Research on Computer Network Distance Teaching and College Physical Education Reform

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Abstract. The way of computer teaching has been gradually popular in many schools. The emergence of online courses in many colleges and universities has formed a trend of normalization. The emergence of online courses can promote the rapid progress of many disciplines. Scholars first found that the traditional concept of physical education is backward. With the progress of network distance teaching technology, many experts put forward the strategy of physical education teaching reform based on network distance teaching [1]. This paper briefly summarizes the concept and characteristics of computer distance education. Finally, this paper puts forward the importance of physical education reform.

Keywords: Network, Distance Teaching, Physical Education Reform

1. Introduction
China's Ministry of education has been clearly aware of the backward concept of exam oriented education. In recent years, we have been advocating quality education. Many colleges and universities also hope that students can develop in an all-round way. Comprehensive quality education includes proper sports[10]. In fact, physical education is a discipline that can exercise physical quality. It is very important. According to foreign literature, we can find that physical education can effectively exercise students' physical and psychological quality. However, many schools still can not pay attention to students' physical education.

This is a very serious problem. Many educators believe that the reform of college physical education must be completed. With the gradual development of network distance teaching technology, network distance teaching platform has become the carrier of many network resource courses[9]. The strategy of physical education reform based on network distance teaching has been put forward by many people. In order to verify this theory, this paper mainly describes the theory of distance education (see Figure 1). This paper describes the relationship between distance education and college physical education reform. Finally, this paper describes the main points of sports reform.

2. The concept and main characteristics of computer distance teaching

2.1. Main concepts
The purpose of distance teaching is to enable students and teachers to communicate online through
computer technology. The medium of knowledge transmission is computer. Teachers mainly use multimedia means to complete online teaching. This new form of teaching breaks the traditional concept of physical education. With the gradual progress of modern information technology, distance teaching has become a new form of education. It breaks many limitations of traditional teaching.

2.2. Design purpose of Distance Education
The emergence of distance education is a sign of the progress of the times. It also means that the development of modern forms of education can facilitate people's learning. Many scholars believe that the design of distance learning can make many people maintain the habit of lifelong learning[4]. Network learning resources are very rich. People can get the knowledge they want in the network at any time. The emergence of distance learning also means that the purpose of lifelong learning is about to be completed.

![Figure 1. The convenience of network distance teaching is obvious](image)

2.3. Realization of human-computer interactive teaching mode
Although distance learning is a new development project of traditional teaching, it is still a knowledge exchange between teachers and students. There is no doubt about that. Moreover, the output medium of distance learning knowledge is not only teachers. Computer is also a new source of knowledge. We can think that distance learning is the smooth realization of human-computer interactive learning. It will not have the limitation of time and space.

2.4. Cultivation of autonomous learning ability
Many students don't have enough self-control. They can't get a lot of knowledge in the traditional classroom. Distance teaching can consciously cultivate students' self-control. It can cultivate students' autonomous learning ability. The technology of distance teaching can not only increase students' learning fun, but also increase students' knowledge level. It can greatly encourage students to search for some online course resources independently.

3. Theoretical analysis based on distance teaching and college physical education reform

3.1. The main needs of the reform of Physical Education
Sports science is a kind of natural science. With the gradual development of modern educational technology, people are aware of the backwardness of many traditional teaching contents. The traditional teaching content has been unable to adapt to the talent needs of today's society[5]. The reform of physical education teaching needs to take students' ability of self-learning as the training goal. It should also cultivate students' lifelong learning ability. It should make it easier for students to learn sports theory knowledge.
3.2. Advantages of distance Physical Education
The form of distance teaching appeared very early. In the past, we will see a lot of video teaching. We'll also see CD-ROM video teaching. In fact, these teaching forms belong to distance teaching. We can find that there is no limit to the teaching space of these teaching forms. People can also control the corresponding teaching time. In short, there are many advantages of distance physical education.

3.3. Research status of distance Physical Education
The emergence of network courses provides a new direction for the reform of education. It promotes the rapid progress of distance education. According to foreign literature, we can find that the duration of traditional broadcast education is very long. Computer distance education is an advanced form of broadcasting education. Nowadays, our country begins to study distance education with the pace of foreign countries. This kind of technology has been well established in China.

3.4. Future development of distance Physical Education
Many scholars believe that distance education can realize the integration of education in all countries. In some physical education platforms in China, we can find many theoretical courses in foreign schools[2]. This can prove that we can learn foreign physical education courses at home. The future development of distance education is closely related to the integration of education. In addition, the medium of distance learning will become more advanced.

4. Four ways to construct the reform of college physical education teaching resources based on network distance education

4.1. Main guiding ideology
The teaching resources of network course are very rich. Its teaching form is innovative. Network course can realize individualized teaching. He broke the traditional idea of physical education. Distance education not only combines the characteristics of professional education, but also can build a lot of teaching resources platform. This kind of education can fully help students achieve autonomous learning. He can help students control their learning ability (see Figure 2).

Table 1. Investigation on the differences between distance physical education and traditional physical education

| Teaching type          | Traditional physical education | Network physical education |
|------------------------|--------------------------------|-----------------------------|
| Advantage              | Low cost                       | Rich content                |
| Shortcoming            | Less content                   | High cost                   |
| Teaching philosophy    | Backward                       | Advanced                    |
| Teacher status         | Leading position               | Subsidiary status           |

Figure 2. Structure analysis of network course resources
4.2. Basic principles of resource construction
The construction of network resources should have many principles. Resource construction must be based on the physical and mental development of college students. The construction of resources should be student-centered. It should meet the various sports needs of students. Resource construction must promote the cultivation of students' autonomous learning ability[6]. The study of sports knowledge in resource construction must be scientific. More importantly, the main goal of resource construction platform should not be blindly charging.

4.3. Development of sports teaching resources
The teaching content of network distance education should not be similar to that of traditional teaching. The teaching method of new education should be innovative. PE teachers in Colleges and universities should be clear about these two contents. Schools should encourage teachers to complete the development and utilization of sports teaching resources. This way can not only exercise teachers' flexible thinking, but also exercise teachers' ability of resource development. Moreover, the development of resources can be conducive to students' learning.

5. Analysis of the role of computer network distance teaching in the reform of college physical education

5.1. Improvement of teaching quality
Distance teaching is a branch of network teaching. People have been studying the disadvantages of traditional physical education. Scholars have found that the advanced teaching media is the symbol of the development of education modernization. Network distance teaching can improve students' interest in learning. It can also improve teachers' professional ability. Compared with the traditional physical education, the quality of network distance teaching is higher. It can even improve the efficiency of pedagogy.

5.2. Promoting the development of all students
According to the above description, we know that many students can find the resources they are interested in on the Internet. These learning resources can help students master sports knowledge more easily. We can think that rich resources will promote the progress of personalized teaching. Therefore, network distance teaching can promote the development of all students. It can make different teaching plans for different students.

5.3. Cultivate students' network thinking form
A lot of teachers in sports colleges and universities undertake a lot of arduous tasks. They need to train professional athletes. They need to help students use sports knowledge more flexibly. Network distance education can cultivate students' network thinking[7]. The sharing of information-based teaching resources has become the main way for students to learn. Therefore, we can think that distance education can better cultivate students' network thinking.

6. Analysis of the importance of College Physical Education Reform Based on distance education

6.1. The phenomenon that people don't pay attention to physical education
Many parents don't pay attention to their children's health. Many schools think that students' cultural achievement is very important. They don't care about the development of students' physical and mental health at all[1]. This shows that people do not pay attention to physical education. The development of distance education can make many schools re recognize the importance of physical education. This way can help people pay more attention to physical education curriculum.
6.2. Disadvantages of traditional teaching
Physical education courses in many schools are often occupied. Many PE Teachers' professional quality is very poor. We can observe the disadvantages of traditional physical education at any time. Traditional physical education has the limitation of classroom space. It also has a time limit. We can think that the disadvantages of traditional teaching are great. These disadvantages make the traditional teaching unable to meet the needs of today's sports talents.

6.3. The inevitable choice of the times
Today's era belongs to the network. Network is the forerunner of the times. We can find that the network has covered all aspects of life. The combination of network and education is the final choice of the times[3]. The emergence of distance education also means the emergence of sports reform. Therefore, sports reform is the inevitable choice of the times. There is no doubt that this form of reform is inevitable. The choice of times is inevitable.

7. Conclusion
There is no doubt that the development of distance teaching will inevitably bring new challenges to the cause of physical education in Colleges and universities. However, we can not deny the advantages of distance education. Therefore, we can judge that the relationship between the form of distance education and college physical education is very close.

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