

Exploration of the Teaching Path of College Physical Education Laboratory under the Background of "Internet +" Era

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ABSTRACT. With the advent of the "Internet +" era, Internet information technology is changing with each passing day, and has been widely popularized and applied in various fields of social development. In the field of college physical education, it poses new challenges to the construction of college physical education laboratories and teaching reforms, and also brings opportunities for development and innovation. This article uses literature research methods and logical deduction research methods, combined with the current situation of contemporary college physical education laboratory teaching and construction, and focuses on the discussion and analysis of physical laboratory construction and physical education teacher teaching links, and discovers the problems and deficiencies. Through the introduction of information technology in the teaching of physical education laboratory, a new, feasible and high-efficiency physical teaching mode is explored to provide new ideas for deepening the reform of physical education in colleges and universities.

KEYWORDS: physical education laboratory, Internet +, physical education

1.Introduction

Science and technology have become the growth point, breakthrough and decisive factor of modern productivity. The Internet and computer information technology have penetrated into people's daily life and work. The era of online media booming and traditional media downturn is quietly coming. Some fresh Internet concepts such as cloud computing and big data have begun to enter our lives. Since there were educational activities, people's understanding of educational activities has also been derived. Sports, it is a part of people's lives and an important link in the continuation of life. As an essential element of the normal life, under the Internet + environment, its meaning of existence and the way of communication have also undergone profound changes, the most direct is the transformation of traditional sports communication path. Contemporary college students are the future of the country and nation. Physical education is very important. However, there are

many problems in the management of physical education in colleges and universities, which severely restrict the development of physical education in Chinese universities. Based on this, this article combines reality to further explore the development and realization of university sports laboratory teaching under the Internet + environment.

2. The status quo of the construction of college sports laboratory

At present, many domestic colleges and universities have basically established a relatively mature physical education system, classroom curriculum teaching arrangements, including physical activity rooms, physical fitness testing rooms, rehabilitation and health care rooms, sports psychological testing and training, etc. [1]. These are the necessary auxiliary facilities for physical education teaching sports laboratories. Especially after the construction of the public sports laboratory, it can basically complete the teaching work of students in various departments of the school [2]. However, with the continuous deepening of teaching and the promotion and implementation of Internet information technology in the field of teaching, many problems and contradictions have gradually emerged.

Judging from the teaching situation of sports colleges in this field, most sports colleges have journalism majors, and they also offer online new media and other related courses. However, new online media technologies are introduced into the sports laboratory there are very few schools built. Many schools still follow the traditional teaching mode in the classroom setting, on-site layout, and application of teaching methods in the new media laboratory, instead of following the nature of network media [3]. In the Internet + environment, network technology and new media enter the university teaching classrooms, generally studios, non-linear editing laboratories, and recording studios. However, most sports colleges and universities currently offer very little introduction of Internet and mobile Internet technologies in the opening of sports laboratory courses.

There are certain differences between ordinary colleges and physical education colleges. Compared with the latter, comprehensive colleges and universities may have a gap in the field of sports, but their rapid development, complete disciplines and professional settings, and special attention to scientific research development, therefore, in related laboratories under construction, it is generally higher than that of sports colleges [4]. Of course, comprehensive colleges and universities have their own problems in the development of this field. Because sports digital media has accumulated many industry characteristics, its development is still marginalized. The construction level of physical education laboratories lags far behind other professional disciplines, which is a common problem in domestic universities.

3. Teaching advantages of college sports laboratory in the "Internet +" era

First of all, with the help of Internet information technology, multimedia and cloud platforms, it has attracted the attention of students to the greatest extent. For

contemporary college students, compared with people of other age groups, college students have a stronger ability to accept Internet information, and the corresponding effect will be better. This characteristic can be reflected in practice. Second, provide students with a personalized learning platform. Because physical education itself is a subject of practice and activity, if you just blindly learn physical education knowledge from books, and the teacher cannot guide students one by one, the purpose of learning will simply not be reflected. However, a sports laboratory learning platform built with the help of Internet information technology can not only create a learning platform without time and space restrictions for students, but also strengthen the communication and interaction between teachers and students. Finally, with the help of the Internet Media Lab, in physical education and management work, through increasing the interaction between teachers and classmates maximizes resource sharing.

4. Exploration of the teaching path of college physical education laboratory in the "Internet +" era

4.1 Innovative development ideas

To cultivate students' comprehensive practical ability as the core, to improve students' innovative ability as the main line, and to cultivate applied talents for social needs as the goal. The construction of the sports laboratory teaching system actually belongs to a set of learning power system, and the learning power system is not a materialized system that can be directly designed. First of all, change the concept and understanding. From the school department leader to the physical education teacher, the student-oriented concept should be established, and the existing experimental teaching platform should be used to build a multi-functional comprehensive teaching plan based on basic experimental courses. Covering design experiments and comprehensive experiments as teaching aids, combined with the actual situation of the school, in accordance with the central goal of laboratory construction, the top-level design of the sports laboratory (digital media) is carried out. One is to learn from each other's strengths and integrate new media in the Internet + environment. Give full play to the advantages of professional teaching and scientific research, and coordinate the physical education work with related professional experimental courses and reform. The second is to focus on the combination of technology and tactics. Technology and tactics are inseparable in sports. Technology is the foundation of sports. Without high-level tactics as a guarantee, it is difficult to achieve this effect even if digital technology is introduced. Taking sports digital technology as the guide to inspire students' innovative thinking, and finally effectively build a "three-in-one" university sports experimental classroom teaching mode. That is, the teaching of the physical education teacher and the learning of the students in the experimental classroom, the theory and practical operation of the laboratory classroom teaching content, in-class learning and extra-curricular application.

4.2 Clarify requirements, plan and design laboratories

The college sports laboratory integrates Internet new media technology and strictly follows in the planning and design: First, integrate laboratory resources and realize resource sharing. Many colleges and universities are seriously inadequate in laboratory construction in the field of sports experimental teaching. Therefore, it is necessary to rely on laboratories in other professional disciplines to integrate laboratory resources, realize resource sharing, and optimize experimental teaching resources. The second is to rely on the experimental teaching platform [5]. Under the background of the popularization of Internet information technology, the experimental teaching resources are networked, with the help of Internet new media platforms, online auxiliary teaching is realized, the construction of micro-courses is strengthened, and it is systematically integrated into various sports. The third is to strengthen the construction of the teaching staff. Gradually cultivate and improve the professional level of physical education teachers, including the level of teaching and scientific research. Take this as a backing guarantee, and support the whole set of teaching content and network teaching system according to certain teaching goals and teaching strategies [6-7].

4.3 Improve laboratory construction with the help of advanced concepts

With the help of various resources provided under the Internet + environment, a characteristic O2O sports teaching model is built and integrated into the "Trinity" sports laboratory practice teaching operation concept. The teaching of volleyball, taekwondo and other sports, including laboratory teachers, experimental courses, experimental projects, experimental equipment, big data cloud, laboratory management personnel, etc., together form a set of integrated and optimized comprehensive system, namely "teaching cloud" public platform. This model not only innovated the physical education teaching methods, but also enriched the physical education curriculum resources, and at the same time made up for the shortage of teachers. This is very suitable for the situation that the construction of the teacher team is lagging in the short term. The most important point is that through daily teaching behaviors, students' sports learning habits are subtly changed, rather than the learning attitude that only likes sports and dislikes sports classes.

One of the biggest reasons why physical education generally lags behind other professional disciplines is its own limitations. Physical education should pay more attention to openness, including the openness of sports and the openness of student learning. It is different from general cultural knowledge and theoretical learning. Instead, it requires a combination of theory and practice teaching [8]. The greatest success of this platform model is to expand the connotation and scope of university sports and restore the original nature of the discipline, that is, openness. One is to open up teachers and courses. Physical education teachers and laboratory management work registered and recognized by the school's competent department can communicate and learn across schools and regions through the Internet. The second is the opening of time. The establishment of this model has given the greatest

charm of university public physical education, so that more students are willing to take the initiative to come into contact with it, and the free and open time will help cultivate students' individual development. The third is the opening of the progress of physical education. Students in different classes in the same major, and students in different majors in the same grade can share resources to the greatest extent, and at the same time maximize the effectiveness of the school's existing resources.

5. Conclusion

As a relatively special subject, physical education is mostly marginalized compared with other cultural subjects, and it is still a "weak" subject. In the Internet + environment, the sports digital media laboratory is a new thing under the background of media integration, and its development and improvement will take time. This article combined with the actual situation of the development of the times, and carried out some tentative explorations on the problems in this field. However, the physical education laboratory is not only an auxiliary unit for student teaching and training, but also has a function of scientific research and social service. For universities, if they want to effectively solve the current development dilemma, they must make full use of these advantages. Actively expand professional fields and expand the application of new media in the field of physical education.

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