Research on the Relationship Between Computer Educational Teaching and College Physical Education Reform

Kuai Fan

1University of Engineering Science, Hubei, Wuhan, 430200, China
*Corresponding author e-mail: fankuai@wuhues.com

Abstract. Every school wants its students to have an optimistic attitude and healthy body. However, the teaching strategies of many schools are evading this theory. The emergence of exam oriented education is that many schools do not pay attention to students' physical education. Today's students' physical quality is very poor. Many parents are also worried about their children's health[4]. Experts believe that the relationship between computer education technique and physical education reform is very close. This paper describes the influence of computer educational teaching on physical education. Finally, this paper puts forward the specific application relationship between them.

Keywords: Educational Teaching, Physical Education Teaching, Reform, Relationship

1. Introduction

Health is the basis of students' study. Every school wants to help its students improve their physical fitness. They also want their students to improve their psychological quality. A healthy body can affect a student's life. Physical education course can teach students the spirit of physical education. Sports can prolong the life of students. Sports can help students get optimistic attitude. Physical education can make students' mind stronger. Strong body can also promote students to find the fun of learning. Therefore, the significance of physical education teaching is very important.

However, many scholars believe that the traditional teaching methods can not meet the needs of today's society. Experts believe that we should take a more long-term view of physical education[9]. With the rapid progress of computer technique, network has become an important part of our life. The reform of physical educational teaching based on computer education technique has become a research hotspot. This paper briefly summarizes the feasibility of computer education technique in physical education (see Figure 1). This paper puts forward the main advantages of the application of computer education technique. Finally, this paper draws the corresponding conclusion.

2. Analysis of the main influence of computer education technique on Physical Education in Colleges and universities

2.1. The traditional teaching concept has been greatly impacted
Idea is the direction of action. Teaching philosophy will lead teachers to complete the course teaching according to specific steps. Teaching philosophy will determine students' cognition of educational value. The traditional concept of physical education is very backward. The emergence of computer education technique will control the development direction of education. The new educational teaching will certainly change the traditional concept of physical education. The reform of teaching idea is an inevitable phenomenon.

2.2. The importance of strengthening physical education
The content of traditional physical education is very boring. Many physical education courses are considered as free activity courses. Some school physical education courses will even be occupied. This shows that many schools do not pay attention to physical education curriculum. The emergence of computer education technique will speed up the reform of physical education. The new educational teaching will help students master physical education more easily. It can promote the reform of physical education content.

2.3. Speed up the reform of teaching methods
Different teaching ideas will inevitably lead to different teaching methods. The traditional teaching idea is very backward. The traditional physical education teaching method can not get the satisfaction of students[10]. Computer education technique can change the teaching idea. It can also change teaching methods. It can even improve the professional quality of PE teachers. Generally speaking, it will speed up the reform of teaching methods.

2.4. Influence the traditional working thinking of Physical Education Teachers
The professional quality of PE teachers in many schools is not enough. Many physical education courses are not valued in Colleges and universities. This is a very serious problem. The traditional work pressure of physical education teachers is very low. The emergence of computer education technique has increased this kind of work pressure. It has changed the traditional thinking of teachers. This situation may lead to many physical education teachers not adapt to this working environment.

3. The feasibility analysis of computer education technique in college physical education teaching reform

3.1. Stimulate students' interest in learning
The content of traditional physical education is very boring. Many students are tired of the traditional sports theory course. Many students like sports. They don't like indoor classes. Computer education technique can use multimedia technique to make knowledge into the form of animation. This kind of teaching form can attract students' attention. It can even stimulate many students' interest in learning.
This is a major breakthrough (see Table 1).

| Physical education curriculum | Setting up schools         | Is it an excellent course |
|-------------------------------|----------------------------|---------------------------|
| Sports culture                | University of technique    | No                        |
| Sports and health             | Normal University          | Yes                       |
| Exercise physiology           | Suzhou University          | Yes                       |
| Fitness Qigong                | Technical school           | No                        |
| Student Yoga                  | University of technique    | No                        |

3.2. *Science and education technique is the material guarantee*

Computer multimedia system contains a lot of advanced science and technique. These scientific means of education can certainly promote the rapid progress of physical education. Many colleges and universities emphasize the deepening reform of physical education[3]. In fact, the process of this kind of reform is very complicated. Advanced teaching system can not only improve the efficiency of physical education, but also deepen the corresponding material basis of physical education reform.

3.3. *Abundant resources are the driving force*

Many schools are short of physical education resources. This leads to the instability of many PE Teachers' work. This has also led to a lot of students tired of learning psychology. The content of traditional physical education focuses on teaching materials. Moreover, many teachers can not develop teaching resources. The sharing platform of computer educational teaching can provide rich educational resources. It is a real driving force.

3.4. *Lower cost support*

The process of physical education reform is difficult. People think of many ways to reform. The cost of most methods is very high. The emergence of computer education technique has broken this rule. The cost support of this kind of educational teaching is very low. Although many universities in remote areas do not have rich financial support, they can still rely on computer technique to use the rich resources of physical education curriculum.

4. *Analysis of the application relationship between computer education technique and college physical education reform*

4.1. *Explanation of sports theory based on Multimedia technique*

Many students don't like to study the theory course of physical education. They think that there is no need to learn the theoretical knowledge of sports. They think they can easily master any knowledge point. The truth is cruel. Most of the students can not reach the pass standard of sports theory study. Computer education technique can use multimedia technique to provide students with a more vivid process of sports theory explanation[8]. This can attract students' interest (see Figure 2).

4.2. *Physical education based on Internet of things technique*

With the emergence of Internet of things technique, Internet of things has covered all aspects of our lives. Its role in physical education has been gradually improved. It is often used in track and field teaching[6]. Teachers can paste RFID chip cards on students. This kind of card can calculate the running speed of students through the reader device. Many school sports tests will use this chip card technique.

4.3. *Physical education based on Virtual Reality technique*

Virtual reality technique can completely simulate the environment of physical education. Many schools don't have the money to build rooms for sports equipment[5]. It is difficult for students to
carry out some professional sports training. Experts have developed virtual reality technique. Students can wear smart glasses to adjust their vision to the virtual world. In the virtual world, students can even complete skiing projects in hot classrooms.

5. The application advantage of computer education technique in college physical education

5.1. Avoid unprofessional teaching accidents
Many schools will have safety accidents in physical education. Many students die suddenly while running. Many students hurt themselves when they use sports equipment. This is not only a problem caused by the non professional academic level of teachers. Many students don't know professional sports movements. The emergence of computer education technique can effectively avoid this problem. This is a major application advantage.

![Figure 2. Several advanced technologies in computer physical education](image)

5.2. Strengthen students' physical and mental health
Nowadays, students' psychological and physical problems should be paid attention to. Many parents want their children to have physical and mental health. Physical education can not only strengthen students' physical quality, but also exercise their psychological quality[7]. The emergence of computer education technique can effectively improve students' professional level of physical education. We can naturally think that it can strengthen students' physical and mental health.

5.3. Help modern sports teaching management
Many professional sports college teachers' teaching task is very heavy. Teachers must ensure the humanized management of students' physical education. However, the traditional mechanism of physical education management is backward. We can use computer database to solve this problem more easily. This is conducive to the future development of sports[2]. Facts have proved that computer education technique can help physical education management.

6. The significance of research on the relationship between computer educational teaching and college physical education reform

6.1. Improve the importance of sports discipline
The teaching idea of exam oriented education is very heavy. Many schools can't get rid of this idea. Many schools still don't pay attention to physical education. This situation is not conducive to the physical and mental health of students. The emergence of computer education technique is that people see a new hope. This kind of teaching method will improve the importance of physical education in Colleges and universities. It can even help schools get rid of the idea of exam oriented education.

6.2. Promote the development of sports spirit
Life lies in sports. Sports can make our life more optimistic. With the gradual development of international sports events, China pays more and more attention to sports training. Sportsmanship has
become a meaningful word in our life. Every soul who loves sports has sportsmanship. We should help students find their own sportsmanship. Computer can promote the development of sports spirit.

6.3. The reform of traditional teaching is inevitable
We can't deny the significance of traditional physical education. We can not deny that the demand of today's society for physical education is very high. According to the theory of pedagogy, the reform of traditional teaching is an inevitable phenomenon[1]. There is no doubt about it. Although computer education technique has promoted the reform of physical education, unfortunately, the traditional concept of physical education is difficult to be eliminated.

7. Conclusion
Computer education technique is constantly updated. The speed of the reform of physical education is also gradually accelerating. We should promote the gradual integration of computer education technique and college physical education. We should help the rapid development of college physical education.

Reference
[1] Aktag, Isil. CHANGES IN COMPUTER SELF-EFFICACY OF PRE-SERVICE TEACHERS IN PHYSICAL EDUCATION. [J]. International Journal of Academic Research, 2013.
[2] Ashanin V, Filenko L, Pasko V, et al. Informatization on the Physical Culture of Students Using the «Physical Education» Computer Program [J]. Journal of Physical Education & Sport, 2017, 17.
[3] Education technique and Computer, ICETC, International Conference on [M].
[4] Linn M C, Gerard L, Ryoo K, et al. Education technique. Computer-guided inquiry to improve science learning. [J]. Science, 344.
[5] Martin J. The effectiveness of a mentoring-based professional development on physical education teachers' pedometer and computer efficacy and anxiety [C]// Aps March Meeting. American Physical Society, 2008.
[6] Martin J J, Mccauthy N, Kulina P, et al. The Effectiveness of Mentoring-Based Professional Development on Physical Education Teachers' Pedometer and Computer Efficacy and Anxiety [J]. Journal of Teaching in Physical Education, 2008, 27(1):68–82.
[7] Mclean D D. Use of Computer-based technique in Health, Physical Education, Recreation, and Dance. ERIC Digest. [J]. Computer Assisted Instruction, 1996:4.
[8] Papastergiou M. Exploring the potential of computer and video games for health and physical education: A literature review [J]. Computers & Education, 2009, 53(3):603-622.
[9] Russell M A, Morgan N G. Proceedings of the 2009 First International Workshop on Education technique and Computer Science - Volume 01 [C]// First International Workshop on Education technique & Computer Science. IEEE Computer Society, 2009.
[10] Yu B Y, Vlasyuk E A. Computer technique as a pedagogical innovation in physical education of schoolchildren [J]. Pedagogika, 2011.