Research on the Development of Computer-aided Higher Vocational Physical Education Teaching in the Network Information Age

Hui Ma¹*
¹Bayingol Vocational and Technical College, China, 841000
*Corresponding author e-mail: 1178914492@qq.com

Abstract. This research analyzes the development direction of PE teaching in the future from the development trend of computer aided in the network information age. This research analyzes the development direction of PE teaching in the future from the development trend of computer aided in the network information age. The author points out the significance of network information to the development of physical education teaching through the discussion of network information, and compares the network information-assisted physical education teaching mode with the traditional teaching mode in many aspects and angles, so as to draw a more accurate and fair conclusion for the reference of higher vocational physical education teaching researchers.

Keywords: Network Information, Computer-aided, Physical Education

1. Introduction
In the past few years, the development of the information industry has been very rapid, especially in the era of the popularity of the Internet, information is everywhere, with the popularity of smart phones, more and more network information is no longer spread through the computer, instead of a large number of crazy spread through mobile phones, whether you are engaged in personnel or unemployed, are in a society where network information is prevalent. In such an era of network information flooding, big data prevalence, if we cannot use network information, it will be a great loss, so, no matter the society and any industry, no matter what occupation, are more or less using the existing network information, and then provide the best information support for itself. This study analyzes the development trend of PE teaching in the network information age from the development trend of PE teaching in Xinxiang Vocational and Technical College.

2. Overview of network information
The advent of the information age makes people's life more and more convenient, and people's requirements for living standards are also higher and higher. As far as Chinese colleges and universities are concerned, the traditional learning and living mode cannot meet the needs of students, and students also require more convenient learning and lifestyle. In addition, policy-oriented, these promote the construction of campus information. This is not only a great opportunity for us, but also a great challenge, in the face of such a society full of information, we have to learn to filter this information, use
useful information for their own use, filter out useless garbage information. From the current situation, students are not doing enough at this point. However, we can use the secondary filtering of the information through the teachers of the school, so that we can use the information to the teaching. Figure 1 shows the development of computer-aided sports in China in recent years.

![Figure 1](image_url)

**Figure 1.** Research on the Development of Computer-Aided Higher Vocational Physical Education Teaching in China in recent years

It has to be admitted that the Internet and teaching can be well combined. The network information is different from the transmission of ordinary information. The network information dissemination speed is fast. The dissemination scope is wide. We can use the network to obtain the latest information on teaching and learning, and learn the latest information on education and teaching in the world. Also suitable for physical education, through the Internet, teachers and students can understand or track the latest physical education in the world or news on the dynamics. This is very helpful to expand the latest knowledge of teachers, for students, can also access the latest sports information. Therefore, the arrival of the era of network information, we should pay attention to, should play the role of network information in physical education teaching, so that the traditional mode of physical education teaching has been improved, and give full play to a large number of excellent resources of modern network information. Optimize the mode of physical education teaching and realize the forward development of physical education teaching in higher vocational colleges.

After understanding the relevant knowledge of network information, we have realized the impact that it brings to people. If we do not grasp this tool of network information well, physical education teaching will not only develop, but also impacted on the contrary, which will be counterproductive. So we should make use of the network information this tool correctly, must learn to filter the network information.

3. The significance of computer assisted network information to higher vocational physical education teaching

Computer-aided physical education is the reform and promotion of traditional educational ideas and methods, and the Internet is more suitable for the needs of students at present, and can arouse students' enthusiasm and participation in teaching. The integration of "Internet" into higher vocational physical education teaching is to use the Internet platform to integrate the content of physical education teaching online teaching, improve the teaching method into a flexible form of online teaching, can give teachers and students more space to play, so that physical education teaching more situational, practical, information, professional, and cultivate more contemporary and progressive physical education talents. The characteristics of computer-aided physical education are shown in Figure 2.
3.1. Computer-aided teaching promotes the fairness of physical education
The traditional physical education teaching is mainly classroom teaching and after-class skill training, students are passive acceptance, interaction and enthusiasm is not high, and the differences between students are easy to be ignored. With the help of Internet platform and technology, teachers can make network courseware and video, and give students who have poor foundation or poor learning and training effect in class and after class the opportunity to re-learn and train freely. At the same time, the computer aided mode pays more attention to the ability training of students in various aspects, such as application, cooperation, thinking and exploration, so as to improve the fairness of teaching.

3.2. Computer-aided teaching improves students' personal abilities
The computer-aided teaching of network information is different from the traditional mode of face-to-face interaction between teachers and students. The teaching mode and learning style are more free and flexible, and can be taught and studied online. The leading role of students is remarkable, and the learning time and learning style can be freely controlled.

3.3. Computer-aided teaching to improve physical education
Under the computer aided mode, the way of physical education teaching is different from the traditional classroom teaching, which is to spread knowledge and skills with the help of information and network, and to drive students' learning style, learning choice, learning norms and learning planning to change. Students in the Internet can fully contact and learn more sports theory knowledge and professional skills knowledge, but also through video, audio and other very intuitive practice of professional skills, learning process has repeatability and flexibility, students' learning effect is more obvious, the main role is more significant, the overall will promote the improvement of teaching results.

4. General situation of physical education in traditional mode

4.1. Physical education in traditional mode
Traditional Chinese-style education is generally a teacher-centered, book-centered and classroom-centered teaching model. The traditional classroom teaching mode often forms the situation of teachers' one-way indoctrination and students' passive acceptance. In particular, the traditional mode of physical education teaching is more typical, generally is dominated by physical education teachers, students passively accept management and training. In the whole physical education teaching process, the teacher is to take oneself as the center, asks the student according to own demonstration movement as the standard, lets the student practice repeatedly, finally achieves learns the student to imitate successfully, copies the movement all to complete. In the whole process, almost no consideration is given to the feeling and difficulty of learning in the process of learning, but only requires students to meet the requirements through a large number of repeated exercises. To a large extent, this has caused students to be reluctant to learn, and there is also hate for teachers.

4.2. Physical education teaching content in traditional mode
From ancient times to present, under the traditional education mode, mainly carries on the book education based on the teaching material, unifies the traditional knowledge experience and then applies the theory to the practice. And in the physical education classroom, often take the physical education syllabus as the basis, carries on the physical education teaching content strictly according to the teaching plan. With the change of the times, the present students are no longer the students of the past, and the students' thoughts have changed greatly. If the teaching content does not change, it will lead to the disconnection between the teacher's teaching and the students' learning.

4.3. Teaching method in traditional mode
In the traditional education mode, the teaching method of physical education major generally also adopts the traditional method, that is, the physical education teacher first makes the action demonstration, then decomposes each action essentials, finally by the student carries on the repeated practice according to the decomposed action essentials, in order to achieve the goal of mastering the content of the action. In the whole process of physical education teaching, students have been imitating, teachers have been imitating, so that students have little interest in learning. Students will soon forget the content of learning.

5. Some suggestions on the exploration of teaching in higher vocational education in network information age

5.1. Improve the comprehensive quality of PE teachers and strengthen the construction of teaching staff
Physical education is a compulsory course for students, and the influence of teachers on students is profound. Higher vocational colleges must build a team of PE teachers with innovative spirit and skills. Therefore, PE teachers must keep up with the times, renew their self-knowledge structure, constantly adjust and improve their abilities, and attach importance to the improvement of their comprehensive professional accomplishment.

5.2. Effective teacher-student interaction using APP platforms with high utilization rate
At present, the network information is affecting the life of modern people in an unprecedented way. Because the students in higher vocational schools are generally younger, have lower psychological maturity, and have no pressure to go to school at the same time, most students will waste a lot of time on the online social platform. From another level, the network social platform is a double-edged sword in the higher vocational students group. As PE teachers, we can completely guide students to beneficial aspects. PE teachers can join students through the network social platform and become another form of teacher-student interaction. With the help of the network platform, teachers can move the classroom to the network and complete the sharing of information knowledge through the network publishing platform.

6. Conclusion
Computer-aided physical education is the requirement of physical education in the information age and the combination of modern educational technology and physical education. The majority of sports workers are either affected by traditional teaching concepts and teaching methods, or limited by their own computer and multimedia knowledge, unwilling to use computer and multimedia technology to assist teaching, thus affecting the promotion and development of computer-aided teaching. Therefore, the majority of sports workers should actively change their ideas to gradually cultivate interest, through practice to learn the use of multimedia auxiliary system technology.

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