Research on the Strategy of Promoting the Informatization Management of Physical Education Teaching in Colleges and Universities

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Abstract: *Carrying out teaching informatization construction and management in physical education in colleges and universities can focus on improving the teaching efficiency of physical education, help physical education achieve resource sharing, and accelerate the pace of building an internal education platform on digital campus. Up to now, the informatization construction and management of physical education teaching in colleges and universities are faced with the following problems: teachers do not have a deep understanding of the informatization of physical education teaching, lack of scientific resources for physical education informatization teaching, and imperfect supporting infrastructure for physical education informatization teaching. The informatization management level of physical education teachers needs to be improved, and there are many problems such as the lack of a sound and perfect examination system for physical education informatization teaching. The informatization construction and management of physical education teaching in colleges and universities should focus on improving the informatization management awareness of physical education teachers, increasing the development of informatization teaching resources of physical education, building an informatization teaching communication platform of physical education, and increasing the construction of informatization high-quality teachers, as well as improving the supporting evaluation system of informatization of physical education.*

Keywords: *Universities, Physical Education, Information Management, Strategy*

1. Introduction

With the promotion of quality education, the teaching process of physical education in colleges and universities has been paid more and more attention. Physical education teaching has played an important role in helping students cultivate their own good exercise habits and improve their comprehensive quality. With the continuous and rapid development of domestic information technology in recent years, it has promoted the in-depth promotion of physical education teaching reform in colleges and universities.[1] The informatization construction and management of physical education teaching process has become an important aspect of the internal work of colleges and universities. It should be noted that at this stage, the teaching of physical education in domestic universities is particularly backward in the construction of information technology, such as teaching ideas, technology, equipment, content and methods. Therefore, the study of scientific information management strategy can promote the implementation of information construction and management.

2. Enhancing the teachers' awareness of information-based teaching in physical education

With the in-depth publicity and promotion of the "Internet +" application concept in many industries, the development trend of "Internet + education" has been recognized and affirmed by the majority of educators. The informatization construction and management of physical education teaching in colleges and universities can also benefit from the continuous promotion and progress of Internet technology to a great extent. However, as far as the current situation of physical education teaching in colleges and universities is concerned, most physical education teachers are still used to using traditional teaching methods, and the application rate of information technology is relatively low, which has a lot to do with the relatively weak awareness of information-based teaching of physical education teachers. For this reason, colleges and universities should pay attention to mobilizing physical education teachers to

participate in information-based training on a daily basis, promote physical education teachers to truly realize the connotation and educational advantages of the concept of "Internet + education", in order to help teachers to actively apply information technology means to physical education teaching practice, and have a good awareness of information teaching work. Only in this way can modern information technology and physical education be deeply integrated, and create a good situation for the informatization teaching of physical education in colleges and universities.[2]

3. Vigorously excavate the information-based teaching resources of physical education

Having rich and scientific information-based classroom teaching resources is a necessary prerequisite to ensure the smooth development of the informatization construction and management of physical education teaching in colleges and universities. At present, colleges and universities do not pay enough attention to the information-based teaching of physical education, and do not take corresponding measures to collect and reserve teaching resources. Therefore, colleges and universities should solve the problem that the previous teaching content is too monotonous and boring, integrate information-based means to break through teaching resources, and create an information-based and digital physical education teaching resource system. First, colleges and universities should build an exclusive resource bank for information-based teaching of physical education within the University, and focus on enriching the internal resources of the resource bank through diversified ways. Physical education teachers can store the information they collect, courseware they make and other kinds of teaching resources such as teaching videos, pictures and words into the database. Secondly, the school can record the whole process of classroom teaching of excellent teachers and save them in the teaching resource library of physical education informatization to meet the diversified teaching needs. In this way, when physical education teachers carry out informatization teaching, they can choose the resources they need from them and effectively expand the teaching content. Third, colleges and universities should pay attention to the development of physical education teaching software and increase the investment in capital. The fusion software enables students to better learn and exercise themselves, and comprehensively optimizes the process of information-based teaching of physical education.

4. Building an information exchange platform for sports discipline

For colleges and universities, information technology and information exchange platform is a necessary prerequisite for organizing and carrying out the informatization construction and management of physical education teaching. By building an progressiveness information-based physical education exchange platform, it can provide students with a new way to learn physical education and help improve the quality of physical education teaching. [3]First, colleges and universities should pay attention to the construction of information sports venues, such as digital information gymnasiums and multimedia stadiums. When learning and exercising in the above venues, teachers can better apply multimedia technology or information technology to organize and carry out teaching work and focus on improving classroom teaching efficiency. For example, when organizing basketball teaching, teachers make teaching actions quickly, and students often have difficulty in seeing the key points of action development at one time. At this time, teachers can use the multimedia equipment inside the venue to play standard videos of basketball actions in a circular manner, and promote students to master the key points of action in depth through slow play and freeze frame, so as to enhance the teaching effect in an all-round way. Second, we can build an information exchange platform for physical education teaching in colleges and universities. On the one hand, resources can be shared with the help of the platform to facilitate teachers and students to consult sports resources; On the other hand, it can facilitate the exchange of learning experience between teachers and students or students.

5. Strengthening the construction of supporting teachers for information-based teaching of physical education

In the internal teaching process of colleges and universities, teachers' teaching ideas and professional level often have an important impact on teaching quality. For colleges and universities, in the process of carrying out the informatization construction and management of physical education, teachers themselves should build up the informatization teaching concept and improve the informatization teaching quality. Colleges and universities should deepen their attention and take necessary measures. First, colleges and universities should guide teachers to build a scientific cognitive concept of the

application of information technology in the teaching process of physical education, and promote them to realize that the information trend of educational work is the inevitable trend of educational development at the present stage. As an important discipline in the internal teaching process of colleges and universities, physical education is also imperative to develop in the direction of information. Secondly, colleges and universities should strengthen the informatization construction and management of physical education teaching work, start with ideas, funds and management, tilt towards the informatization of physical education teaching work, comprehensively enhance the importance of teachers' work, and encourage them to actively carry out the informatization construction and management of physical education teaching work. Third, colleges and universities should pay attention to improving the information literacy of physical education teachers, hold regular information-based knowledge and technology training for teachers, promote teachers to fully understand the latest information-based teaching technology and equipment of physical education, in order to master information-based teaching, make full use of information technology, and focus on improving and innovating physical education teaching in colleges and universities to comprehensively improve the quality of teaching work.

6. Improving the supporting evaluation system of informatization teaching of physical education

In the internal organization of physical education teaching in colleges and universities, assessment and detection are indispensable links. Through the assessment of teachers, we can more comprehensively understand students' specific mastery of sports skills and students' physical quality, and provide necessary reference and basis for better teaching arrangements in the future. For the teaching work of informatization physical education, assessment is equally important. At present, the information-based teaching of physical education has developed for a relatively short time in colleges and universities, and it has failed to build a universal evaluation system. Most of them still use the traditional evaluation methods, that is, organizing and carrying out evaluation tests and scoring them, and only applying simple quantitative indicators to evaluate students. At present, there is an urgent need to reform and innovate the above evaluation model. Instead of traditional sports tests, physical fitness tests are used, such as testing students' personal vital capacity, springing ability and endurance, and combining the above data with students' personal basic physical information such as age, height and weight to comprehensively evaluate students' physical fitness.

In addition, the school should also build an all-round and integrated information communication platform, comprehensively improve the development efficiency of the platform teaching work, and lay a good foundation for the information management of sports subjects. Based on the new development background of the information age, in order to meet the contemporary college students themselves diversified sports subject learning needs, only use the limited classroom teaching time is difficult to fully meet the needs of the personalized development between contemporary students, therefore, many colleges and universities have begun to explore for digital campus education platform construction. As the information construction of physical education discipline in colleges and universities is facing such a good development opportunity, Colleges and universities can create specialized sports education modules within the education platform on campus, Lay a good foundation for sharing the teaching resources of physical education subjects, Highlighting the advantages of free space-temporal communication, efficient system development and convenient collaborative application, To create a quality atmosphere for online communication and efficient teaching reform of physical education, To create a linkage teaching mode integrating online and offline subjects for the teaching of physical education in colleges and universities, To encourage teachers to combine career development planning and students' personalized development needs, We will accelerate the teaching reform of physical education subjects.

7. Integrate information means to improve the classroom teaching efficiency of physical education subject

Traditional internal physical education teaching work in colleges and universities often rely on the classroom routine teaching activities, but many students often difficult to use limited physical education classroom teaching time harvest good learning effect, plus physical education teachers usually use unity above the classroom, standard teaching mode, not to fully stimulate the students 'own interest in learning, led to the students' learning activity is not high. By applying information means in the process of teaching of physical education, In the process of organizing and carrying out teaching reform teachers, Able to

make a reasonable integration and shrinkage of the teaching content, Pre-produce the corresponding micro-class courses or slides, Reduce the preparation time above the class, Combined with the micro-class introduction activities and multimedia display activities and other high-quality activities, Fully gather students' personal attention to learning; With the form of video playback, to show the originally boring and very boring process of sports skills training, Students can use the video slow-motion and playback functions, With the retrieval of relatively rich network data, Complete the independent learning and inquiry process, At this time, students can participate in more targeted classroom content learning. In this way, the close integration of classroom teaching and independent learning is realized, which is helpful to improve the efficiency of physical education teaching and education work.

8. The integration of information teaching mode to promote the interconnection and sharing of physical education resources

As for the development of physical education in colleges and universities, there are mainly some quite common teaching forms such as large class teaching, online education and small class teaching. Based on the traditional physical education mode, two common teaching forms, such as big class teaching and small class teaching. In order for online education to be carried out, information technology should be used as the carrier of teaching activities. Because the Internet has strong advantages in information communication and resource sharing, teachers and students can break through the limitations of time and space, and carry out real-time communication and communication. Universities can be based on physical education classroom teaching work realistic needs, build across time and space of sports teaching platform, so not only beneficial to students combined with personal learning needs for sports education resources to collect, and can promote high quality sports education resources efficient sharing between teachers and students, and boost physical education teaching materials can be more efficient application. For example, since the 21st century and the 21th century, many online courses such as micro courses and MOOC courses have been highly respected. Many excellent physical education teaching resources can be shared and inherited through the Internet, so that the teaching of physical education can truly break through the limitations of time and space. Especially with the deep popularization of smart phones in the vast majority of college students, students can obtain more teaching resources outside the physical education classroom, so convenient conditions make high-quality teaching resources can more effectively help students to enhance their own comprehensive quality.

9. Conclusion

The development of internal teaching management is the core and foundation of the development of internal management in colleges and universities. Based on the background of the era of informatization, digitalization and networking, as an internal part of colleges and universities, we should combine the internal and objective conditions, build a teaching management supporting information construction system that conforms to the internal development in the process of overall planning, scientific design and gradual implementation, and build a brand-new teaching management mode based on the principle of science and efficiency, so as to help colleges and universities achieve healthy, orderly and good development, and better serve the society.

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