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Research on College Sports Teaching Management Strategies under the Background of "Internet+"

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Abstract: The "Internet +" era is both an opportunity and a challenge for the education industry, especially the diversified information and values have made. Based on the college physical education management strategies under the "Internet +" background, this paper makes the detailed analysis and explanation through the physical education management mechanism, curriculum guidance, teaching process and evaluation management, and further gives the corresponding strategies, which aims to provide a theoretical reference for improving the college physical education.

Keywords: Internet +" background, College sports, Sports teaching management strategies.

1. Introduction

In this era of information explosion, the geometrical development of "Internet+", those QQ, WeChat, Weibo and chatting software, as well as the popularization of Baidu and 360 SE have brought great changes to teachers' lives and work. "Internet+" refers to the organic integration of various fields based on the Internet to achieve innovation, mutual benefit and win-win, which can fully promote innovation, development, optimization and upgrading of industrial structure without the field and industry restrictions. Physical education is an important component of the teaching system within colleges and universities. Currently, the advent of the 5G era has put forward the "Internet +" and brought the profound impact on the management of physical education. Therefore, how to get adapted to the development of times, and better combine with physical education management has put forward stricter requirements on those physical education workers.

2. Problems in the Management of College Physical Education

2.1. Lack of Science Characteristic in the Management Mechanism of Physical Education

At present, the lack of science characteristic in the physical education management mechanism becomes the most common problem, mainly including the unreasonable content, as well as the unconnected management mechanism and coordinated development. For example, it is often impossible to balance the teaching conditions and staff in the management process of physical education teaching, which is also an important reason for the low quality of teaching. Secondly, some physical education teachers still use the traditional teaching modes and methods, failing to play the leading role of teachers and initiative of students, thereby causing them to lose interest in physical education and affecting their participation enthusiasm.

The preview, being a link before class, allows students to strengthen their mastery of knowledge and skills. As we all know, the traditional physical education fails to pay attention to the preview, so many college students were accustomed to the traditional concept of high school-style physical education. Thus, they lack the enough attention to the physical education and just ignore the extracurricular homework assigned by teachers, leading to the "butterfly effect" gradually. It can be described that student management could indirectly affect the teaching process.

2.2. Unclear Guiding Ideology of Physical Education Curriculum

The guiding ideology of physical education curriculum determines the formulation of teaching objectives, the determination of contents and even the choice of methods, which also plays a vital role in physical education. The lesson preparation and attendance are usually conduced according to the unified template, but the guiding ideology of physical education courses is not clear, making most teachers often simply focus on teaching knowledge and developing skills instead of their comprehensive development. At the same time, the diversified teaching materials can also lead to the wrong understanding of teachers. In this aspect, it objectively affects the formulation of college physical education management.

2.3. Too Traditional Physical Education Concept, Content and Method

Nowadays, students own the diversified and rich means to obtain teaching resources, including the Confucius said: three people together, there must be my teacher. Students almost know everything that teachers can master and acquire, so when they raise difficult problems in class, some teachers know very little and keep negative teaching attitudes. They only get limited to the knowledge in books, but not considering the long-term development of students. Some of then even are very repulsive of the high-quality teaching contents and methods, and participating the online training only in the form.

Therefore, the concept of physical education often fails to keep pace with the times, and maintains the too traditional teaching methods. And all these are common problems in physical education management. There are two main reasons: the first is the low degree of attention to the subject and the insufficient number of teachers. Compared with other

subjects, physical education is generally in a marginalized role with low subject attention. At the same time, the number and quality of physical education teachers also determine the levels of teaching. At present, the insufficient number of physical education teachers is a major problem faced by major colleges and universities, leading to their overloaded work and huge pressures. In many cases, they almost have exhausted their time and energy. Although a certain number of teachers are hired in some schools, they lack the corresponding management and lead to the widespread formal physical education. Secondly, their working enthusiasm has not been fully utilized due to the relatively reasonable incentive mechanism.

2.4. Unsound Evaluation System for Students

At the same time, the evaluation system of students in physical education is not sound because it places too much emphasis on the learning goals and results. For example, the individual differences in the evaluation of physical qualifies can be very common, as every student is different in physical fitness, sports skills, interests and personality. Some students do not have good athletic talents, who can also get failed no matter what efforts they put. Thus, the only emphasis on physical fitness or motor skills to evaluate students can easily undermine the enthusiasm and confidence of students, and further cause their hatred feelings.

However, physical qualities and motor skills account for a larger proportion of physical education classes, but being fewer theoretical knowledge. We must recognize that inspiring students' interest in learning is always the first. Then, they will actively participate in this learning process. Therefore, it is equally important to teach sports health and injury knowledge, for example, many female students treat physical education with a serious and rigorous attitude, listen carefully in class, and also complete the assignment in time. But they are often frustrated in rigid assessment indicators, which will increase the frustration of these students. Therefore, it is essential to appropriately combine the theoretical content with the learning evaluation.

3. Research on the Management Strategies of College Physical Education under the Background of "Internet +"

3.1. Continuously Improve and Strengthen the Management Mechanism of Physical Education

After years of exploration, many colleges and universities have constructed and perfected physical education teaching organizations and management systems with their own characteristics of the times. Facing the expansion of the enrollment, the shortage of teacher resources and the increase in school funding, it becomes very urgent to improve and strengthen the physical education management mechanism. Compared with other disciplines, physical education is more specific, and we need to rely on the "Internet +" to continuously improve sports teaching process, teaching staff and condition management. What's more, the usage of information platforms can help establish physical education websites, develop learning software App, and further provide students with corresponding teaching resources through WeChat, QQ and other platforms, in order to realize resource sharing and detailed division of labor.

3.2. Construct a Teaching Curriculum Management Platform and Establish a Unified Guiding Ideology

It is also necessary to build a multi-sectional physical education management system based on the "Internet +", including basic information, performance management, course selection, teachers' evaluation, community management, assets and competitions. On the one hand, we should timely unify the guiding ideology of physical education courses. Along with the social progress and development, physical education teaching should keep pace with the times, follow the requirements of the new curriculum reform, and take health as the first guiding ideology to promote their all-round development. On the other hand, teachers should not only impart knowledge and skills, and strengthen students' physical qualities, but develop their moral, intellectual, and aesthetic education to cultivates their social adaptability. In the teaching curriculum management platform, those teachers should publish the unified teaching guidelines at the beginning of each semester, and then make the adjustments based on the reality.

3.3. Update Physical Education Concepts in Time, and Enrich Teaching Contents and Methods

In the modern teaching, college teachers must not only have the abilities to explain and answer questions, but to cultivate students' problem awareness and teamwork spirit. This has put forward higher requirements on the professional levels of teachers. Physical education curriculum is a dynamic process. Without conducting the teaching objectives according to the specific content, we should make changes in time, especially those diversified physical education materials, contents and methods. Therefore, college physical education should make full use of Internet technology and resources, such as the platforms of Tiktok, Bilibili and Headline. Those means can help strengthen the learning of physical education teachers, constantly update their knowledge and educational concepts, learn advanced technologies and teaching methods, and even strengthen communication to improve teaching effects.

At the same time, the "Internet +" can help achieve online and offline dual teaching models to make up for the shortage of physical education teachers, and further strengthen the teaching of sports health knowledge, sports injury and prevention treatment. What's more, the platform can also facilitate the management and communication of employed teachers to improve the teaching quality and reduce formalism. Finally, scientific evaluation of teachers' performance and improvement of the assessment system can further increase the enthusiasm of physical education teachers.

3.4. Improve the Evaluation System of Students' Physical Education

On the one hand, the evaluation of students' physical learning should not only focus on the results, but the process. The evaluation of physical qualities and skills is only a small part of the evaluation system, but we should focus on the learning process with the help of QQ, wisdom tree and Xuexitong. In general ,those platforms can help represent students' daily communication and submission of

assignments, which can be used as indicators for their learning enthusiasm, while the number and quality of assignments submitted reflect their learning attitude. On the other hand, with the sports apps, and taking schools as teaching conditions and mobile phones as platforms, we can help students better improve their physical qualities and skills through optimizing the school's physical education network atmosphere, allowing physical learning to not get limited to classrooms. Then, those students can develop the good habit of "lifelong and independent physical education".The combination of relative and absolute evaluation can fully respect the characteristics of students. And we should even take their made progress as the evaluation basis to further prefect the physical education system.

4. Conclusion

Learning is like rowing upstream, not to advance is to drop back. Facing the current "Internet +", physical education management and the corresponding curriculum within colleges and universities must adapt to the development trend timely, constantly strengthen and improve physical education management mechanism, unify the guiding ideology, enrich teaching contents and methods, as well as further perfect the evaluation system for teachers and students. Thus, it can gradually stimulate the enthusiasm of physical education teachers, thereby improving the teaching quality and facilitating the better growth of students.

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