Design and Application of Teaching Resources Sharing Platform for Physical Education Major Based on Internet

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Abstract. In recent years, the problem of excessive obesity and poor physique of teenagers has become increasingly prominent. Teenagers lack of life experience and labor training. Their psychological quality is also very poor. The limitation of exam oriented education can never be broken through. In order to solve these problems, the Ministry of education put forward the rectification measures of sports professional education. Let physical education become a compulsory course for children. Put students' physical and mental health first. Nowdays, the learning method of network teaching is more and more popular. Based on the Internet, the sharing of physical education curriculum teaching resources has become an innovative way for students to learn sports curriculum content. This paper puts forward the current situation of the sharing of physical education teaching resources. This paper also puts forward the design principle of shared resource platform. On this basis, this paper puts forward specific strategies for the construction of shared resources.

Keywords: Physical Education Curriculum, Teaching, Sharing Platform, Design

1. Introduction

According to the national vision control organization data research, scholars found that today's youth myopia rate reached 85%. This data is very shocking. In addition, according to the national Ministry of education youth sports performance data statistics, scholars found that the average level of young people's sports performance is far less than the score line of sports performance standard [1]. What's more, the problem of obesity and poor immunity is becoming more and more serious. The school pays too much attention to examination oriented education. These problems make students' study and life in chaos. After absorbing the experience of failed examination oriented education, the Ministry of education of the people's Republic of China calls on all schools to pay attention to students' physical education.

The advocacy of the Ministry of education is an important regulation that every school should abide by. However, some schools are still unable to implement the actual teaching task of physical education curriculum. Obviously, the traditional form of physical education teaching is difficult to carry forward the spirit of sports. In recent years, with the rapid progress of network teaching, people gradually realize the convenience of sharing network learning resources (see figure 1). The sharing of P.E. curriculum resources can improve the learning motivation of P.E. majors. In addition, students...
can also learn the common sense of scientific exercise. The sharing ability of network resources has brought the convenience of network communication into full play. Based on this, this paper puts forward some practical strategies for the construction of network resource sharing platform.

2. The current situation of sharing teaching resources of PE Specialty Based On Internet

2.1. Sharing status of basic resources of physical education course
The basic resources of sports discipline refer to the basic knowledge of sports content. The system of basic knowledge must be complete. In the teaching of physical education, the basic resources can not be lacked. Fortunately, the construction of basic resources of sports courses in China is relatively complete. Many schools have developed some excellent resource sharing courses. On this basis, the sharing advantage of sports basic resources is also great.

![Figure 1. Physical education teaching resources sharing.](image)

2.2. Current situation of sports curriculum resources sharing
The basic content of sports can help students learn the way of scientific exercise. Facing different teaching tasks, expanding resources can be used as a supplement to basic resources [2]. The resources of the network-based curriculum include the network lectures and simulated test assignments. In addition, some professional PE teachers will record some simulated training courses. Unfortunately, however, most teachers are able to record only traditional teaching courses.

2.3. Current situation of course audience of network teaching resources
In order to study the number of students listening to the online resources of physical education courses, scholars conducted a statistical survey. According to the statistics of data, scholars find that the audience of online courses in sports colleges is the most. The sharing audience of online courses is also many. The number of people ranked second is double top universities. Compared with the former two, the average university network resources sharing audience is the least.

2.4. Construction of website sharing of teaching resources of PE major
The types of information on the Internet are very complex. At present, many websites of sharing physical education resources are established. However, the current teaching resources involve many copyright issues. Some of the teaching resources of some ordinary websites that are not connected with the education website can not be downloaded. Besides, the interaction of some teaching resources is missing. This is also the disadvantage of most common websites.
3. Design principles of sharing platform of network resources of sports subjects

3.1. System principle of platform
Generally speaking, the sharing platform of sports network resources is actually a teaching system. It should include teachers resources, student resources, teaching media and teaching design elements. It should pay attention to the convenience of teachers and students' operation and the convenience of using resources. The sharing platform of network resources should pay more attention to the dissemination and use of resources. The system should pay more attention to teaching methods and sharing advantages.

3.2. Guiding principles of the platform
The teaching mode of physical education is similar to that of other subjects. They all need guidance. The resources of physical education curriculum should pay attention to guide students' study and exercise. Moreover, some platforms for resource sharing also add teaching interaction mode [3]. The function of interaction is also welcomed by all teachers and students. The platform also provides feedback area for sports training effect. Students can feedback the effect of recent physical exercises to teachers through the feedback area. The teacher can give the corresponding guidance.

3.3. Hierarchical principles for different people
The basis of the understanding of the physical education content is the learners' experience. Some teaching platforms arrange a series of functions according to the students' sports foundation. Facing the students with poor sports foundation, the platform will share some simple sports curriculum resources. Facing the students with high sports foundation, the platform can share some difficult sports courses. Of course, the difficulty of these physical education courses can be changed at will.

3.4. Open principle of platform construction
The establishment of resource sharing platform cannot be closed door. The richness of network resources is desirable. Each formal sharing platform should have a database. This database can be linked to other resource sites. When students can not find resources in the sharing website, the platform can call the curriculum resources of other resources websites to provide students with use. This is the principle of openness that is necessary for the establishment of the platform.

4. The design strategy of the sharing platform of physical education teaching resources based on Internet

4.1. The transformation of the three main contents is a necessary step
The design of the platform must realize the transformation of three main contents. The first thing that needs to be changed is the concept of teaching. The platform needs to abandon the traditional concept of physical education teaching. The second is the purpose of running a school. The main purpose of the platform is to help students find a variety of physical education curriculum resources. The third thing that needs to be changed is the teaching content. Network course must highlight the richness and systematicness of the course content (see Table 1).

4.2. The platform can strengthen the cooperation with other universities
According to the data of online course resources, the sponsors of many teaching resource sharing platforms are schools. An ordinary teaching platform can not have a lot of high-level sports teaching resources [4]. In order to strengthen the stability of the sharing platform, the platform can cooperate with other schools. The school provides high-quality physical education courses for the platform. To improve the popularity of the school. The platform can also provide some benefits for schools.
4.3. The optimization of physical education teachers' academic level
The establishment of network platform needs the support of some online teachers. The network platform can employ some part-time physical education teachers. However, many students find that the academic level of sports curriculum resources in sports network sharing platform is relatively poor. This proves that the professional quality of the physical education teachers who record online lessons is very poor. In order to attract more students' attention, the course resource sharing platform needs to optimize the professional quality of online teachers.

4.4. Establishment of knowledge evaluation system of sharing platform
The traditional knowledge evaluation system of physical education teaching is not standard. Many physical education teachers even send the contents of the test paper to the students. This situation leads to the students' sports knowledge foundation is not solid. As a teaching type of course sharing platform, the platform needs to establish a knowledge evaluation system to help students consolidate the knowledge of learning in the classroom. The evaluation system can take the form of online examination paper. It can also use offline sports training video recording form to realize knowledge evaluation.

| Strategy                        | Design principles     | Significance               |
|---------------------------------|-----------------------|---------------------------|
| The transformation of teaching  | Systematic principle  | Systematic transformation |
| University Union                | The principle of openness | Academic exchange         |
| Optimizing the level of Teachers| Guiding principles    | Strengthen the guidance   |
| Innovation of knowledge evaluation | Open principle      | Repetition of knowledge   |

5. The necessity of the design of teaching resources sharing platform for P.E

5.1. It can meet the current needs of sports
After entering the 21st century, China applied for the Olympic Games. The holding of Beijing Olympic Games marks that China will promote the development of sports. China needs to cultivate more sports talents. The design of sharing platform can change students' views on the curriculum of physical education. Through the development of innovative teaching content, students can learn more professional sports knowledge. The design of sharing platform can meet the needs of current sports talents training.

5.2. It strengthens the exploration of informatization in physical education teaching
Before the emergence of sharing platform, the traditional physical education teaching mode is unable to attract students. A lot of students get bored. The Ministry of education has been emphasizing the reform measures of physical education. However, few schools implement this policy. Experts put forward the information inquiry of physical education teaching. In recent years, this process of inquiry has not been promoted. The design of PE curriculum resource sharing platform accelerates the process of informatization of PE teaching.

5.3. It can enrich high quality physical education teaching resources
A few years ago, China has been emphasizing the advantages of exam oriented education. This situation leads to the school to pay too much attention to the study of theoretical subjects. At that time, the importance of physical education had been ignored. After the quality education was put forward, the physical education subject was paid more attention. However, due to the slack in the early years, the teaching resources of physical education are very few. The construction of resource sharing platform can greatly enrich high-quality sports teaching resources.
5.4. It is forced to strengthen the professional quality of physical education teachers
In the period when exam oriented education was valued, many schools did not pay attention to the professional quality of physical education teachers [5]. Even some amateur teachers are placed in the position of physical education teaching. The emergence of sharing platform brings students into the virtual world of network resource teaching. In this case, some poor quality network course resources can not be accepted. Therefore, the construction of the platform is also forced to strengthen the professional quality of physical education teachers.

6. The practical meaning of the application of teaching resources sharing platform of physical education major

6.1. It is in line with the characteristics of contemporary students' seeking knowledge
We should reflect on the main reasons why students are tired of offline teaching. Offline classroom mainly relies on the hard way of inculcation teaching to impart knowledge. However, most of the students don't like the forced teaching. What they need is a state of free learning. The teaching resource sharing platform fully conforms to the characteristics of contemporary students' seeking knowledge. Its use can help students find their own interests. Let students form a good habit of autonomous learning.

6.2. It breaks the limits of traditional education
The traditional physical education pays more attention to the students' theoretical achievements. It is not strict in assessing students' outdoor performance. This leads to students can not learn professional sports skills. Teaching resources sharing platform provides students with well-known online course resources. Students can find different physical education courses according to their own preferences. Online courses focus on the learning of students' professional knowledge. It can not only help students master a lot of theoretical knowledge, it can also help students improve their physical quality. On the whole, it breaks the limitation of traditional education.

6.3. It can carry forward the spirit of sports
The decline of sports spirit should not be an obstacle to the development of the new era. Many schools do not attach importance to the study of physical education [6]. This is not true. It is also the main reason for the poor physical quality of today's students. The establishment of sharing platform can make students understand the charm of sports spirit more clearly. We should carry forward the spirit of sports with the help of students' minds. Resource sharing platform is a good choice.

7. Conclusion
Compared with the traditional physical education, the sharing platform of physical education resources based on Internet will be widely welcomed. There is no doubt that it will establish a complete sports knowledge system. This does not mean that we should abandon the traditional physical education teaching. We should combine the two to carry forward the spirit of sports.

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