Research on the Utilization of Computer Network Information Resources and the Reform of College Physical Education

Lu Yang¹,*  
¹Nanning University, Nanning, Guangxi, China  
*Corresponding author e-mail: ly1988@nnxy.cn

Abstract. In order to cultivate applied talents meeting the needs of the society, the school should not only improve students' academic ability, but also improve students' physical quality. Physical education can help students develop comprehensively. With the gradual progress of today's university education, scholars realize the importance of physical education[1]. With the expansion of computer network resources, the reform of physical education based on information resources has been proposed. This paper analyzes the feasibility of computer resources in sports. On this basis, this paper puts forward the corresponding application strategies of information resources in physical education.

Keywords: Network Resources, Utilization, Physical Education, Reform

1. Introduction

Many schools believe that the rapid progress of information technology provides us with a rich and colorful life. Our living standards are gradually improving. People pay more attention to maintain their physical and mental health. On this basis, many scholars found that today's students' physical fitness is declining[4]. Many primary school students have physical problems of obesity and myopia. These factors have even affected the academic performance of many students. After that, the Ministry of education proposed that all Universities should pay attention to students' physical education. All schools should put students' health first.

On this basis, many schools attach importance to students' physical education. However, the traditional physical education can not be recognized by students. Many college students think that physical education in many schools can not meet the standard. Indeed, the traditional physical education has been unable to satisfy the needs of modern society for talents. The rapid progress of network information resources makes people find hope. Based on information resources, the new mode of physical education teaching reform in Universities has become a hot topic of experts (see Figure 1). This paper describes the feasibility of the implementation of physical education. On this basis, this paper describes the main application strategies of informational resources in college physical education curriculum.

2. The feasibility analysis of computer resources in college physical education
2.1. Network technology is the core of teaching
The main core technology of physical education teaching based on information resources is computer network technology. In the process of physical education teaching, teachers can use multimedia technology to continuously improve the ability of information sharing[10]. This can help students learn more about sports. As the main core of teaching, network technology can help students control their psychology in physical education class. It can effectively improve the quality of the classroom.

2.2. Abundant informational resources
The effect of physical education in many schools is not ideal. Many experts believe that the main reason for the result of this kind of teaching is the lack of teaching resources in schools. Students can only learn limited knowledge. This limits the students' main mode of thinking. The emergence of network technology enriches the information resources of physical education curriculum. In addition, the network sharing of resources has become a way of learning for students.

![Figure 1. There are many limitations in traditional physical education](image)

2.3. Diversified knowledge structure based on computer processing
We found that the content structure of physical education curriculum is very complex. Students are not able to sort out these knowledge points independently. With the help of computer, the information system can arrange the information of sports knowledge automatically. This can help students understand difficult action points more easily. Students can also easily remember some of the theoretical knowledge of physical education. Diversified knowledge structure is easier to understand.

2.4. Promote the concept of lifelong learning
The speed of physical education learning is relatively slow. Students not only need to understand some sports related theoretical knowledge. Students also need to spend a lot of time to understand the standard demonstration of sports movements[3]. Therefore, physical education learning needs to adhere to the concept of lifelong learning. Students can always learn sports knowledge in the network. As a result, many people can learn sports knowledge after school or after work.

3. The application advantages of computer network information resources in physical education teaching

3.1. There is no space limit for course learning
In the operation of traditional physical education, students need to complete the curriculum task in school. Students' places of study are confined to the classroom. Students can only learn the theoretical knowledge of sports in school. With the popularity of computer network resources, students can learn some sports knowledge independently after class. This way of learning avoids the limitation of traditional learning space. It increases students' learning opportunities.
3.2. There is no time limit for course learning
Traditional physical education learning is task-based learning according to the school curriculum. Only in a specific time can students learn the corresponding physical education curriculum. Unfortunately, many of the main course teachers will occupy the physical education curriculum. This leads to a lot of physical education courses can not start on time. The use of network resources effectively solves this problem. The study of the course breaks through the time limit.

3.3. Course explanation of 3 teachers
We know that the professionalism of PE teachers in many schools is very poor. This leads to a lot of students can not understand the content of the classroom. Indeed, it is the teacher's responsibility. Many sports specialty students also need to be taught by famous teachers. Through the teaching of computer network resources, students can find some famous teachers' courses. Students can learn some advanced sports skills independently.

3.4. Improve the quality of traditional classroom
In fact, a lot of physical education classroom teaching content is traditional. Many PE Teachers' classroom quality is relatively poor. This is also an important reason why many schools do not pay attention to physical education curriculum. Using the sharing system of network resources, we can improve the quality of traditional physical education curriculum. Indoor courses can be carried out with multimedia technology. Outdoor courses can be improved by motion capture system.

4. The main ways of the application of computer information resources in physical education

4.1. Explanation of sports theory common sense based on Multimedia
We should know that a lot of sports knowledge structure is complex. Students are not able to sort out the knowledge well. Moreover, some common sense of movement is also very boring. Using computer information resources technology, teachers can use multimedia technology to explain sports theory common sense for students. With the help of multimedia, these knowledge can be molded into vivid animation images. Students can know the abstract knowledge fast (see Table 1).

Table 1. Analysis on the matching degree of the application of computer information resources in Physical Education

| Learning style      | Related technologies | Matching degree |
|---------------------|----------------------|-----------------|
| Theoretical study   | Multimedia teaching  | 86.17%          |
| Training methods    | Intelligent training | 75.41%          |
| Resource sharing    | Sharing platform     | 94.53%          |
| Hold a competition  | Sharing platform     | 62.48%          |

4.2. Scientific sports training mode
Students need to constantly improve their physical fitness through physical training. This is the original intention of physical education teaching. However, nowadays many teachers put forward the way of sports training is backward[2]. This training method can not be applied to every student. Some weak students can't bear this kind of exercise. Through the network resources, students can choose their own way of physical exercise. These methods have more scientific basis.

4.3. Construction of sharing platform of physical education curriculum resources
Many students like to exercise after class. However, they don't know the scientific way of physical exercise. Through the sharing platform of network resources, this problem can be effectively solved. Many schools have developed the sharing platform of physical education curriculum. They put links to some physical education courses on their website. Students can extract their own resources for learning. This platform also reflects the richness of today's teaching resources.
4.4. Holding of sports events
So as to improve students' favor for learning sports knowledge, schools can hold some interesting sports events. Schools can put the registration methods of these events in the sharing platform of network resources. Students can sign up for the competition with more resources. Prizes can be set as souvenirs. This can improve the enthusiasm of students to participate in the competition. This is another information sharing advantage of the network resource platform.

5. The application strategy of computer network informational resources in physical education

5.1. Improve the ability to obtain sports network resources
The sports resources of every university are limited. Some senior PE teachers can effectively develop sports resources. However, the professional level of many teachers is not enough[8]. In order to build a sports resource sharing platform more easily, schools must improve their ability to obtain resources. The process of query, retrieval and processing of network resources can not be lacked. In addition, the school should also improve the cognitive level of information resources.

5.2. Renewal of teaching concept
Many PE teachers are very old. They can't understand the advantages of online teaching well. They think that the traditional physical education is incomparable to any teaching mode[5]. The traditional concept of physical education has been deeply rooted in their hearts. This idea will affect the development of network resources teaching. Therefore, the school should speed up the renewal of PE Teachers' teaching ideas.

5.3. School affairs should pay attention to physical education
The emergence of exam oriented education has affected many physical education courses. Many schools only pay attention to the achievement of students' cultural courses. This leads to the weakening of students' physical quality. Physical education based on network resources is easy to understand, however, it can not make people pay attention to physical education. Therefore, schools should fundamentally avoid people's biased thinking on physical education curriculum.

5.4. Introduction of advanced PE Teachers
Nowadays, with the development of world-class sports events, China gradually attaches importance to the cultivation of sports talents. Some schools started to pay attention to students' ability of physical education learning[7]. In order to create a excellent network resource sharing platform, the school can introduce some advanced physical education teachers. This can greatly help the school to create excellent sports specialty teaching center. Moreover, it can improve the status of physical education curriculum.

6. The practical significance of the use of computer-based sports network information resources

6.1. Improve the impact of Physical Education Curriculum
In recent years, people begin to realize the importance of physical exercise. Many people in society pay attention to their health. University campus is a small society. It can build a huge platform of physical education curriculum[9]. This kind of platform can improve students' interest in sports learning. It can also improve some social people's advanced sports thinking. This can improve the impact of physical education curriculum.

6.2. Improve students' physical quality
Nowadays, the physical quality of many primary school students is very poor. Most of the students even have a variety of diseases such as obesity and high myopia. Students are the future of our motherland. We can't see that their health is adversely affected. The use of network resources of
physical education, we can help students understand sports knowledge. This can also help students improve their physical quality.

6.3. Reflection of the reform of traditional teaching methods
The traditional way of physical education is backward. This leads to the desolation of physical education in China. This is a very pessimistic phenomenon. For the development of China's education, we must improve the traditional teaching methods[6]. On this basis, the use of computer network informational resources is a good start. It is also the embodiment of the traditional teaching reform. There is no doubt about that.

7. Conclusion
The cause of physical education in Universities is gradually progressing. With the application of computer network resources, the development of sports will be faster. More importantly, it can effectively improve the enthusiasm of students in sports learning. It can improve the physical quality of students.

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