Analysis of the influence of mobile Internet on College Physical Education

Li Xiaoran

HeiLongJiang BaYi Agricultural University, HeiLongJiang, China

ABSTRACT. *with the continuous progress and development of science and technology as well as network technology in our country, mobile Internet, as the most common data network, has also been widely used and promoted in various fields of our country, which has a great impact on people's life and work. In recent years, mobile interactive network has also been widely used and promoted in the development of college education. Reasonable use of mobile Internet will effectively promote the sustainable development of colleges and universities. Under the background of mobile Internet, physical education in Colleges and universities has also received certain impact and influence. Mobile Internet brings physical education in Colleges and universities, which has both advantages and disadvantages. Only by developing advantages and avoiding disadvantages and putting forward effective countermeasures, can we give full play to the positive advantages of mobile Internet and promote the effective development of physical education in Colleges and universities. This article mainly analyzes the mobile Internet The influence on Physical Education in Colleges and universities [1].*

KEYWORDS: *Mobile Internet; college physical education; impact analysis*

1. Introduction:

In the new social development background, the Internet technology of our country also tends to be more mature, which makes the mobile Internet gradually accepted by more and more people, and has been widely used and promoted. Now the mobile Internet has become the main carrier of the rapid transmission of information data in our country. Because of the convenience of mobile Internet itself, it has also been applied in college physical education. The promotion and application of mobile Internet has played an important role in promoting the development of physical education. It can not only effectively promote the communication and interaction between teachers and students, but also bring some negative effects to students. Therefore, only by strengthening the analysis and Research on the impact of mobile Internet on College Physical Education and putting forward targeted countermeasures, can we make more effective use of mobile Internet and improve college physical education level [2].

2. The concept of mobile Internet

In short, mobile Internet is the Internet and service activities based on mobile network. The core elements of mobile Internet are mainly divided into mobile network, mobile terminals and application services. Nowadays, with the continuous popularization and application of mobile Internet, people's access to information and communication path is also constantly updated, which brings a lot of convenience to people's life and work, but also brings some negative effects.

2.1 The positive influence of mobile Internet on College Physical Education

With the continuous development of Internet technology in China, the integration of mobile Internet and education and teaching activities has become an inevitable trend. Reasonable use of mobile Internet will effectively promote the long-term development of education in China. Nowadays, mobile Internet has also been applied in physical education teaching in Colleges and universities, bringing many positive effects [3].

2.2 Provide convenience for physical education teaching and management

With the rapid popularization and development of mobile Internet technology, more and more interactive

software has been developed and applied, which provides a new experience path for communication and interaction. In college physical education, the application of mobile Internet has brought a lot of convenience to the network teaching of physical education, as well as the management of teachers to students. Setting up a mobile Internet platform after class can not only increase the communication and interaction between teachers and students, but also better grasp the learning situation of students, which is also of great significance for building a good relationship between teachers and students.

2.3 Enrich sports knowledge

In college physical education teaching activities, teachers can reasonably apply mobile Internet, enrich physical education knowledge for students, realize the innovation of physical education teaching content, bring rich physical education knowledge for students, help students master physical education knowledge better, improve students' enthusiasm for physical education learning at the same time, and cultivate students' physical spirit Important role.

2.4 Conducive to innovation of physical education teaching mode

In fact, with the continuous development of the mobile Internet, the teaching mode of physical education in Colleges and universities is also constantly reforming and innovating. Not only has the training goal and direction of talents changed, but also the teaching concept and mode are gradually breaking through the routine. More and more new teaching methods of network technology are gradually applied and promoted, effectively promoting the sustainable physical education in Colleges and universities Development.

3. The negative influence of mobile Internet on College Physical Education

The popularity of mobile Internet, while bringing convenience to college students, has also produced some negative factors that are not conducive to students' learning and development [4].

3.1 Teaching trend of fragmentation

In the physical education teaching of colleges and universities, mobile Internet not only brings a lot of convenience to physical education teaching, but also brings a series of negative effects, which gradually leads to the development trend of teaching fragmentation, mainly reflected in the following aspects: first of all, the spread of news appears fragmentation, when mobile Internet transmits physical education knowledge, it is easy to cause the situation that physical education knowledge is divided In addition, the content is incomplete, which increases the difficulty of students' learning. Secondly, students' attention is easily diverted. Mobile Internet brings students rich sports resources, but also brings some other information, which is easy to decompose students' attention. Subsequently, learning time is fragmented, because mobile Internet is not limited by time, students In fact, it also leads to the fragmentation of students' learning time, which is not conducive to improving students' learning efficiency.

3.2 Solidify students' thinking mode

Nowadays, mobile Internet has been widely used in people's life and work, but in college physical education teaching, the application of mobile Internet will also cause the solidification of College Students' sports thinking. In addition to the influence of some games and bad information, students' enthusiasm for learning and learning efficiency will be affected and impacted to varying degrees.

4. The effective countermeasures of the influence of mobile Internet on College Physical Education

4.1 Enhance the support of colleges and Universities

In the process of physical education in Colleges and universities, in order to ensure that the mobile Internet can give full play to its own advantages and constantly improve the quality of physical education, we should actively strengthen the support, first of all, we should constantly increase the support of funds to ensure that we

can introduce advanced equipment and high-quality talents; second, we should strengthen the training of talents, and regularly carry out education and training To improve the comprehensive quality of physical education teachers and lay a good foundation for the development of mobile physical education curriculum.

4.2 Innovation of physical education teaching mode

In the era of rapid development of Internet technology, physical education teachers in Colleges and universities should also actively strengthen the innovation of their own teaching ideas, and reasonably use the advantages of mobile Internet to innovate and reform the teaching mode of physical education. For example, we can use multimedia teaching, micro class teaching, group cooperative learning and so on. Based on the mobile Internet, we can build a new sports learning platform for students, constantly improve their enthusiasm for sports learning, improve their efficiency in sports learning, and promote the development of their comprehensive quality.

4.3 Strengthen the training of teachers' mobile Internet knowledge

In the process of physical education in Colleges and universities, in order to give full play to the advantages of mobile Internet and improve the quality of physical education, it is also very important to strengthen the training of teachers' mobile Internet knowledge. Only by constantly improving teachers' mobile internet literacy, can we better ensure that mobile Internet can be effectively applied and implemented in physical education. Therefore, we should actively strengthen the training of teachers' mobile Internet knowledge, which can strengthen the joint communication and interaction of colleges and universities, truly enhance the effective integration of sports teachers' mobile Internet and sports teaching, and ensure that the quality of sports teaching can be effectively improved.

4.4 Make perfect physical education teaching plan

Under the background of mobile Internet application, physical education teachers should also make scientific and perfect teaching plans to lay a good foundation for the application of mobile Internet. That is to say, teachers should do a good job in the planning of each physical education course, and determine which link needs the advantage of mobile Internet. Only in this way can we truly ensure the integrity of physical education teaching, and effectively improve the quality and efficiency of physical education teaching in Colleges and universities.

5. Conclusion

To sum up, now mobile Internet has penetrated into the development of various fields in China, and has also been applied in the field of education. The emergence of mobile Internet brings a lot of convenience to college physical education, but it also brings bad influence. Therefore, in the process of application, teachers should develop their strengths and avoid their weaknesses, give full play to the advantages of mobile Internet as much as possible, seize the development opportunity of mobile Internet, constantly improve the quality of college physical education, and ensure that college students can get a more comprehensive Develop [5].

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