Research on the development of school physical teaching computer teaching and automation management system based on the present situation of modern network

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Abstract. Today's students' physical quality is very poor. Many parents realize that their children's sports performance is not up to the standard. Examination oriented education makes us pay less attention to physical teaching. We delayed our children's physical teaching. In order to improve the physical quality of students, experts believe that the effect of computer supported physical teaching system is significant. With the development of network technique, the development of computer physical teaching teaching system has been guaranteed[1]. The automatic management system of physical teaching teaching is also concerned by people. This paper explains the advantages of computer physical teaching. This paper also describes the steps of establishing the automatic management system. Finally, this paper puts forward the corresponding conclusions.

Keywords: Modern Network, Computer Teaching, Physical Teaching, Automatic Management

1. Introduction
Many schools do not attach importance to the learning and innovation of physical teaching curriculum. They only attach importance to students' cultural achievements. However, the health of students is very important. Keeping healthy can guarantee good learning ability. At this stage, people are aware of their mistakes. The appearance of quality education makes people begin to attach importance to physical teaching. Researchers believe that the computer physical teaching teaching system is very effective. Compared with the traditional teaching, computer technique can play a more powerful role. With the rapid popularization of computer technique, the cutting-edge technique of physical teaching is also in continuous development.

The traditional management mode of physical teaching teaching is very old. This model wastes human and financial resources. What's more, it's difficult to bring the charm of physical teaching into full play. Many students hate the traditional physical teaching (see Figure 1). Students think that physical teaching is free play time. We can't make students get bored. On this basis, teachers should guide students to complete professional physical teaching courses[2]. The use of computer physical teaching course learning can effectively improve the quality of physical teaching classroom. Automatic management can also effectively supervise students to improve their own physical quality.
This paper describes the construction steps of automatic management system. I hope it can give some help to scholars.

2. Theoretical analysis of the principle of computer-based automatic management

2.1. Construction of local area network
In general, campus network is the integration of local area network. LAN can accurately control the input and output of data. Local area network can realize the function of office automation. We think of LAN as an electronic chain. It connects all the computer systems in the campus. The network principle of computer-based automatic management system is local area network. Therefore, LAN is very convenient.

2.2. Remote information transmission on the Internet
The Internet is the main node of information transmission. It is also the intermediary of information transmission[3]. The Internet can realize the transmission and collection of wireless information. Physical teaching curriculum resources are downloaded from the Internet. Course resources are virtual information shared by users to other systems through the Internet. Therefore, the author thinks that the technical principle of automatic management is the technique of Internet remote information transmission.

2.3. Modular management
The automatic management system has many module functions. Generally speaking, the school information portal will set up many kinds of functions. These modules are called subsystems. They are generally installed in the server. Module management can distinguish different kinds of function settings. The modular management system based on physical teaching teaching can be divided into physical teaching teaching, sports competition and students' sports measurement.

2.4. Resource sharing platform
The main content of physical teaching teaching is physical teaching curriculum resources. Teachers use physical teaching curriculum resources to teach students to learn professional sports knowledge. This kind of teaching mode cannot be changed. Therefore, the function principle of automatic management platform is resource sharing system. The duration of network resource management is permanent. Students can also log in to the automatic management platform to find some special course resources. Resource sharing is the main content of automatic management teaching.

3. Analysis of the main advantages of computer-based physical teaching teaching

3.1. It can carry forward the spirit of sports
There are many users of computers. People use computers to look for all kinds of information. The use of computer in physical teaching is an important innovation and breakthrough. The users of PE teaching system are usually students. Some users are members of the community. The wide spread of computers can spread information to distant places. The speed of this process is very fast. Therefore, the author believes that computers can carry forward the spirit of sports.

3.2. It improves students' interest in learning
According to the above description, students are tired of traditional physical teaching. They think that the knowledge content of physical teaching curriculum is very little. The students' psychology is pure. Computers are very attractive to students. The use of computer technique in physical teaching can improve students' interest in learning. The students think that this learning method is novel. What they need is innovative learning methods. Moreover, computers can give them more resources.

3.3. It can guarantee the teaching quality of physical teaching course
Examination oriented education makes us pay less attention to physical teaching. Many PE teachers have no professional academic knowledge. It's hard for them to master the rhythm of the class. Their academic knowledge will even be questioned by students. The emergence of computer physical teaching course can provide students with more accurate academic knowledge. High quality physical teaching curriculum can also improve the teaching quality of teachers. Students can understand the professional knowledge of sports more easily.

### 3.4. It can urge students to improve their physical quality
It is not very important to study the content of physical teaching. The physical quality of students is the most important. We must grasp the reason why students study physical teaching. The study of physical teaching course based on computer can urge students to improve their physical quality. Teachers can guide students to complete the physical teaching curriculum test. Credits for physical teaching courses can be included in cultural achievement. This way can be easier to urge students to exercise.

### 4. The development and application of computer teaching in school physical teaching based on the current situation of modern network

#### 4.1. Course teaching supported by multimedia technique
Multimedia technique includes video technique and audio technique. The course resources are usually displayed by video technique. If students hate the traditional classroom teaching, teachers can play the video content in the projector[7]. Vivid physical teaching teaching can not only make students have a good visual experience, but also help students remember sports knowledge deeply. The use of audio technique can help students produce permanent memory (see Table 1).

**Table 1.** The main characteristics of sports and related computer sports teaching technique

| Sports             | Feature               | Computer technique          |
|--------------------|-----------------------|------------------------------|
| Artistic Gymnastics| Action points         | 3D software                  |
| Basketball         | Three step layup      | Sports resources sharing     |
| Table Tennis       | Batting action        | Virtual Reality technique    |
| Traditional Wushu  | Action Essentials     | 3D software                  |

#### 4.2. Three dimensional model of sports action teaching
Standard sports movements can exercise special muscles. The standard movements of some sports can get twice the result with half the effort. Many students like basketball. However, their shooting is not standard[4]. This situation leads to their shooting accuracy is very low. The computer can use three-dimensional software to depict detailed sports action models. Students can look for errors in their own actions according to these models.

#### 4.3. Practical exercises using virtual reality technique
Many schools don't have special sports facilities. Moreover, in bad weather, it is difficult for students to learn outdoor courses. Computer based virtual reality technique can effectively solve this problem. Many students love table tennis. There is no corresponding table in the school. Students can use virtual reality technique to complete the virtual combat link. In this process, students improve their physical fitness and learn a lot of sports knowledge.

#### 4.4. Establishment of physical teaching curriculum resources website based on computer
Many of today's large course resources are not free of charge. Moreover, many resource websites have the goal of commercialization. The school can establish some corresponding sports curriculum resources website. Students can log in to the website to find the PE courses they are interested in. Different schools can share different sports resources. Students can't find the resources in the information portal of our school, so they can put forward sharing strategies to other schools.
5. The development of automatic management system of School physical teaching Computer Teaching Based on the present situation of modern network

5.1. Sports resource management system
The main goal of the automatic management system is to help students find the appropriate physical teaching curriculum resources. Therefore, the establishment of sports resources management system is necessary. Schools can establish links to other websites in their own information portal websites. Students can click on these links to go to other websites to find course resources of interest. The shortage of resource management system is that the cost of output is huge.

5.2. Establishment of sports competition system
Sports competition can help students review sports knowledge, it can also help students improve physical quality. Many teachers think that this kind of competition can effectively improve students' physical and mental health. The management system can set up the corresponding sports competition links. The system management teacher can publish the registration method of recent sports competition on the official website of the system. Students can directly sign up for sports competitions in the information portal.

5.3. The measurement system of students' sports achievements
Students' physical teaching test must be completed once a year. This way can effectively urge students to exercise. Students' physical teaching achievements will be recorded in the automatic management system. The automatic management system will automatically divide the passing score line. Some students who fail in physical teaching will be given a make-up examination. In the process of the make-up examination, the management system can arrange physical teaching teachers to help.

5.4. File management system for students and teachers
Call management system not only has a lot of curriculum resources, it should also have the files of students and teachers. The file management system is mainly used in the personal file management of physical teaching teachers[5]. It can also assess the performance of each quarter of teaching. It can evaluate the teaching quality of physical teaching theory course[8]. According to the calculation of the file management system, the school can evaluate the excellent physical teaching teachers and outstanding sports graduates of the year.

6. Benefit analysis of the application of the automation management system of the school physical teaching computer teaching based on the present situation of the modern network

6.1. It can help schools improve the mechanism of physical teaching
In fact, the mechanism of physical teaching in many schools is backward. The teaching content of physical teaching course based on computer is novel. In the primary stage of electronic teaching, many teachers are difficult to adapt to the rhythm of teaching. There is no doubt that electronic teaching will become the development trend of physical teaching in the future. Computer teaching can help schools improve the traditional mechanism of physical teaching.

6.2. It can help students pay more attention to their health
Many teachers think that students' physical quality is very poor. Many students are easy to catch a cold. Most of the students have myopia and obesity. This phenomenon has sounded the alarm bell to the parents. Students are the future of our country[9]. We can't let students bury the starting line. As young users of the network, students use the Internet frequently. CAI can help students pay attention to their health.

6.3. Social benefits of computer education
With the spread of the epidemic in foreign countries, China began to use network teaching to help students complete their studies[6]. Therefore, network teaching will become an important trend of teaching in the future. There is no doubt about the social benefits of computer physical teaching. People today will keep fit. They are more concerned about their health[10]. As a young group of society, the social benefits of computer education are also practical for students.

7. Conclusion

Quality education makes us pay attention to the study of physical teaching. The sharing of physical teaching curriculum resources with computer technique is an important breakthrough. According to the above description, the author thinks that the automatic management system will become one of the future teaching management trends.

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