Research on multimedia technology of physical education classroom combined with computer platform

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Abstract: With the rapid development of the economy, the development of information technology is also relatively rapid, and informational teaching is being valued by more and more educators. The organic combination of information technology and classroom teaching can not only stimulate students' interest in learning, but also improve students' learning efficiency, thus enhancing the quality of teaching. Therefore, teachers should enhance the concept of high technology when teaching, and combine information technology with teaching methods. This paper mainly analyzes the application status and existing problems of information technology in physical education classroom, and discusses the application strategies of information technology in physical education, so that people can raise awareness of information technology.

1. Introduction
With the continuous development of science and technology, multimedia has become more and more important in our lives. The application of multimedia technology in the physical education classroom can provide rich teaching resources, which can innovate the teaching methods and concepts of physical education teachers, help physical education teachers optimize the physical education classrooms in an efficient and scientific way, and make students' sports literacy and exercise. Enthusiasm is improved. Therefore, today's physical education teachers should keep pace with the times, combine multimedia with physical education, optimize the mode and content of teaching, and pay attention to the arrangement of after-school sports assignments, thus enhancing students' enthusiasm for exercise.

2. Disadvantages of traditional physical education
(1) Single teaching content
In traditional physical education, teachers often take the teacher as the main body, and neglect the students' feelings. This also makes the physical education classroom more formal, and the teaching materials are boring. Over time, a vicious circle is formed, which makes students lose interest in learning.

(2) Teaching method behind
When conducting physical education, there is often a situation of heavy training and light education. This will also lead to the inability to achieve physical education for students, and the physical quality of students cannot be improved significantly. Students cannot truly grasp the theoretical knowledge and sports of sports. The ability to exercise is contrary to the development needs of society.

(3) Not paying attention to theoretical teaching
When conducting physical education, teachers often adopt uniform scoring standards when they take exams, which makes students have no autonomy and cannot mobilize their own initiative, so that
their potential cannot be exerted. In addition, when teachers are engaged in physical education, they do not pay attention to the cultivation of students' physical quality and professional skills[1].

(4) No teaching in accordance with their aptitude

Due to the differences in the physical quality of students, if traditional physical education methods are used, it is highly likely that students with poor physical or physical skills will be unable to keep up with the progress and will not adapt to the teaching mode, thus making students lose their enthusiasm for sports.

3. Advantages of using multimedia technology in physical education classrooms

In today's physical education classroom, the rational use of multimedia technology plays an important role in optimizing the teaching environment, stimulating students' interest, and motivating students' enthusiasm for learning. In the classroom, the application of multimedia technology can highlight the difficulties of teaching and achieve twice the result with half the effort. Effect.

(1) Optimize the physical education environment

In the physical education classroom, the theoretical knowledge of the indoor curriculum is more abstract, and the materials, illustrations and words are relatively monotonous, and the practical movements are technically strong. This will make the students understand more difficult to learn while studying. Big. Therefore, if the physical education teacher combines the theoretical and practical knowledge into a multimedia courseware during the teaching, through the "settlement" and "slow motion" methods, the teaching process is optimized with such vivid pictures and animations, and the teacher can also focus on The action is explained, so that the students can clean the technical essentials of seeing the action, thus stimulating the students' interest in learning. When conducting physical education, create teaching scenarios, optimize the teaching environment, and adopt a combination of dynamic and static methods to enable students to rise from perceptual cognition to theoretical cognition, while teachers provide theoretical guidance to students and guide students to knowledge. Practice makes adjustments to the teaching structure, and this will make the classroom of physical education more interesting and comprehensive, and the learning effect of students will be significantly improved [2].

(2) Improve students' aesthetics and cultivate their sentiments

Sports itself has strong value and beauty. For example, volleyball and table tennis all require teachers to demonstrate, so multimedia devices can be used to shape the image of beauty. Today's physical education content is more, and the skills are more difficult, so many physical education teachers can not make the action norms. If you use multimedia equipment while teaching, the professional skills are clearly reflected on the screen, and students can appreciate and absorb it. In the process of watching the video, the students gradually understand the meaning of the beauty, which not only cultivates the sentiment, but also enhances the interest and self-confidence of the students' learning. At the same time, the students can be more brisk and generous when they are engaged in sports action learning.

(3) Enrich classroom content and stimulate learning interest

"Interest is the best teacher." No matter which course is taught, interest is more important. Students can only explore and learn about the content if they are interested in the content of the teacher. Therefore, teachers can understand the preferences of students when they are teaching physical education, and they are fully prepared before class, which makes students have a strong interest in sports in the classroom. The use of multimedia equipment in the physical education classroom is not only rich in teaching content, but also enables students to have a strong interest in learning. This helps students master the essentials of sports and lay a good foundation for practical courses.

4. The Status Quo and Problems of Information Technology in Physical Education

Although information technology has been incorporated into current physical education, most teachers are limited to the theoretical knowledge when they are used, and practice is less. The main reasons for this problem are: the informatization concept of physical education teachers is not strong, and the
informatization teaching technology is in the form. In the actual teaching, advanced teaching concepts are not adopted, and teaching methods are backward, and schools are funding for information technology. The investment is not in place.

In today's physical education, although many schools have allowed students to make their own choices about the direction of learning, there are still students who believe that sports is a practical teaching, so they tend to ignore informational teaching. When teachers integrate information technology into physical education, they are often traditional indoctrinating teaching, which will make students' sports have annoying interest, which makes learning efficiency decline[3].

5. Application Strategy of Information Technology in Physical Education

(1) Use multimedia technology to arrange sports

In the process of physical education, the integration of information technology into the classroom teaching, the role of the promotion of physical education, and its not only limited to the course explanation, after the class can also use multimedia technology for homework. Physical exercise is not only the role of physical fitness, but also the spirit of perseverance and courage. In fact, it guides people to enhance their important activities of physical and physical literacy. The use of multimedia technology to arrange sports assignments after class can combine physical education, activities, and spirit to enhance students’ enthusiasm for sports literacy and exercise[4].

For example, after the physical education class, students can be assigned the role of “sports star quotes”. After class, let students enjoy the video, famous sayings, etc. of their favorite sports stars, and then use multimedia technology to make them into ppt or short video and upload them to the class group. It is the style that students can enjoy together with sports stars. Among them, we learned the spirit of bravery and perseverance.

(2) Audio, video, text, etc., enhance memory

Applying information technology to physical education, multimedia texts can be used to display texts, videos and pictures related to physical education classrooms. With the development of technology, multimedia technology can quickly and accurately find texts or pictures that are appropriate for this class. The teacher collects these contents and makes them into courseware, which is played in the classroom. It is a strong interest in the students' sports.

For example, when teaching, teachers can play related videos to let students repeat the key actions. If they encounter difficult actions, they can pause the video and the students can imitate and strengthen the memory. Playing audio in physical education can explain the technical essentials for students. Text or pictures related to sports can enhance memory and strengthen learning (as shown in Figure 1). Combine these with teaching materials when teaching, so as to play a better teaching effect.

![Figure 1 multimedia teaching picture](image)

(3) Improve motor skills through visual representation

The visual representation mainly refers to the site and sequence of the action items of the sports through video. He can imagine the intrinsic features of the things. According to relevant surveys,
students’ knowledge acquired through hearing accounts for 15% of memory, and knowledge acquired through visual access accounts for 65% of memory. From the above data, it can be seen that teachers can create students for teaching. Audiovisual and integrated teaching activities to enhance students’ motor skills [5].

For example, when performing long jump teaching, students can't see their actions, so it is difficult to know their mistakes. In this case, the teacher can take the whole process of the student's long jump action, let the students carefully observe the video to find out the wrong point, and in the next contact, the student can correct his mistake and accurately capture the technology. Essentials, so that students' physical skills are improved.

(4) Enhance teaching flexibility and stimulate learning interest
When teachers are engaged in physical education, they should focus on the enthusiasm of the students, thus stimulating students' interest in learning. With the help of information technology, it can provide teachers with rich teaching resources. Teachers can effectively combine these teaching resources into classroom teaching while teaching, thus enhancing the flexibility of teaching, and students' interest in learning will also be Enhanced.

For example, when teaching high jump knowledge, it is inevitable that the teacher will only make a verbal explanation, which makes the students lose interest in the physical education classroom, resulting in a decline in teaching efficiency. Therefore, the teacher can play the picture or video related to the high jump content when teaching (as shown in Figure 2), so that the students have enough understanding of the high jump, apply information technology to the physical education, and display the key skills. Enable students to accurately master the techniques and methods of high jump. Therefore, the rational use of information technology in the physical education classroom can significantly improve the teaching efficiency, but also enrich the teaching content, so that students' learning enthusiasm is improved, and the students' sports potential is fully explored.

![Figure 2 Multimedia Presentation Teaching](image)

(5) Expand teaching content
With the advent of the quality era, physical education should also conform to the development of the times, with the aim of quality education. Therefore, when conducting physical education, students should not only master the sports knowledge, but also continuously improve the students' comprehensive quality and sports skills. Teachers can expand the teaching content while conducting physical education, and excavate extracurricular resources with the help of the network, so that the overall quality of students is improved [6].

For example, when teachers are teaching physical education, they can insert videos or pictures during the period, which not only can achieve the effect of expanding the teaching content, but also fully mobilize the students' interest in learning.

6. to sum up
All in all, when teaching physical education, it is very unnecessary to apply multimedia technology.
Physical education should also end the traditional teaching method of “teachers to teach the apprentices” as soon as possible. Physical education teachers should continue to explore and innovate, optimize multimedia production techniques, and make students have a strong interest in the physical education classroom. Enter the era of modern multimedia teaching.

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