

A Study on The New Ideas of Higher Vocational Physical Education Teaching Reform from The Perspective of Multimedia

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Abstract. In recent years, the development of information technology is very rapid. It plays an increasingly important role in people's life and social production, and promotes the progress and development of society to a certain extent. Under the new situation, higher vocational colleges should actively try to use multimedia technology to carry out teaching work, to improve their teaching level and lay a solid foundation for the future development of students. However, it is worth noting that at this stage, some teachers in higher vocational physical education have less knowledge and understanding of multimedia technology, and can not give full play to the role of new media in the teaching process, which is not conducive to the improvement of physical education teaching level. This paper studies the application value and application direction of multimedia technology in Higher Vocational Physical Education, and combs the reform ideas of Higher Vocational Physical Education from the perspective of multimedia, to bring some help to the reform of physical education in higher vocational colleges.

Keywords: Higher vocational colleges; Multimedia technology; Physical education; Reform ideas.

1. Introduction

At present, some teachers in higher vocational colleges are too old and lack of innovation consciousness, which leads to the low level of application of multimedia technology in physical education teaching, which has caused some negative effects on the reform of physical education. At present, some higher vocational colleges have realized the problems existing in Physical Education in the past, and actively use multimedia technology to reform teaching work, and also made some achievements, the level of physical education has been greatly improved. However, due to the influence of teaching mode, teaching concept and other factors, the application level of multimedia technology in higher vocational sports teaching still has a large space to improve, and the teaching work still needs to be further improved. In this case, it is imperative to study the new ideas of Higher Vocational Physical Education Teaching Reform from the perspective of multimedia.

2. The Application Value of Multimedia Technology in Higher Vocational Physical Education

2.1 Improve the interest of physical education teaching in Higher Vocational Colleges

In the past, in the process of higher vocational physical education, teachers mostly use oral explanation and action demonstration to explain the relevant knowledge to students. Teachers occupy a dominant position in physical education teaching, and students only passively accept the inculcation of knowledge. In this case, the interest of physical education is low, students lack interest in teaching work, and even produce some negative emotions. The progress and quality of learning have some negative effects. The application of multimedia technology in physical education teaching can help teachers better show relevant knowledge to students, reduce the difficulty of students' learning and understanding of relevant knowledge, enrich the content of physical education, obtain teaching atmosphere, and then attract students to actively participate in physical education.

2.2 Mobilize the enthusiasm of students

In the past period of time, higher vocational physical education teachers pay less attention to the students' main position in the teaching process, and can not fully consider the students' feelings and demands in the actual work, which leads to the students' passive in the process of physical education teaching, the students' learning enthusiasm is poor, the subjective initiative is difficult to give full play, and the development of physical education teaching is not ideal. The application of multimedia technology in physical education can change the mode of physical education teaching, enable students to learn sports knowledge in a more relaxed and pleasant atmosphere, and then achieve a substantial improvement in the level of Physical Education [1].

2.3 It provides a reliable way for students' autonomous learning

In the process of traditional physical education, students' time of learning sports knowledge is mostly concentrated in classroom time. It is difficult for students to review the selected knowledge after class and lack of reliable independent learning ways. In this case, the level of physical education teaching in higher vocational colleges is relatively low and it is difficult to effectively promote the improvement of students' comprehensive ability. The application of multimedia technology in physical education teaching can break through the limitation of time and space on physical education teaching. Students can watch relevant videos repeatedly with the help of multimedia, so as to deepen the memory and understanding of relevant knowledge.

2.4 Reduce students' difficulty in learning relevant knowledge

Simple oral narration and action release make it difficult for students to quickly grasp the relevant knowledge and keep up with the progress of physical education teaching, which leads to slow progress and poor effect of physical education. The application of multimedia technology in higher vocational physical education can effectively reduce the difficulty of students' learning related knowledge, help students better learn relevant knowledge, and promote the improvement of students' sports performance.

3. Application of Multimedia Technology in Higher Vocational Physical Education

3.1 Theory teaching

Theoretical teaching is an important part of higher vocational physical education, which has a direct impact on the quality of higher vocational physical education. However, it is worth noting that the content of theoretical teaching is relatively boring, teachers often find it difficult to stimulate students' interest in learning in the teaching process, and the theoretical teaching work is difficult to carry out, and students can not actively participate in it, which leads to the unsatisfactory situation of theoretical teaching work. In the process of theoretical teaching, the use of multimedia technology can visualize the abstract and difficult theoretical knowledge, improve the interest of theoretical knowledge, and then improve the level of theoretical teaching [2].

3.2 Movement demonstration teaching

Action demonstration teaching plays an important role in Higher Vocational Physical Education, which can help students master sports skills and promote the improvement of students' sports performance. However, it is worth noting that in the process of action demonstration, teachers can not guarantee the standardization of their own actions. In this case, it will cause some negative effects on students' learning. The application of multimedia technology in action demonstration teaching can provide students with standard action demonstration, and students can watch video repeatedly according to their own questions. In this case, the level of action demonstration teaching is significantly improved.

4. The Reform of Physical Education in Higher Vocational Colleges From the Perspective of Multimedia

Transformation of physical education teaching mode From the perspective of multimedia, physical education teachers in higher vocational colleges should actively change their own ideas, pay attention to the innovation of their own teaching mode, increase the application of multimedia technology in practical work, activate the sports teaching atmosphere through the application of multimedia, eliminate students' psychological resistance to physical education, so as to reduce the difficulty of teaching and ensure the efficient and orderly development of physical education.

4.1 Highlight the dominant position of students

In practical work, physical education teachers in higher vocational colleges should attach great importance to students' dominant position, keep close communication with students, inquire about students' feelings, and investigate students' learning situation. According to the problems existing in students' learning, multi-media technology should be applied to repeat teaching of the key and difficult points in physical education teaching through multimedia technology, and the electronic course should be carried out Copy to students, in order to help students better learn relevant knowledge [3].

Enhance the intuition of Physical Education Teaching Teachers should fully realize the advantages of multimedia technology in their work, actively use multimedia technology to show relevant knowledge to students, enhance the intuitiveness of physical education teaching, avoid the influence of simple knowledge explanation on students' learning enthusiasm, and ensure that students always maintain high expectations for physical education teaching. For example, teachers can use animation video to help students learn relevant knowledge, while ensuring the quality of physical education teaching, improve the interest of physical education teaching, and deepen students' memory of relevant knowledge.

5. Conclusion

To sum up, the application of multimedia technology in higher vocational physical education can promote the reform of physical education to a certain extent, promote the improvement of physical education teaching level, and lay a solid foundation for the overall development of students. From the perspective of multimedia, physical education teachers in higher vocational colleges should make clear the application value of multimedia technology in physical education teaching, fully realize its important role in theoretical teaching and action demonstration teaching, and carry out physical education teaching reform in Higher Vocational Colleges by changing physical education teaching mode, highlighting students' dominant position, and enhancing the intuitiveness of physical education teaching, Improve the level of physical education in higher vocational colleges.

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