. On the network with the same people to discuss, will surely rub out a different spark, sports spirit will be more widely spread, students can really fall in love with sports, fall in love with exercise. Nowadays, every college student has a mobile phone, and they spend most of their spare time on it every day. In this regard, some mobile sports teaching apps can be designed, such as basketball, yoga class, taekwondo, women's self-defense and other courses that everyone is very interested in, which introduce relevant knowledge in the form of various texts, videos and pictures, and provide exercises. The results of these exercises can be included in the final exam scores or as points. Redeem the above video recorded by the teacher himself. The APP can also have online interaction, class ranking, etc., so that students like playing games like sports, which will greatly improve the teaching effect.

5.4 Using all media to carry out mutual assistance and cooperative learning and cultivate enthusiasm for learning

In the era of all-media, students' learning style has also changed. In addition to realizing pre-study learning in advance, students can also change the situation of self-study in the past and realize mutual assistance and cooperative learning with other students. Physical education teachers in colleges and universities should play a leading role and use various advanced media tools in the all-media era to build a mutual assistance and cooperative learning platform. For example, build wechat groups, QQ groups or post bars, forums, etc. with the participation of all students. Students can discuss various problems on the learning platform, and compare and analyze the methods of solving problems. The discussion and exchange between students can achieve the effect of mutual learning and learning from each other, and can also cultivate students' enthusiasm for active learning and discussion, which is of great benefit to sports learning. In addition, in the all-media era, this kind of mutual assistance and cooperative learning can be extended from the classroom to the extra-curricular, which can realize the transfer of knowledge and achieve better learning results.

5.5 Improve the teaching level of teachers

The teacher is the executor of multimedia teaching, and their teaching level has a direct relationship with the effect of multimedia teaching. Therefore, in order to solve the disadvantages of multimedia PE teaching, the teaching level of college PE teachers should be improved. First of all, colleges and universities should train PE teachers to help teachers establish advanced teaching concepts, deeply understand multimedia teaching, improve their teaching level and the use of multimedia technology, so that PE teachers can become physical education talents with modern technical level.

5.6 Improve the multimedia facilities of physical education

If we want to realize the importance of PE teaching, we should give strong support to the multimedia of PE teaching, increase the capital investment of PE teaching, purchase a full set of multimedia facilities and advanced courseware. Only complete multimedia facilities can help teachers improve the level of physical education, expand students' knowledge, and let students have a deeper understanding of physical education courses. With the rapid development of The Times and the advent of the information age, modern teaching is more inseparable from advanced information technology. Compared with traditional physical education, modern teaching has a wider range of knowledge, and

rapidly updated theoretical knowledge can more arouse students' interest, help students better learn physical education knowledge, and improve the efficiency of physical education.

5.7 Construction of hidden curriculum based on media effect

Today's society is an information society, college students rely on various media to obtain information to a large extent, and their trust in these media information is relatively high. According to the agenda-setting theory of communication, when the media focus on an event, everyone will think that it is the most important event, even if other similar events are happening at the same time. Based on this media effect, colleges and universities can build sports invisible courses. Physical recessive curriculum is a general term of the campus physical culture elements designed according to the purpose of physical education in addition to physical explicit curriculum^[3]. Colleges and universities can place various sports art sculptures on campus and post sports quotes on walls. Through the role of the environment, it has imperceptibly enhanced the strength of the construction of the campus sports environment. Each school has its own direction and orientation of running a school, and the invisible curriculum of sports is the sports culture of a school. The dissemination of sports information, such as campus radio, educational affairs microblog and wechat, journal and school newspaper, will make sports culture gradually take root and sprout in students' hearts. The promotion and reporting of sports games, excellent sports associations, and true competitive spirit will make students understand what the sports culture of the school is. These invisible sports courses are not as didactic as the explicit courses. At the same time, the construction of these invisible courses based on media effects is often built by students themselves, such as campus radio, school wechat platform, school class newspaper, etc., so they will be more easily accepted and recognized by students.

6. Conclusion

In the current media ecological environment of colleges and universities, the integration of traditional media and new media has an important impact on the growth environment of students. According to the information that students are exposed to, only by guiding students to form the necessary spiritual quality and coping ability can they truly adapt to the requirements of The Times. In general, from the perspective of media ecology, the comprehensive adjustment from the reform of teaching methods to the innovation of teaching forms will improve the quality of college sports students in a real sense.

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