

Development of On-line Physical Education Teaching Mode Based on Computer Multimedia and Network System

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Abstract. Online physical education is an important way to promote the high-quality development of physical education in the environment of wisdom education. By giving full play to the advantages of the application of computer multimedia and network system and integrating all kinds of high-quality physical education teaching resources, we can provide students with rich content and vivid process in physical education teaching classes, promote students to better integrate into physical education teaching activities, the real realization of physical education goals of teaching. This paper analyzes the advantages of online physical education based on computer multimedia and network system, and discusses the online physical education teaching mode according to the requirements of Physical Education Innovation.

Keywords: Computer, Multimedia, Network system, Online sports, Teaching mode

The teaching mode of combining network teaching with multi-media adapts to the requirement of demonstration in physical education teaching. The combination of network teaching and multimedia teaching can stimulate students' multiple senses, make students accept teaching contents more easily, achieve good teaching effect, and facilitate students' cognition, memory and understanding. In the teaching at the same time to mobilize the audio-visual function, can significantly improve students' learning efficiency and promote the improvement of their motor skills.

1 THE ADVANTAGES OF DEVELOPING ON-LINE PHYSICAL EDUCATION TEACHING MODE BASED ON COMPUTER MULTIMEDIA AND NETWORK SYSTEM

The teaching method of combining network teaching with multimedia is helpful to play the role of teachers. The controllability and strong reproducibility of network teaching and multimedia teaching are helpful for teachers to operate actively according to the teaching needs and effectively control the progress, frequency and intensity of multimedia stimulation in order to obtain the expected effect. The combination of network teaching and multimedia can stimulate students' interest in learning. The rich network teaching content causes the student's interest and the enthusiasm to increase greatly, thus may enhance the study efficiency, speeds up the student study grasps the movement the process. At the same time, through the function of multi-media, we can create a teaching environment that is in accordance with the teaching content, so that students can be in a real situation, be influenced and inspired, and students can have a stronger interest and desire for knowledge in a specific environment, it can promote the improvement of teaching quality. The combination of network teaching and multimedia teaching is helpful for students to understand the essentials of each link of action technology.

The combination of network teaching and multimedia teaching is helpful to correct the mistakes in students' exercises in time. Using the multimedia teaching method, we can list some common wrong actions, and give the reasons and

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correction methods of the mistakes. With the help of pictures and text, students can adjust and correct the movements they master and remember by watching the correct techniques and combining with the teacher's explanation. At the same time, because network teaching and multimedia teaching can establish a good teaching feedback information system, students can directly see the actions they have just completed by means of watching, video recording, playback and contrast, correct the wrong action in time.

The traditional education and training mode lays stress on completing the course task, neglects the students' mastery and understanding of the sports teaching content, meanwhile the teaching content is too monotonous and lacks interest, and the students prefer to study the sports content independently, it is out of line with the teaching content of physical education, and the learning progress and situation of each student are different, which also leads to the teacher not taking into account the learning situation of each student, it also points out that the action skills and difficulties in the process of physical education teaching, including the role and function of the platform of rich educational resources, is to provide a window for teachers and students to study and discuss, the learning group of the course can choose the content of the courseware they want to know according to their actual conditions, and the teachers can also choose the content according to the feedback of the students, make use of their professional knowledge to innovate the content of the courseware that students are interested in.

Through the network platform, students do not simply follow the teacher's thinking, but their own divergent thinking to explore more efficient methods, but also independent innovation of learning content, and even the transformation of the identity of teachers and students, students actively share their understanding of the main points of various sports movements, and based on their own experience to give students a more accurate analysis of sports difficulties. Interactive two-way communication not only enables teachers and students to communicate effectively, but also plays a positive role in the improvement and optimization of teachers' courseware. In addition, teachers can clearly set the requirements of the curriculum, how to improve the quality of the curriculum is the key, but also more conducive to the improvement of curriculum assessment content.

2 POINTS FOR ATTENTION IN THE DEVELOPMENT OF ON-LINE PHYSICAL EDUCATION TEACHING MODE OF COMPUTER MULTIMEDIA AND NETWORK SYSTEM

Lack of the development of independent thinking ability and creative ability of curriculum learners, and the lack of flexible education methods in traditional education model lead to the students in school do not pay attention to the improvement of their comprehensive quality. Through the application of the information network platform, teachers will actively optimize and innovate the teaching content after contacting the multimedia teaching resources. At the same time, teachers will also set up the relevant curriculum content for students' teaching, the students are encouraged to show their charm, and the students' innovative ability and comprehensive quality have been improved. With the help of the information-based network teaching platform, the PE class has become lively and lively, at the same time, it also promotes the ability of the course learning group to absorb knowledge efficiently in the network teaching class.

Although multimedia teaching has its own unique advantages, it is only an auxiliary teaching method for physical education, but the physical education teaching more needs the teacher to carry on the technical movement teaching demonstration, the instruction and the correction mistake personally to the national student, causes the student to obtain the enhancement and the exercise in the concrete practice teaching. In order to manifest its so-called modern teaching and blindly use multi-media in physical education teaching, we should combine the characteristics of physical education teaching and the advantages of multi-media teaching, reasonable use of multi-media teaching in physical education.

Teachers should play a leading role in multimedia teaching. Teachers should not only be the makers and operators of multimedia courseware, but also be the bridge between courseware and students, to the courseware insufficient place carries on the supplement, even the personal demonstration, in addition must have the selective guidance to carry on the courseware study. When making multimedia courseware, teachers should first of all study the teaching materials carefully, and collect materials which are helpful to highlight the key points and difficulties on the basis of understanding the teaching materials, then, according to the need of teaching task and aim and the actual level of teaching object, the collected materials are processed and redeveloped to form high-quality multimedia courseware.

Correctly handling the relationship between various elements in the teaching process. The process of multimedia classroom teaching mainly includes four elements: teachers, students, teaching materials and media. The four elements are connected with each other and restrict each other to form an organic whole. In order to achieve good teaching effect, the relationship between the four elements must be well dealt with. The multi-media teaching can be combined with the teaching of sports technology, and the students can use part of their time to carry out multi-media teaching, so that they can have a certain intuitive understanding of the technical actions they are learning and have a certain interest in learning, then the teacher's leading role in the study and practice, so that students can use the shortest time to master the technical movements and theoretical knowledge to learn, master certain motor skills and learning methods. When compiling multimedia teaching courseware, we should emphasize the continuous improvement and innovation of knowledge, strengthen the application ability of all kinds of software, and make use of the characteristics of all kinds of software in the production process, so that the teaching courseware has a certain creativity to achieve the picture and text, audio-visual synchronization effect. In addition should be based on visual teaching content, for the technical and tactical teaching to be detailed, to highlight the focus.

3 THE DEVELOPMENT STRATEGY OF ON-LINE PHYSICAL EDUCATION TEACHING MODE BASED ON COMPUTER MULTIMEDIA AND NETWORK SYSTEM

Setting up physical education teaching environment and improving teaching efficiency. The multimedia network has various ways to present the teaching contents, and uses the means of video recording and animation to simulate, decompose and combine various technical actions, by organically linking individual static actions into a continuous and dynamic picture, and by combining dynamic and static actions, not only has the teaching environment been created, in addition, it can make the students' understanding of techniques and tactics rise from the perceptual to the rational, thus adjusting the teaching structure better and helping the students to understand and master the technical actions. In the past physical education teaching, the key and difficult points of the movement must be demonstrated repeatedly by the teacher, emphasizing that in a physical education class, the movement must be repeated many times; many complicated and rapid movements, not conducive to students observe and carefully understand each action in detail. The use of network technology teaching software will avoid the problems mentioned above. When teaching, the teacher's action demonstration can be broadcast directly to the students. The students who have learned how to do the exercises can do it. The students who can not use the control button can repeat the action demonstration, and the key and difficult points of teaching are also very obvious, showing with specific sounds and icons, reminding students to pay attention, at the same time using feasible teaching methods to demonstrate, vividly solve the key and difficult points, let students intuitive, active, three-dimensional, comprehensive grasp of action, improve the effectiveness of teaching. It can be seen that the real-time application of network technology teaching software in physical education not only enables students to learn knowledge, but also deepens their understanding, memory and mastery of the learned actions, moreover, it has trained their ability of active thinking, observation and study, and improved the teaching efficiency of physical education.

Multi-media and network teaching can arouse students' interest in learning, promote students' all kinds of sense to participate in perceptual activities, change passive receiving information into active receiving information, and take the initiative to participate in the whole process of classroom teaching, maximize learning efficiency. In the traditional teaching, teachers often attach importance to the teaching of theory, technology and theoretical knowledge, not to the stimulation of imagination, not to the cultivation of creative thinking. The use of multimedia image, specific, vivid picture of the sports professional knowledge, so that students in the visual and auditory stimulation of a harmonious signal, so that the brain access to a variety of, multi-level knowledge, the interest and enthusiasm of the students were immediately aroused. As a tool to help students learn, the internet function of multimedia network can provide students with rich resources, students can obtain a lot of knowledge and information, which is beneficial to daily learning, and broaden their horizons, broaden their knowledge, which is well suited to the teaching mode of colleges and universities and the learning mode of college students.

Multimedia teaching can enable students to quickly find themselves in the practice of non-standard technical action. In the process of physical education teaching, the mastery of technical movements is an important link. The use of multimedia technology first takes pictures of the students' overall movements with a video camera and then processes them by computer, it can quickly and accurately display the whole movement track and the main parameters such as the relative displacement, velocity and angular velocity of each joint in various parts of the body, help the students improve their movements. In shooting technique, the angle of shot determines the parabola and angle of entry, and the best angle of shot is different for different distance. With the help of multimedia, teachers can shoot students' shots with a video camera at different distances, and then compare them with the best shot angle of different distances stored in the computer and the parabola of the flight of the basketball. After comparative analysis, students will clearly see their own shooting skills in the shortcomings. Therefore, the combination of multimedia teaching can easily solve the traditional teaching methods are difficult to solve the problem.

Using information technology to assist teaching process management. The management of P. E. Teaching process mainly includes the preparation of teaching, the organization of teaching according to the requirements of teaching outline, the reasonable arrangement of sports program and the scientific evaluation of teaching effect. The following to teaching evaluation, feedback and site, equipment management-based analysis. First is the teaching evaluation and feedback, using computer software to evaluate the teaching work, reduce the influence of human factors, including teachers' teaching ability and teaching level, teaching effect and other indicators. The new curriculum concept emphasizes the humanization education, pays attention to the student's individuality difference, respects the student main body, fully excavates the student potential. This requires physical education teachers to organize teaching with students as the center, encourage and guide more, improve students' self-study ability, establish multiple evaluation models, and pay attention to the feedback from the evaluation process, reflect on the teaching process, improve teaching methods, and gradually improve the level of teaching guidance. In addition, there are funds, teaching sites and equipment use, the establishment of equipment purchase and Inspection Database, and timely update, the end of the semester or the end of the academic year for evaluation, make use of these data to improve management. Colleges and universities can introduce computer software to make sports education funds, equipment, venue management work more standardized.

4 CONCLUSION

Based on the computer multimedia and the network system on-line sports teaching, through the comprehensive use of audio-visual effects interactive expression of learning content, to provide students with intuitive and vivid perceptual knowledge, it can mobilize the function of vision and hearing, turn profound into simple, abstract into concrete, static

into dynamic, insipid into magic, and improve students' understanding and memory efficiency. We should renew and reform the multimedia courseware constantly, collect various sports materials, at the same time, summarize the problems in the multimedia courseware teaching, perfect the courseware constantly.

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