Research on the Influence of Network Distance Teaching on the Reform of College Physical Education

Mingzhu Yuan1*
1Department of Foundational Education, Fuzhou University of International Studies and Trade, Fuzhou, China
*Corresponding author e-mail: YuanMingzhu@fzfu.edu.cn

Abstract. With the development of computer technology, higher education reforms have made better progress. After the application of computer technology is mature, colleges and universities begin to use computer network distance courses to expand students' learning resources and learning horizons. This paper mainly focuses on the application and reform influence of network distance teaching in physical education.

Keywords: Network Teaching, College Physical Education, Teaching Reform, New Ideas

1. Introduction
At present, computer networks are infiltrating all areas of our social life. This has caused great changes in the entire society. At the same time, it will also lead to profound changes in educational thoughts, concepts, models and methods. Computer network-based distance education has strong information dissemination ability and excellent resource sharing performance. It provides rich teaching resources and extremely flexible teaching methods for teaching, which can improve the initiative and flexibility of students' learning. College physical education should use modern network technology to open up new ideas for college physical education reform.

2. The development of information technology
Information technology (IT), or information and communication technology (ICT), or electronic information and communication technology usually refers to microelectronic technology, electronic communication technology and computer technology as the backbone, combined with other technical fields (such as space technology, laser technology, etc.) Comprehensive technology. The industry-information industry based on electronic information and communication technology is becoming the leading industry and basic industry of the world economy. Figure 1 shows the development and evolution of information technology [1].
Figure 1. The development and evolution of information technology

3. The development of online distance courses

3.1. The Development Status of Online Distance Education
Distance education for schools (institutions, narrow sense), my country's distance education started relatively late. In September 1998, the Ministry of Education approved the pilot universities for distance education for the first time and started my country's online distance education. In 1998, a total of 9,000 online students were enrolled. Among them, Tsinghua University enrolled 1,700 online postgraduates; Hunan University has enrolled 3,500 online students, and has begun to recruit college students, and also carried out adult online training through the Internet; Zhejiang University is in the first two years, nearly 3,000 undergraduates studied online and enrolled more than 200 graduate students. So far, with the approval of the Ministry of Education, 67 colleges and universities across the country have launched pilot programs for online education, and the number of online education students has increased year by year. Forecast analysis shows that in the next 5 to 10 years, China's network scale is likely to reach the world's largest, the information service industry's annual growth rate will exceed 30% on average, and education will become one of the important service industries.

3.2. The concept of online distance courses
In a broad sense, distance learning: learners (students) use various learning resources, learning behaviors and thinking activities in the context of not assisting scholars (teachers continuously face-to-face guidance. Learners will conduct autonomous learning through the Internet and use resources to learn independently. Online learning (including the independent learning of students in schools using various educational resources) should be recognized as broad distance learning. Broad distance education and narrow distance education are shown in Figure 2 [2].
4. Application forms of online distance education

While network teaching brings benefits, it also has many disadvantages. The advantage is that it achieves a high degree of information sharing, reduces the consumption of manpower and material resources, and in this mode, there are few interference factors in learning, as long as the network is unblocked, the teaching can be completed, no longer affected by time and space. Its disadvantage is that there is less communication between teachers and students. In order to realize the complementary advantages of online teaching and traditional teaching, it is recommended to regulate from the following aspects to form a more practical application form.

4.1. Improve the quality of teaching courseware

The main carrier of the online education teaching process is the online teaching courseware. The main problems of the current online teaching courseware are the single model and poor interactivity. There are cases where the single-machine courseware is slightly modified and used online. The popular online courseware models are "online video" and "online reading". These two models ignore the learning characteristics of different students, cannot attract students to study for a long time, and cannot meet the interactive requirements of students in the learning process. In the process of making online courseware, in addition to refining the teaching content and enriching the form of expression, it is also necessary to strengthen the design of teaching interaction. The refinement of teaching content includes the provision of background materials and teaching extensions necessary for teaching. The form of expression includes the use of teaching videos, animations, sounds, texts and other multimedia forms supported by computers. Teaching interaction can rely on MSN, BBS, and programs. Design and other technical realization.

4.2. Strengthen the interaction in the teaching process
To realize the interaction in the teaching process through the network, there are mainly the following forms:

1) Use BBS technology to build a message board for course teaching. Students can submit the problems encountered in the learning process to the message board, and teachers or other students can answer them;

2) Use MSN, QQ, and NetMeeting software to build an implementation counseling room. These softwares are all information exchange software, supporting text, sound, video, electronic whiteboard and other forms of communication, which can improve the interactivity in the teaching process.

3) Use Email technology to set up teaching counseling mailbox. The above two forms have real-time requirements. If teachers or students do not participate in real-time, there is no guarantee that they can receive (see) the corresponding teaching information afterwards. For this reason, the teaching mailbox can be used to make up for it. The account and password of the teaching mailbox can be made public so that students can answer questions with each other.

4) With the help of programming technology, further enhance interactivity and achieve personalized teaching. The characteristic of programming language is that different information output can be generated according to different information input. Using programming language such as Visual Basic, Flash, according to teaching content, teaching progress, etc., set the information group with appropriate logic to achieve the purpose of enhancing interactivity.

5. The necessity of colleges and universities to reform physical education
The traditional teaching method is no longer suitable for the current society. The traditional teaching method highlights the leading role of teachers. It focuses on the knowledge and skills taught by teachers and the knowledge and skills required by students to learn. It focuses on the mastery of basic knowledge and skills. It uses teacher's explanations and demonstrations to give students the teaching content in a qualitative form. It does not require independent thinking and discovery by students, but only needs to practice in accordance with the teacher's explanations and demonstrations. The focus of teaching is to learn and master the "three basics", and students are always in a state of passive learning. This model emphasizes foundation rather than choice, and emphasizes order rather than creativity. It ignores the subjectivity of students and limits the cultivation of students' innovative thinking ability. Therefore, people are used to thinking that "physical education is physical education, physical education, and boring and boring physical exercises."

For a long time, college physical education textbooks have been mainly organized based on competitive events, and the content is outdated; the design is based on the mastery of sports technology, and the training model of professional athletes is required to require college students. It lacks the characteristics of fun, entertainment and fitness value of the project. Show. Failed to clarify the principles of project fitness in detail, and failed to effectively explain the role of sports in shaping human personality and socialization, which is exactly what college students need. At the same time, the results of the physical education class are carried out through comprehensive physical education theory examinations, technical evaluations and standards [4].This kind of assessment method makes many students memorize and practice sports skills hard to cope with the exam, and the main goal of fitness is put in a secondary position. Based on the above situation, it is not difficult to find that the current physical education model in ordinary colleges and universities is not compatible with the current quality education requirements and talent training specifications. Therefore, physical education in colleges and universities must be reformed in terms of educational thought, educational concept, educational content and teaching mode.

6. The development prospects and directions of college physical education network teaching
With the vigorous development of quality education and people's attention to the quality of life, the trend of college physical education reform will shift from "teacher-centered and campus physical education to student-centered, open education without walls" to meet People's urgent need to exercise and strengthen their physical fitness; shift from "traditional teaching-based teaching mode to
innovative teaching methods focusing on exploration, discovery, and problem solving"; shift from "education mode focusing on competitive technology to improving physical health" Quality education model". Based on its own advantages, college sports network teaching will surely become the main means of future school sports education and the construction of a life-long sports learning society.

7. Conclusion
With the introduction of computer network distance courses, the development of physical education courses has become broader. At present, there are still some problems after introducing distance courses into physical education, but I believe that with the continuous development and maturity of network technology, the reform of online distance courses will become more mature.

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