

Discussion on the Reform of Physical Education in Higher Vocational Colleges under the Background of "Internet Plus"

Lifu Liu

Chongqing Polytechnic University of Electronic Technology, Chongqing, China

Abstract: With the in-depth development of the information society, the application of "Internet Plus" has penetrated into the development of all walks of life in society. In the field of education, the application of "Internet Plus" has greatly enriched teaching resources and improved teaching quality. This paper will discuss the reform of physical education in higher vocational colleges under the background of "Internet Plus". The purpose is to make full use of the advantages of "Internet Plus" to promote the development of physical education in higher vocational colleges and comprehensively improve the quality of physical education personnel training.

Keywords: "Internet Plus"; Higher Vocational Sports; Teaching Reform

1. Introduction

The application of "Internet Plus" in the field of education is a new teaching method derived from the development of the times and the emergence of new technologies. "Internet Plus" promotes the renewal and iteration of educational concepts and the innovation of teaching models, making higher vocational physical education more targeted and able to meet the personalized learning needs of different students, which is of great value to the development of China's education.

2. The Significance of Higher Vocational Physical Education Reform under the background of "Internet Plus"

2.1 Conducive to Enriching Classroom Teaching Content

The most direct impact of the integration of "Internet Plus" into higher vocational physical education reform is to enrich the classroom teaching content, break the boundaries of space and time, and make physical education more flexible and rich. Students can access sports

events around the world, training videos of professional athletes and various sports theoretical knowledge through the network platform. The diversity of these resources is far beyond the traditional sports classroom can provide. In addition, the Internet also provides teachers with a wealth of teaching materials and tools, which can simulate real sports scenes, so that students can experience sports in a virtual environment and deepen their understanding and mastery of sports skills. At the same time, teachers can also use interactive discussion and other tools to understand students' learning situation in real time, and adjust teaching strategies in time to make teaching more personalized and efficient.

2.2 Conducive to Resource Sharing

Educational equity is a key issue in the field of modern education. Due to the imbalance of regional economic development, there are huge differences in educational resources, which has always been a key issue in the development of China's education. The integration of the concept of "Internet Plus" can effectively realize resource sharing, reduce the differences in educational resources, promote educational equity, and promote the development of the country's overall education. The limitation of traditional sports teaching resources and the singleness of teaching methods restrict students' learning experience and teachers' teaching effect. The intervention of the Internet has changed this situation. Through the network platform, students can access a variety of internationally advanced sports teaching videos, online courses and interactive software. These resources not only include the demonstration and explanation of various sports skills, but also include theoretical knowledge such as sports physiology and sports psychology, which has greatly broadened students' knowledge horizons and improved their learning interest and motivation.

2.3 Conducive to Carrying Out Targeted Teaching

More advanced technologies and teaching methods are integrated into higher vocational physical education teaching under the background of "Internet Plus". Teachers can use these technologies to understand the real learning situation of students, which is conducive to carrying out targeted teaching activities. With the help of Internet technology, teachers can collect and analyze students' physical fitness test data, skills and personal interests through the online platform, so as to customize a set of teaching programs that meet the characteristics and needs of each student. In addition, through the Internet platform, teachers can monitor students' learning progress and participation in real time and give feedback and guidance in time. This real-time interaction and feedback mechanism greatly improves the pertinence and effectiveness of teaching. Students' difficulties and problems encountered in the learning process can be quickly solved, which not only enhances their learning confidence, but also promotes their love and investment in sports.

3. Reform Path of Higher Vocational Physical Education under the Background of "Internet Plus"

3.1 Strengthen the Construction of Teachers' Team and Improve Teachers' Information Literacy

From the perspective of teachers, higher vocational physical education reform under the background of "Internet Plus" should continue to strengthen the construction of teachers' team, improve teachers' information literacy, constantly tap the advantages of "Internet Plus" and apply it to practical teaching. As the leader of teaching activities, teachers' information literacy and teaching ability are the key to the success of the reform. Schools should formulate systematic training plans and regularly provide teachers with training courses in network technology, multimedia technology, big data analysis and other aspects to ensure that teachers can keep pace with the times and master and use Internet tools for teaching activities. In addition, the school should also encourage teachers to actively integrate into the online learning community

and share teaching resources with other educators through the network platform, so as to continuously broaden their horizons and improve their teaching innovation ability and information literacy. At the same time, we should build a scientific and reasonable teacher evaluation system to stimulate teachers' learning and improve their enthusiasm. In this system, teachers' information literacy and ability to use information technology will become one of the important indicators of evaluation. In this way, teachers' efforts and achievements in teaching practice will be recognized and rewarded, so as to form a positive incentive mechanism. In addition, as the leader of education, the school should actively provide a platform for teachers' learning and further education, regularly organize teachers to participate in various information technology seminars and academic forums, so that teachers can constantly learn new teaching concepts and technical means in the communication with peers. Through these platforms, teachers can learn about the latest developments of educational technology, master advanced teaching methods and integrate them into physical education teaching practice, so as to improve the quality and effect of physical education teaching. In addition, the school can also cooperate with well-known enterprises or research institutions to introduce high-quality educational resources and training projects, provide more learning opportunities and development space for teachers, and promote the continuous improvement of the overall quality of teachers[1].

3.2 Innovating Teaching Mode and Constructing Online and Offline Mixed Teaching

The innovation of teaching mode is the basic requirement for classroom teaching in the process of promoting China's education reform. The integration of "Internet Plus" promotes the innovation and breakthrough of teaching mode, and realizes the implementation of online and offline mixed teaching mode, which is of great significance for improving students' Sports Core literacy. This teaching mode breaks the restrictions of time and space, enables students to study anytime and anywhere, and enhances students' autonomous learning ability and team cooperation ability through online interaction and communication. The construction of

online and offline mixed teaching mode needs to focus on the construction of online teaching mode, and build the corresponding online teaching platform. The platform should contain rich teaching resources, sports teaching videos, electronic textbooks, online tests, etc., to meet the diverse learning needs of students, and the online teaching platform should also have interactive functions to promote exchanges and cooperation between students. At the same time, teachers can use the online platform to release personalized learning tasks and encourage students to learn new sports skills through videos after class. In addition, the online platform also needs to have the function of achievement display. Students can upload their own sports videos and accept the evaluation and suggestions of classmates and teachers. This open communication method can not only improve students' sense of participation and belonging, but also stimulate their creativity and desire for expression. While offline teaching focuses on the training of practical skills and the improvement of physical quality. Through the organization of sports activities, skill competitions and other forms, students' practical ability and team cooperation ability are enhanced. The implementation of online and offline mixed teaching mode requires teachers to have high information literacy and teaching design ability, and can organically combine online and offline teaching resources to maximize the teaching effect. Under the background of "Internet Plus", higher vocational physical education reform needs to innovate teaching mode and build online and offline mixed teaching, which can not only improve teaching efficiency and quality, but also cultivate students' lifelong sports consciousness and healthy lifestyle, and lay a solid foundation for their all-round development [2].

3.3 Relying on Information Technology, Constructing Sports Digital Teaching Resource Database

The reform of physical education in Higher Vocational Colleges under the background of "Internet Plus" is a long-term and complex project, which can not be realized overnight. This new educational concept and the application of educational methods are not only the application of information technology on the surface, but also a teaching concept

based on the development of the times, which needs to be continuously realized with the support of schools and the efforts of teachers. In this process, it is necessary to fully rely on information technology, build a digital teaching resource database of physical education, plan for the long-term development of physical education in higher vocational colleges, and better promote the improvement of the quality of physical education talents training in higher vocational colleges. The sports digital teaching resource library should distinguish between students and teachers. For students, the resource library should provide detailed explanation of sports theoretical knowledge, intuitive skills operation video tutorials and rich classic case analysis. These contents are carefully designed to stimulate students' interest in learning and meet their extensive needs for sports knowledge. In addition, the resource library should also set up an interactive exchange area where students can share their learning experience, raise doubts, and make progress with classmates to form a positive learning community. For teachers, the sports digital teaching resource library is a powerful teaching auxiliary tool. It not only provides rich teaching materials to help teachers display teaching content more vividly in the classroom, but also provides a variety of teaching plan design templates and course evaluation tools, so that teachers can flexibly adjust the teaching plan according to the actual situation and learning progress of students, so as to ensure the efficiency and pertinence of teaching activities. In addition, the resource library should also have a professional development column to provide the latest sports teaching research trends and teaching method innovation, and help teachers constantly update their knowledge and improve their professional quality. At the same time, the development of knowledge in modern society is changing with each passing day. In order to ensure the timeliness and foresight of the content of the resource library, it is necessary to arrange special personnel to update and maintain the content of the resource library, eliminate outdated content and introduce the latest sports teaching concepts and technologies. In addition, we should pay attention to the feedback collection of users' use. Whether it is the teacher side or the student side, we should constantly optimize the

function and user experience of the resource library to ensure that it can meet the changing teaching needs. In this way, the sports digital teaching resource library will become an indispensable part of the reform of Higher Vocational Physical Education and an important support for the improvement of the quality of Modern Higher Vocational Physical Education [3].

4. Conclusion

The proposal and development of the concept of "Internet Plus" has promoted the innovation and breakthrough of education, injected impetus into the reform of physical education in higher vocational colleges, and promoted the development of China's education. In the process of in-depth application of "Internet Plus", it is necessary to ensure the full play of the advantages of "Internet Plus" from all dimensions, make full use of this opportunity to improve the quality of higher vocational

sports talent training, and provide more high-quality sports talents for the country.

References

- [1] Wang Junjie, Guan Bo. Research on the reform and practice path of national traditional physical education teaching mode in colleges and universities under the background of "Internet Plus" [J]. Martial arts research, 2024,9(04):95-97.
- [2] Ding Guanming. Research on the development path of physical education teaching mode in higher vocational colleges under the background of "Internet Plus" [J]. Contemporary sports science and technology, 2024, 14(08):37-40.
- [3] Sun Mingyuan. The practical application of traditional sports culture in higher vocational physical education under the background of "Internet Plus" [J]. China New Communications, 2024, 26(02):242-244.