Application of Computer Multimedia Technology in Track and Field Teaching and Training

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Abstract. The 21st century is an era of information explosion, and the multimedia technology is also growing vigorously. It not only changes the conditions of many industries, but also brings a completely new innovation to the education industry. The advent of Computer multimedia technology has brought about a qualitative change in educational concepts and ideas. It has brought opportunities and challenges to educators, as well as efficiency and science to students. Students no longer accept the knowledge singly and passively, and do not need to be restricted by the age of teachers and teaching methods. With the assistance of Computer multimedia technology, college track and field teaching and training will have a new look, allowing students to devote themselves to learning more willingly, and the vast and abundant technical resources also allow students to get more high-quality and advanced teaching materials. Because Computer multimedia technology has an obvious influence on track and field teaching and training, this paper will discuss the track and field teaching and training. First, it will discuss the necessity of integrating Computer multimedia technology into track and field training, and then talk about the great significance of Computer multimedia technology in the track and field teaching and training. Finally, it puts forward some constructive suggestions for the better integration of Computer multimedia technology with track and field teaching and training and to maximize the effect. I hope that we can contribute to the physical education cause in the motherland.

Keywords: Computer Multimedia Technology; Track and Field Teaching and Training; Application

1. Introduction
Traditional physical education teaching methods are showing more and more drawbacks, leading to decreased students' enthusiasm, unsatisfactory teaching quality, high teaching stress on teachers, etc. As a way to cultivate students' comprehensive physical qualities and abilities, the track and field subject should have already been optimized and reformed. The introduction of Computer multimedia technology has completely changed the decadent and boring track and field subject. New teaching concepts, wonderful teaching content, and intuitive teaching explanations have re-built students' confidence. Therefore, the Computer multimedia technology plays a very valuable role in track and field teaching.
2. The Necessity of Combining Computer Multimedia Technology with Track and Field Teaching and Training

2.1. The Traditional Single Teaching Mode is No Longer Suitable for Actual Needs
In traditional track and field classes, the teacher usually imparts knowledge verbally in class, and students use their imagination to listen to and understand the class. The teacher will also perform demonstrations after class and students will practice after class. This backward teaching method should be eliminated long ago. It not only does not meet the requirements of social development, but also reduces students' mastery of track and field skills. Moreover, students are tired and resist against such teaching methods [1]. How can they devote themselves to learning? Therefore, colleges and universities should be aware of these shortcomings in time, and make full use of modern multimedia education technology to offer track and field teaching a new style, improve the classroom atmosphere, and increase their interest in track and field, so as to increase their learning initiative and enthusiasm. Only by this way can track and field events last long with vitality.

2.2. The Combination of Computer Multimedia Technology and Track and Field Teaching and Training is the Need to Promote the Reform and Innovation of Track and Field Teaching and Improve the Comprehensive Quality of Students
Track and field is a practical subject. If the teacher only tells it verbally and on the blackboard, the teaching effect will be very poor. Students can only use their associations to understand it. But the application of Computer multimedia technology can let the content of the track and field course more intuitive and vivid, so that the mastery of key points, difficulties and main points will become much easier and more efficient. At the same time, with the support of Computer multimedia technology, students can broaden their horizons, and teachers can provide students with more knowledge in related fields, so that students can broaden their horizons, expand their scope of knowledge, better arm their brains and improve their abilities, and comprehensively cultivate students' moral, intellectual, physical, aesthetics and labor abilities to help students develop into a better and more comprehensive person with the help of Computer multimedia technology.

3. The Significance of Computer Multimedia Technology in Track and Field Teaching and Training

3.1. Increase Teaching and Training Resources to Make the Teaching Process More Vivid and Concrete
Computer multimedia technology enables teachers to directly find more wonderful pictures, videos, etc. that meet the teaching content on the computer when preparing lessons. It can be seen that the broad Internet platform will increase the teachers' teaching materials and resources, so that the explanations to students will be more easy and fascinating [2]. At the same time, teachers should better link modern technology with sports games. Sports games are very helpful for students to master knowledge points and enhance understanding. Teachers can set up some game situations that match the current course content to make students become curious by lively and interesting methods.

3.2. Significant Effect on the Breakthrough of Key Points and Difficulties in Track and Field Teaching
The track and field subject is very practical. If the teacher's teaching content is too boring or inadequate, the students will either be uninterested or not learn content that is enough scientific. Some teachers may have just graduated, so they explain the essentials not very thoroughly, causing the students to be confused after class. Although the older teachers are rich in experience, due to their physical inconvenience in demonstrating movements, they also bring tremendous learning pressure to the students, but the Computer multimedia technology can just make this contradiction best resolved. Through intuitive and vivid video display, students can easily break through key points and difficulties by turning abstract theoretical knowledge into intuitive and clear video guidance.
3.3. Cultivate Students' Subject Quality and Improve Teachers' Professional Quality
After applying Computer multimedia technology, teachers should learn to return classes to students and improve students' autonomy and initiative. With the support of multimedia media, teaching resources for students are richer, and many extracurricular resources are also available, which enriches students' horizons and improves the skills of practice and thinking. This process can make students realize that physical education is not just a body building project, it can also exercise people's will, team spirit, etc. Through in-depth and all-round learning, the students' subject quality can be improved. At the same time, the professional quality of teachers has also improved. Physical education teachers should actively learn and master new equipment, and always maintain a mindset and attitude of keeping pace with the times and constantly updating themselves, so as to benefit more students.

4. The Application Strategy of Computer Multimedia Technology in Track and field Teaching and Training

4.1. Teachers Should Pay Attention to Strengthening of Their Own Comprehensive Quality
The wheels of technology are rolling forward, and if you can't keep up, you can only fall behind and be eliminated. Similarly, the teaching methods of teachers should also change with the times. Many teachers refuse to keep pace with the times due to age or mentality, and always enjoy the unchanged conditions. This is extremely irresponsible for students and education. In track and field teaching, teachers need to have a solid knowledge reserve and be able to explain and demonstrate to students skillfully [3]. After the introduction of Computer multimedia technology, more high requirements will naturally be put forward for teachers. Teachers must be proficient in the use of these scientific equipment to achieve their goals, so that track and field teaching and training can become more powerful with the assistance of Computer multimedia technology.

4.2. Pay Attention to the Diversification of Methods When Developing Track and Field Teaching and Training
The advent of Computer multimedia technology has swept away the deadly atmosphere of traditional track and field teaching. Teachers change the old teaching mode, allowing students to master knowledge points in a more systematic and standardized manner. In addition, teachers should combine diversified training while explaining theoretical knowledge. Teachers can search for various interesting training methods on the Internet for students to imitate and learn, which effectively promotes students' multi-faceted and in-depth understanding of track and field-related knowledge and technical points, and solves difficult and doubtful points in time, so as to give full play to the positive role of Computer multimedia technology.

4.3. Optimize the Content and System of Track and Field Assessment
Recalling the history of physical education in China, the sport of track and field has cultivated countless elites and strong athletes for the motherland. It can be said that track and field is an important sport and a basic sport. It has been cultivating energetic and comprehensive talents for other sports. It fully exercises the athletes' basic physical stamina and willpower, and lays a solid foundation for completing more difficult technologies. Therefore, in order to maintain this good momentum, allow more students to be treated fairly and equitably, and make the teaching effective, focus shall be laid on optimizing the assessment system and evaluation standards of the track and field subject. Grade should not be the only criterion for judging a person, and the task of a student is not just to get high grades. Students should be positioned from a comprehensive perspective for long-term considerations. If teachers still blindly follow the old standards of judgment, it is undoubtedly killing students' self-confidence. Therefore, the previous assessment systems that were uniform, lacking in practicality, and fairness should be re-developed. Especially after the application of Computer multimedia technology, some assessment systems and evaluation standards that conform to the
teaching model of Computer multimedia technology should be formulated to focus on the improvement of students' ability and the cultivation of the sportsmanship and sports quality.

5. Conclusion
The effect of integrating Computer multimedia technology into track and field teaching and training is obvious to all. It has been favored and pursued by teachers and students. It has also improved the quality of teaching and training to a certain extent, and has successfully mobilized students' initiative and enthusiasm. At the same time, it has also effectively improved the original track and field teaching model, broke through some of the bottlenecks in track and field teaching, made up for teaching loopholes, and linearly improved teaching quality. Therefore, in order to allow the sound and rapid development and innovation of track and field teaching and training, we should vigorously promote the combination of the Computer multimedia technology and track and field teaching and training so that they can make mutual achievement and maximize their effect.

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