

## Research on College Students' Physical Education Approaches under the Background of Internet+ Education

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**Abstract:** As teenagers enter universities and the scale of higher education expands, the sports foundation of college students is severely polarized, with varying levels and significant individual differences. The application of the Internet in physical education teaching can bring many conveniences to teachers and students, breaking away from many problems of traditional teaching methods. However, after a period of online teaching, we can see that there are still various obstacles to online teaching. In the context of internet education, the teaching philosophy of university physical education has gradually shifted from traditional “enhancing physical fitness” to the direction of “lifelong physical education”, and the development goal of “lifelong physical education” has also put forward new requirements for physical education teaching. Due to the excessive emphasis on physical education and the form, structure, and content of teaching, traditional teaching methods are no longer able to meet the current development needs of physical education. This article attempts to study the physical education methods of college students in the context of internet education. The whole process physical education practice teaching model under the educational background indicates that physical education practice teaching has shifted from single to comprehensive. In today's advocacy of quality education, university physical education is also an important platform for implementing quality education. Therefore, physical education educators in universities should also follow the trend of the times, constantly innovate on the basis of physical education teaching practice, and promote the reform of physical education teaching methods in universities.

### 1. Introduction

With the development of society, people's physical fitness is declining, and the sub healthy population is on the rise in universities. In 2010, the results of physical fitness tests continued to show a trend of decline in the physical fitness of teenagers. With the entry of teenagers into universities and the expansion of higher education scale, the physical education foundation of college students was severely polarized, with varying levels and significant differences between individuals. This has become a serious problem faced by physical education teaching in universities. Specialized physical education teaching can be a positive attempt to change this decline in physical fitness[1]. If we do not strengthen physical exercise and enhance the awareness of national fitness, the frequent occurrence of various diseases will inevitably have a heavy impact on the development of the national economy, affect family happiness, social harmony, and hinder social progress. The university stage is a crucial stage for improving physical development, cultivating good fitness habits, and establishing a scientific awareness of fitness. Therefore, the importance of university physical education is self-evident. In terms of physical education curriculum design, it still largely deviates from the needs of talent cultivation under the new situation. The teaching form is monotonous and rigorous, the teaching content is outdated, the structure of the course is too single, and the leading role of the teacher is excessively emphasized, while neglecting the subjectivity of students. The enthusiasm of students for learning is not high, and the teaching structure has not undergone qualitative changes, which hinders the cultivation of new talents. It must be highly valued[2-3]. Efficient sports network teaching must rely on educational network, but in the actual network teaching process, the school has not paid enough

attention to the construction of sports network. The content of sports websites is not sufficient, such as distance education and information browsing, which brings great inconvenience to online teaching. Physical practice plays a very important role for college students majoring in physical education to understand primary and secondary education, consolidate their professional ideas and cultivate their practical work ability. It is the basic form and necessary stage of teachers' pre-service education. At present, the research on the innovation of physical education teaching through the Internet is not only a simple academic research, but also directly related to the development of the country and the destiny of the nation. Under the current background of internet education, the teaching concept of college physical education has gradually shifted from the traditional "strengthening physical fitness" to "lifelong physical education", and the development goal of "lifelong physical education" has also put forward new requirements for physical education[4]. Due to the excessive emphasis on sports education and the form, structure, and content of teaching, traditional teaching methods are no longer able to meet the current development needs of physical education. In this situation, the development of sports theory needs a framework that can comprehensively and accommodate existing sports education theories. In today's advocacy of quality education, university sports education is also a key platform for implementing quality education. Therefore, university sports education workers should also follow the trend of the times, constantly innovate according to sports teaching practice, and promote the reform of university sports teaching methods. The Internet is an inevitable product of the information age, and the application of network mode teaching in higher education is also a necessity of the times. However, after the operation of the internet mode, due to its own problems, it has caused many negative impacts on physical education teaching. To address these problems, we must take effective measures to ensure the effective implementation of efficient physical education teaching.

## **2. Analysis of the Current Situation of Physical Education**

### **2.1 The Course Content is Repetitive and Monotonous**

Due to the limitation of conditions, there are very few physical education courses that can be really opened. Physical education still takes ball games, track and field, martial arts, aerobics, etc. as the main content to arrange teaching activities, while most students are exposed to such content in physical education teaching from primary school to high school, which is easy to cause boredom[5-6]. This reduces students' emphasis on physical education classes and their enthusiasm for participation. The teaching of general physical education courses is carefully designed to meet the needs of specialized teaching. The professionalization reform of public sports is a major challenge. The training objectives of physical education major are different from those of general comprehensive universities. It requires that the talents cultivated must have dual standards: firstly, professional knowledge and skills of the subject; secondly, theoretical knowledge of education, good teacher literacy, and professional skills of teachers. Our school, on the other hand, starts from reality and combines it with the specialized reform of high school physical education in Shanghai to explore a model of close integration of general and specialized physical education teaching in universities in the reform of physical education teaching[7-8].

This process of integration is long-term and continuous, becoming an important part of lifelong learning and education for students majoring in physical education. In the process of teaching, the main teaching goal is to cultivate social talents, ensure good physical fitness of students, and also enhance the comprehensive role of university physical education. In the current context of quality education, in order to fully realize the above teaching objectives, the selection of innovative ways of physical education teaching cannot be ignored.

### **2.2 The Curriculum System Structure is Single**

In the content system of physical education curriculum, competitive sports are still the center, and theoretical knowledge teaching is despised. In the process of curriculum implementation, the teaching of sports literature and human science knowledge related to physical exercise is ignored[9].

Lack of timeliness, pertinence and long-term, overemphasizing the knowledge and skills of sports events, resulting in too much learning content. Can not fully meet the interests and practical needs of college students. The physical education class can basically be divided into three periods. In the first period, students run to exercise their joints. In the second stage, the teacher gives lectures on theory; The third stage. Free activities, understand the content of teachers and professors. This single educational model wants students to truly understand the essence and fun of sports. There is a certain degree of difficulty, which will dampen students' enthusiasm for learning in many cases.

This model puts students in practice and directly contacts with the teaching practice of primary and secondary schools, which can make students know more about teachers' work, the actual teaching of primary and secondary schools and the specific requirements of basic education for talent training in normal universities, and subtly educate students on teachers' morality, so that students love the teaching profession[10]. Strengthen the determination and confidence to teach. Therefore, in the future teaching, the change of teaching ideas can not be ignored. In the classroom, we should try our best to be "student-centered", emphasize the interaction between teachers and students, give full play to students' main role and teachers' leading role, fully mobilize students' enthusiasm and initiative in learning, and make students realize the fundamental change from what I learn to what I want to learn.

### **2.3 The Evaluation System of Education Quality is Imperfect**

In the process of physical education for students, we only pay attention to the evaluation methods of students' physical education standards and test scores, ignoring the evaluation of students' sports consciousness, sports ability, habits and hobbies, will quality, psychological quality and other comprehensive factors. Such an evaluation system will inevitably affect the overall effect of physical education in colleges and universities and the enthusiasm of students to learn physical education courses. In addition, this model is only an evaluation of students' past sports achievements, and there is no plan to guide their future improvement. In addition, in the evaluation content level, the evaluation is basically limited to the sports ability of college students, and the higher and faster students score higher.

It is understandable that physical education evaluation focuses on students' sports ability, but if other aspects of physical education are ignored. Then the validity of sports evaluation will be affected. Teachers only adopt traditional "sports training method" and "ordinary teaching method" in teaching methods, which will inevitably lead to the failure to fully realize the teaching objectives of physical education. It can be seen that it is an essential task to reform the curriculum of college physical education. Only by strengthening the organization and implementation of extracurricular physical exercise can we stimulate the motivation of students' exercise and arouse their enthusiasm and initiative in learning. In the training mode of "full-process dual tutorial system", the main responsibilities of professional tutors are: to be responsible for students' course learning, moral development and professional ability development; to guide students to understand the development of disciplines. Guide students to carry out educational scientific research; Provide help for students' personalized learning.

## **3. Innovative Ways of College Physical Education under the Background of Internet Education**

Teachers should make students understand the importance of participating in sports learning, form good scientific values, and make effective plans for sports learning: fully affirm the role of internet in teaching, and correctly analyze the problems in the process of sports network teaching. Physical education is an important part of school physical education and has the characteristics of being associated with social sports. Integrate physical education into the whole education cycle. It is the need of combining education with lifelong education at school and the deepening of the party's educational policy of all-round development of morality, intelligence and physique. The foothold of quality education is to face the century and all students. Make students develop morally, intellectually and physically in an all-round way, and make students develop actively to meet the

needs of the future. This article establishes a new method to change physical education under the background of Internet, as shown in Figure 1.

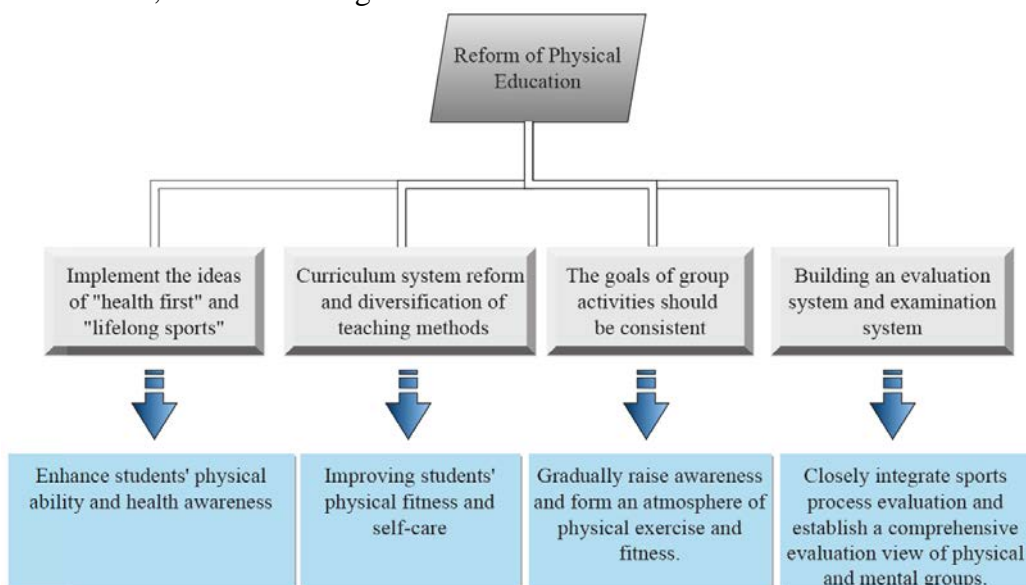


Fig.1 New Ideas of Physical Education Reform under the Background of Internet Education

Physical education majors cultivate students' practical skills, innovative ability and creative ability, promote the internalization of students' knowledge, improve students' comprehensive quality in an all-round way, and enhance students' social competitiveness and industry adaptability by cultivating students' "basic literacy of physical education teachers" and "teaching ability of physical education teachers". When teachers are facing the Internet and physical education courses, they need to deeply realize that integrating online teaching into physical education courses will get twice the result with half the effort. We should also create a physical education learning platform for college students from social practice. The opening of "second class" can increase students' knowledge and make them realize the role of Internet teaching.

### 3.1 Emphasize Education on Mental Health

When teachers provide students with various learning resources, they should guide students to treat network resources correctly and get in touch with more information that is helpful to physical education learning. Reform and innovate physical education in colleges and universities, promote the development of teaching content in a diversified direction, and launch physical education courses that meet the characteristics of colleges and universities. A single physical education teaching content often makes students feel bored, thus killing their passion for participating in sports. Therefore, schools and teachers should actively enrich the content and direction of physical education teaching. For students at every stage, especially those in university, mental health education can not be ignored. The appearance of bad mentality not only directly affects the actual learning effect of students, but also affects the growth speed of students to a great extent.

Pay attention to cultivating students' mental health awareness, enhance students' sports ability and mental health awareness, form the habit of regular physical exercise, lay a solid foundation for lifelong physical education, and make college physical education develop in the direction of life, science, socialization and standardization. In the process of physical education teaching, teachers should first fully understand and master the law of students' psychological development, so as to take some measures to improve students' self-confidence and self-esteem, so that students can better integrate into the collective and society. For the problems existing in online physical education teaching and its influence, teachers must actively reflect on the research and formulate effective online teaching programs according to the actual teaching situation. This not only optimizes the network education mode, but also improves students' interest in participating in physical education learning and establishing physical education consciousness.

### 3.2 Attach Importance to the Application of Teaching Methods

Physical education teaching must not be bound by unified teaching materials, but should be bold and innovative to build a teaching material system with strong pertinence, good effectiveness, easy learning and fun for students. At present, many students choose their own practice schools. The conditions of the selected internship schools are good or bad, and students use their internship time to go out and look for jobs. No internship, just the school seal. The arbitrary choice of practice base can not only ensure the practice effect, but also make educational practice a dispensable link. Adjust the proportion of competitive teaching materials, increase fitness teaching materials, change the traditional teaching content centered on “sports technology” for a long time, and highlight physical education. Due to the realization of “man-machine dialogue” in online teaching, the number of exchanges between teachers and students is gradually decreasing. Counselors should communicate extensively with students and promote exchanges and cooperation between teachers and students. In the process of communication, it is necessary to capture the psychological state of students, so as to arrange effective teaching work for students.

Faced with all kinds of resources on the internet, students often lose themselves and have no intention to concentrate on online sports learning. The whole practical teaching system, from single to comprehensive, from simple to complex. Committed to improving students' professional ability, four-year undergraduate practical teaching, highlighting the construction and improvement of the main structure system of physical education, and paying attention to organic coordination and intersection. And pay attention to maintaining the continuity of all stages of the whole process, so as to improve the effect of practical teaching of physical education specialty. Professional practice teaching system is divided into four modules: entrance education module, professional skills training module, practice module and thesis design module. Details are shown in Figure 2.

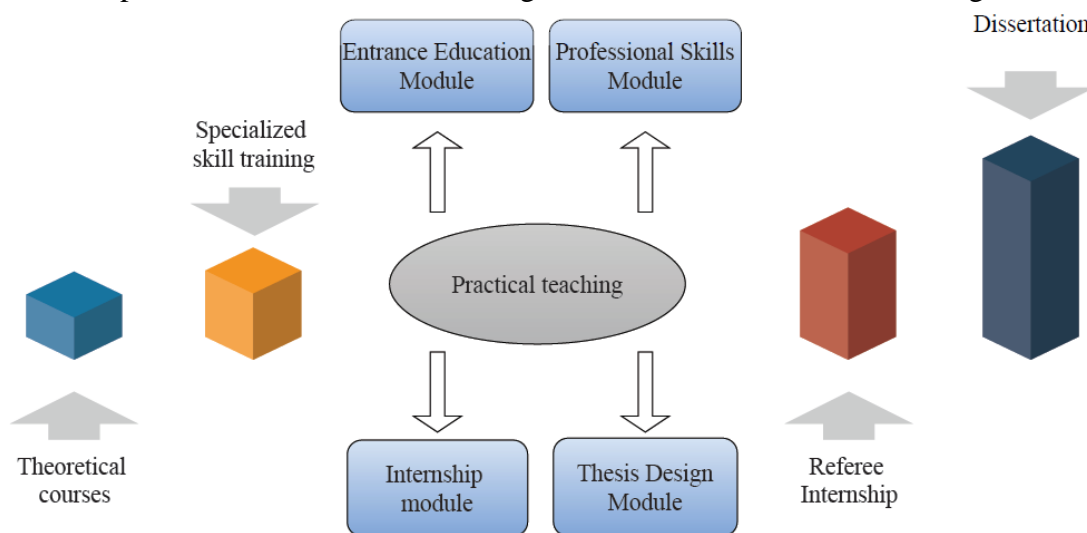


Fig.2 Practical Teaching System

The concept of modern teaching requires that educators, as teachers, should be transformed from disseminators of knowledge to operators of educational activities. And disseminators, that is, students as the main body, grasp and persuade the overall pace of learning activities. In physical education class, teachers can let students actively make sports games and exercise their thinking ability. Through the Internet, scientific and reasonable physical education curriculum evaluation standards are formulated, and students' physical health level is included in the assessment scope. The evaluation criteria of traditional physical education courses are often sports achievements, such as the time spent in 800 meters and 1000 meters, the distance of long jump, the height of high jump and so on. After the competition, teachers should actively evaluate students' works, so as to improve students' self-confidence and promote the improvement of Internet physical education teaching level.

### 3.3 Emphasize the Establishment of Teacher-Student Relationships

Judging from the internet teaching situation in recent years, physical education teaching resources are still in a “bottleneck” state, educational resources are not actively developed within schools, and there is a lack of common cooperation mechanism between schools. To be a qualified people's teacher, we need not only profound knowledge and various talents, but also learn from others' experience with an open mind, be good at summing up and reflecting, have a correct understanding of ourselves and strive to create a harmonious classroom atmosphere. Allow students to choose their own favorite sports and experience the joy of sports; It also enables students to master the means and methods of exercise in their leisure time, arouse their enthusiasm for fitness, cultivate the habit of lifelong physical exercise, and improve their physical fitness and self-care and exercise ability. In the process of teaching, teachers should break the traditional teaching concept of teachers' superiority, quickly integrate into the student group and establish a good teacher-student relationship with students.

The internet used is basically a computer with low performance, which is not conducive to the construction of the “man-machine dialogue” mode of sports network. Secondly, the technical level has achieved two-way communication between teachers and students, but only a few universities in China have established this model. This can not only better understand and master students' strengths and weaknesses, but also eliminate their fears and enable them to express their ideas, thus creating a harmonious teaching atmosphere and improving their enthusiasm and initiative in the classroom. Such a measure will supervise students' physical exercise and improve their enthusiasm for autonomous learning. Therefore, schools can consider including students' physical fitness level in the evaluation criteria of physical education courses, because the cultivation of physical fitness is not achieved overnight, and temporary assault is not very useful.

#### **4. Conclusions**

The talents trained by traditional physical education can no longer meet the needs of society, and people are increasingly aware that in a modern era marked by great science and technology, great economy, informationization and internationalization, the reform of physical education is imperative and imminent. This paper attempts to study the way of college students' physical education under this educational background. Under the background of internet education, the overall practice teaching mode of physical education major shows that the practice teaching of physical education major has moved from single to comprehensive, from intuition to rationality, and from dispersion to system. Therefore, the integration of curriculum resources is the core of constructing the education field for physical education professionals. Physical education courses include hidden courses that focus on students' emotional goals and personality development. These two courses, like food and fresh air, are indispensable to the growth of students. Teachers should not only have profound knowledge and various talents, but also learn from others' experience with an open mind, be good at summing up and reflecting, know themselves correctly and strive to create a harmonious classroom atmosphere. Students majoring in physical education should take part in more physical activities, enhance their extracurricular physical exercise ability and improve their comprehensive ability. For the problems existing in online physical education teaching and its influence, teachers must actively reflect on the research and formulate effective online teaching programs according to the actual teaching situation. In order to meet the requirements of social development, we must deepen the sports reform, implement quality education in all aspects of sports reform in a down-to-earth manner, and make due contributions to cultivating qualified socialist talents and improving the overall quality of the whole nation. This not only optimizes the network education mode, but also improves students' interest in participating in physical education learning and establishing physical education consciousness.

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