

Application Technology of Image and Video Teaching Method in College PE Classroom Teaching

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Abstract

The practical application of image and video teaching method is the general trend of the progress and development of modern teaching technology. The research of this theory achieves the purpose of stimulating the quality of physical education classroom teaching through the modern educational application of video and image. Image video teaching method applied to undergraduate course colleges and universities sports teaching, to enhance the college students in professional teaching thinking consciousness, learning desire, cultivate students' innovation consciousness and creative thinking and so on have profound significance, and also can solve the problems of the traditional concept teaching theory and insufficiency, rich teaching means, to push forward the reform of physical education teaching, education teaching level has good reference value.

Keywords

Image and video teaching method; college education; physical education teaching; classroom teaching.

1. Foreword

Under the promotion of the reform of quality-oriented education, the concept, mode and method of physical education teaching in colleges and universities have been changed greatly, and many new subjects and technologies have been applied in teaching activities. Centering on multimedia technology, this paper understands the application of multimedia technology in college physical education from the aspects of classroom teaching means, teachers' information literacy, network platform system and students' independent consciousness.

2. The Era Background of The Image and Video Teaching Method

According to a survey released by the National Health Commission, 19 percent of young Chinese students and 16.8 percent are overweight students, or one in every five people who is an overweight teenager. The rate of myopia of school students is 70 percent. These shocking statistics show that the physical constitution of China, especially the teenagers, has been improved to an urgent extent, which has attracted the attention of most experts in related fields. As the gathering place of professional talents, the decline of the physical quality of undergraduate students has become a problem that the education commission pays close attention to. Public physical education is the course established by the majority of students in non-sports related majors. At present, as a compulsory subject offered by undergraduate colleges and universities in China, it is not only to cultivate and exercise qualified senior talents with comprehensive quality and ability for the construction and progress of the motherland. At present, there are many problems in the public physical education teaching courses in undergraduate colleges and universities in China, which cannot meet the general requirements of the purpose of training professionals in the new century. The obsolete of the course teaching mode is one of the most important factors. It is a major difficulty in the physical education

reform to establish a new and efficient public physical education curriculum model that can meet the general requirements of the new century.

The focus of public physical education and teaching in undergraduate colleges and universities should be student-oriented, and actively promote the physical, psychological and social skills, overall healthy progress and improvement of college students. As front-line physical education teachers, teachers must consciously set up the development policy of "health first", and focus on cultivating and exercising students' interest in participating in sports and improving their physical ability related aspects, so as to cultivate and train their lifelong physical education awareness. This is the obligation that every physical education frontline teacher should do and should fulfill. In the comprehensive implementation of the education policy, the implementation of quality education to improve the physical and mental quality of students as the original aspiration and mission today, to enhance the final formation of students' sports ability and sports habits and participation consciousness, is more conducive to stimulate students' interest in learning and lifelong adhere to physical exercise prerequisite. The research and application of video image application technology in public physical education class in colleges and universities is based on the current environment.

The practical application of video image application technology is the general trend of the further development of modern teaching mode. It is a general process in which human beings obtain static photos or dynamic display video files with the help of various capture means, and process video images or dynamic data together. Video image application technology in the undergraduate school public PE teaching course flexible application is through video image technology processing students general basic practice detailed process (video image) for the first time, intuitive clear, time synchronization through video file direct feedback to students, to fully improve students' interest and participation in class enthusiasm, better grasp the technology, and as far as possible to improve learning efficiency.

3. The Advantages of The Image and Video Teaching Method and Its Role In The Physical Education Classroom Teaching in Colleges and Universities

3.1. Concept

Image and video teaching method refers to the method of using multimedia resources such as images and video for teaching.

3.2. Advantages

Image and video teaching method has the advantages of intuition, dynamics, flexibility and interactivity.

(1) Image and video teaching method can help college students to form a deep impression on the theoretical knowledge and concepts they have learned, and help college students to comprehensively deepen the absorption of the knowledge and theories related to university public courses

Corresponding research data show that human through language way from the auditory system knowledge can remember 15%, from the visual perspective of specific knowledge can remember 25%, and the auditory system and visual Angle together, the percentage of human memory can be nearly 65%, so effectively practical application of video teaching theory can make students to learn knowledge form a deep impression. In addition, most of the systematic knowledge concepts in the courses of colleges and universities are relatively abstract. Teachers choose single teaching methods such as teaching and classroom notes to explain them, and it is not easy for students to understand and remember the relevant knowledge concepts they have learned, which further affects their digestion and absorption of the basic principles of relevant

knowledge. And teaching video is composed of sound and display images of dynamic display system, it can make the course content become more vivid, clear and intuitive and detailed, compared with other teaching mode, it is in the same time unit also can make students generally get a lot of professional teaching materials, and more increase college students to college professional courses related knowledge concept of digestion and absorption ability.

(2) Video teaching method can make the process of classroom education full of interaction, stimulate interest and enthusiasm, and quickly enhance students' awareness of learning and participation in school, so as to promote the rapid and effective development of teaching in college education and education.

In the most traditional curriculum mode, the teachers are the main part of the course, and the students in the school are the object. Teachers mainly give on-site teaching, and most of the course content, means, specific methods and questions are prepared in advance by teachers, and students have been in a passive position of acceptance. In the teaching process, teachers can collect auxiliary materials that are closely related to the course content and can stimulate students' interest, and then through constructing various types of corresponding scenarios, they can urge college students' interest and enthusiasm for learning. On the other hand, in the practical teaching of undergraduate colleges, multimedia video can not only turn the course content into easy and subtract, but also vividly and clearly show the specific content of classroom education. Therefore, the image video teaching method can make students more easily master the relevant sports knowledge, make the classroom teaching process full of fun and interaction, so as to enhance the students' enthusiasm and participation in learning, and then conducive to the effective development of physical education teaching in colleges and universities.

(3) Importance: In the physical education classroom teaching in colleges and universities, the image and video teaching method can help students to better understand and master the sports skills and knowledge, and improve their learning effect and interest.

4. The Role of Image and Video Teaching Method in College Physical Education Classroom Teaching

4.1. Image and video teaching method can help students to further understand the teaching content

For example, when the physical education teacher explains the details of the movements in class, he timely introduces videos about how the human body needs to contract or extend the teaching movements, such as how the Achilles tendon extends and how the elbow rotates, which can help students to further understand the sports movements they want to learn.

4.2. Image and video teaching method can promote the interactive learning between students

For example, Gopro and other video recording equipment can be appropriately introduced in the teaching, so that students can wear the recording equipment and record the movement status of sports at any time. After the exercise, the video will be played to all students to watch. Through the reproduction of the first-person video, each student can first find the wrong movements in the video, and then deepen to the own movement errors; it can also understand the excellent movements of other students in sports, so that students can master each sports knowledge deeper, and then drive students to learn from each other.

4.3. Image and video teaching method can make the teaching evaluation more objective

Teaching evaluation is the evaluation of teachers' teaching situation and students' learning effect, which not only has teachers' evaluation but also students' independent evaluation. Because students are the focus of a class, in the routine teaching evaluation, students' evaluation often completely depends on self-feeling and teachers' subjective judgment, without any practical support, so it is difficult to achieve an objective and true evaluation. Through video-assisted teaching, students can make self-judgment intuitively by playing back the video of their own learning actions and comparing the demonstration actions. In this way, the evaluation can be made more truly and scientifically, which is of great help to the improvement of teachers' teaching methods and the improvement of students' independent learning.

4.4. Image and video teaching method can further protect students' personal safety

Protecting personal safety has always been the top priority in physical education teaching in colleges and universities. The protection of college physical education class, in order to prevent possible sports injuries, can help students to establish the correct concept of action and master the key points of every action technology. Through video teaching method, students can constantly slow or repeat points video decomposition to clearly watch the right way to protect their own safety, and quickly grasp the safe and reliable emergency safety protection method, and skillfully used in every movement, to cultivate students' sense of responsibility and the spirit of mutual help, enhance the relationship and affection between teachers and students, complete high quality sports learning task.

5. Image and Video Teaching Method Should Pay Attention to The Problem

5.1. Problems to be paid attention to in outdoor practice class

Image and video technology is mainly applied in the auxiliary teaching link of physical education theory course in indoor cases, and when applied to outdoor physical education teaching, we should try to overcome the objective difficulties such as outdoor pull power cord, mobile computer teaching equipment and computer display, which are not relatively small for the whole class to watch at the same time. But qualified institutions can recommend using tablets to completely solve the problem of computer power supply and mobility. Users can also directly use the external projection screen, choose the organization mode of group teaching, so that students can generally rotate several groups of exercises and watch the teaching courseware.

5.2. Problems that should be paid attention to in making multimedia courseware

Flexible application of image and video application technology to complete physical education, the materials must be suitable for the needs of classroom teaching and teaching tasks. It is not possible to choose the appropriate auxiliary materials, otherwise the effect of the teaching course will be greatly reduced, and may even produce side effects. In particular, it requires teachers to pay more attention to observation every day, and to collect, count and screen auxiliary materials in the basic courses that understand the correct outline and thoroughly understand the teaching materials. The source of the required materials first has the following channels: (1) from film, video, VCD, dvd CD or online collection; (2) from the actual learning system according to the need to selectively capture video; (3) from all kinds of books, original

materials, periodicals, periodicals to obtain; (4) with the help of some special software or professional cameras, recording equipment and other equipment to make well.

5.3. Problems that should be noted in other aspects

When flexibly applying multimedia technology and conducting physical education teaching, special attention should be paid to the rigor and education of the course content, the universality and interest of the consolidation and participation of the practice structure design.

6. Epilogue

In general, the image and video teaching method has a wide application prospect in the college physical education class. Through this teaching method, the teachers can impart knowledge more effectively and improve the students' learning effect. At the same time, it can stimulate students' interest in college physical education knowledge and learning, and cultivate the independent learning ability of physical education subjects. In the future, with the progress of science and technology and the development of educational concepts, we have reason to believe that the image and video teaching method will play a greater role in the physical education classroom in colleges and universities, and promote the innovation and development of the physical education teaching in colleges and universities in China.

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