

Physical Education under the Role of New Media

Xiaoyu Zhang ^a, Guangye Li ^b

Belarusian National Technical University, Minsk, 220013, Belarus

^a xiaoyuzhang342@gmail.com, ^b liguangye0@163.com

Abstract: With the rapid development of science and information technology, new media is applicable in all fields and gradually replaces the traditional way, especially in the field of education. Physical education teaching is an important part in the field of education. New media is playing an important role in physical education teaching. Many teachers use new media to innovate teaching methods, improve teaching efficiency and stimulate students' interest in learning. This paper uses the research methods of literature analysis to discuss the advantages and challenges of new media in physical education teaching, and puts forward corresponding countermeasures and suggestions, hoping to provide guidance for the effective application of new media in physical education teaching. With the continuous development of technology, new media will play a greater role in the future education and provide more opportunities for the overall development of students. Therefore, educators should actively explore the effective use of new media to promote education reform and improve the quality of education.

Keywords: Physical Education Teaching; Educational Technology; Interactive Learning; Personalized Instruction.

1. Introduction

In recent years, the reform of teaching technology has begun to be implemented in the field of education. Using new media to replace traditional teaching methods is one of the important means for educators to carry out educational reform. Nowadays, the new media has begun to spread to the mass teaching.

With the rapid development and wide application of new media technology, the co-construction and sharing of digital teaching resources has gradually moved from theoretical exploration to practical application [1]. New media refers to the multimedia form that spreads information through the Internet and mobile devices on the basis of digital technology. The application of new media in physical education is gradually changing the way teachers teach and the way students learn. New media not only improves the flexibility and effectiveness of teaching, but also provides students with a richer learning experience. Through the continuous research and exploration of a large number of users and researchers, new media is becoming more and more popular and easy to operate.

The new media not only changes the traditional way of PE teaching, but also provides the continuous power for the development of PE teaching. And in the new media teaching also put forward new skill requirements for teachers, such as updating teaching concept, improving technical literacy, enhancing teaching design ability, and improving innovation and creativity ability.

2. The Role of New Media in Physical Education Teaching

New media is a new form of information dissemination based on the combination of digital technology with new technologies such as the Internet and mobile terminals. It not only changes the way information is disseminated, but also opens up new opportunities for education and teaching.

2.1. Rich Teaching Resources

Physical education is an important way to improve

students' health and sports skills. There is an urgent need to use the advantages of new media to improve the efficiency of physical education, innovate the situation of physical education, and solve the problems in physical education in the most suitable way in a shorter time. Teachers can use the video platform to share professional teaching videos to help students understand and master sports skills more intuitively.

2.2. Enhance Interactivity

In physical education, teachers can communicate with students via video platform in real time, which not only reduces time cost but also reduces the consumption of venues and equipment. The new media platform has narrowed the distance between teachers and students, enhanced the teacher-student relationship and improved the teaching efficiency. Students can also express their own views and opinions in forums or discussion groups and analyze different viewpoints through comments or discussions, absorb the advantages and improve their sports skills.

2.3. Real-time Feedback and Evaluation

Through the motion detection equipment, teachers can monitor the changes of students in sports in real time, and make timely adjustments according to the changes of students' bodies. Teachers can carry out online assessment to timely assess students' skill level and help them adjust their learning strategies. For the students on the training team, the physical testing equipment can help the coach develop a training plan that is suitable for each student.

2.4. The Expansion of Global Vision

The participation of new media in sports teaching breaks through the geographical restrictions, allowing students to get in touch with sports events around the world, understand the different opinions and technologies of various sports events in different countries through watching international sports events, keep up with current events, and improve students' vision and world outlook.

3. The Development Trend of New Media in Physical Education Teaching

3.1. Multimedia Teaching Means

Multimedia teaching means integrate a variety of media forms, which can effectively improve the teaching effect. The first is video teaching, through the teaching video to show sports skills, game tactics, etc. Teachers can record students' sports video, observe students' performance for analysis and feedback. There is also animation and simulation, using animation to demonstrate complex sports and skills, so that students can understand more easily, through scene simulation training, to help students get familiar with the competition environment. Finally, virtual reality (VR) and augmented reality (AR), which enhance the understanding of sports through immersive learning experiences, can also reduce the risk of injury when playing high-risk sports in a virtual environment.

3.2. Mobile Learning

Students can access learning resources at any time and place through mobile devices, breaking the restrictions of traditional classrooms, and can also choose learning content according to students' own learning progress and interests for personalized learning. Mobile learning platforms often include interactivity, such as discussion boards and timely feedback, which enhances students' learning engagement. Teachers can enrich the classroom content by using learning materials such as videos and pictures in the media to meet the different needs of students. Mobile learning has brought new breakthroughs to physical education teaching and promoted the reform of traditional teaching methods. Through the use of flexible mobile devices, teachers can create a more open and personalized classroom for students, adding more effective learning experiences for students.

3.3. Integration Across Disciplines

New media can help teachers more conveniently query the knowledge of various disciplines. By combining the viewpoints of different disciplines, teachers can provide a more comprehensive understanding of knowledge and promote the all-round divergence of students' thinking. Many interdisciplinary contents usually focus on solving practical problems, making it easier for students to apply what they have learned in real situations. The intersection of different disciplines can stimulate new ideas and creativity, and the learning content is no longer limited to a single subject, but connects and diverges knowledge from various fields according to demand. The combination of sports and psychology enables students to comprehend the psychological components in sports and overcome a variety of psychological issues such as anxiety and teamwork. When combined with exercise and diet, this can enhance athletic performance. Teachers may also educate students how to eat correctly for training and competition by combining diet and nutrition.

4. Challenges Faced by New Media in Physical Education Teaching

Although the application of new media in physical education teaching has brought many opportunities, it also faces some challenges.

4.1. Technical Adaptability

Many teachers may lack the skills to use new media devices, reducing the effectiveness of teaching. The development of science and technology is accompanied by the progress of new media, which provides a large amount of information for teaching. Students may be faced with the choice of information, and it is difficult to discern the authenticity and effectiveness of the content. If the teacher lacks professional discernment and has not been certified by the profession, the students may easily learn wrong knowledge. With the rapid update of technology, teachers need to constantly learn new tools, which increases the work burden of teachers. In the course of physical education in higher vocational colleges, the quality of teachers is the key factor to determine the quality of teaching. At present, there are different professional qualities and development levels of teachers, and the lack of necessary professional skills [2].

4.2. Resource Allocation

At present, the uneven distribution of resources in schools in different regions has resulted in a large gap in the implantation of new media technologies, resulting in imperfect network facilities, and affecting the process of online learning. Also, not all students have access to smart phones or tablet computers, resulting in unequal learning resources, and the gap in learning level will become wider and wider over time. In some regions, government policies tend to favor certain media platforms or types of content, creating an uneven allocation of resources that limits competition and diversity of content. Some companies collaborate with schools to develop online education platforms and provide digital teaching resources and services. This model can introduce the market mechanism and promote the innovative development of digital teaching resource sharing [3].

4.3. Security and Privacy

When using new media for physical education, there may be network security risks, such as disclosure of personal information and exposure to inappropriate content. Online violence may occur on many social media platforms, seriously affecting students' mental health. In the teaching of new media, teachers are easy to make omissions in the protection of students' online behaviors and privacy, and cannot effectively guide students to carry out correct online learning.

5. Countermeasures and Suggestions

5.1. Integration of New Media Technology

The use of new media technology to evaluate and manage the effect of physical education teaching in higher vocational colleges is an important means for educators to grasp the overall teaching situation, the individual learning situation of students, and timely optimize the teaching plan and improve the teaching quality [4]. The use and selection of sports teaching videos and explanations provided by video platforms can help students understand sports skills and tactics more directly. Through interactive software, we can enrich the teaching content and increase the students' learning experience. Online platforms are used for course management and resource sharing, making it easy for students to access learning materials and feedback anytime and anywhere. In the physical education course of higher vocational colleges, in-depth analysis and application of new media technology plays

a vital role in enriching teaching resources and methods [5].

5.2. Improve Teachers' Literacy

In order to improve teachers' teaching ability in the new media environment, relevant training and online courses need to be conducted regularly to equip them with the latest teaching tools and software. In these courses, teachers should actively try to use new media tools such as online conferences, interactive whiteboards and educational applications to accumulate practical experience. At the same time, teachers need to improve their teaching design capabilities, adopt diversified teaching methods, and integrate new media technologies into classroom design, such as through models such as flipped classrooms and blended learning to enhance teaching results. In addition, teachers should learn to create and share instructional videos, courseware and other digital resources to enrich classroom content. During the teaching process, teachers should regularly reflect on their own teaching practices, evaluate the effectiveness of using new media tools, and look for room for improvement. At the same time, they should also listen to students' feedback to understand their acceptance and views of new media teaching, so that teaching strategies can be adjusted in time to ensure that teaching methods match students' needs. Smart education realizes the sharing of high-quality teaching resources, the optimization and integration of online and offline teaching, and enhances students' learning enthusiasm and stimulates their learning interest through animation, audio, video and other means, guides students to actively participate in teaching, and helps students develop comprehensively [6].

6. Conclusion

Physical education includes students' independent learning, peer learning, extracurricular activities, parents' and associations' participation, sports science and health knowledge, use of technology and equipment, diversified teaching methods, psychological quality training, assessment and feedback. Physical education is not only a process for teachers to teach, but also a platform for diversified learning and self-development. The physical quality, mental health and socialization ability of students can be improved comprehensively through sports teaching. New media is developing at a fast speed, which is in line with the needs of physical education activities. Recently, more and more sports workers combine physical education with new media to promote the development of physical education teaching

technology. The application of new media in sports teaching enriches the form and content of education, and enhances students' educational influence and learning experience.

Through information interaction, one-to-one education, realistic analysis, stimulating learning interest and sharing resources, new media analyzes students' psychological state of learning and improves students' enthusiasm for learning. Under the new media environment, physical education has brought unprecedented opportunities and challenges. By using new media technologies, teachers can not only enrich classroom content and increase student participation, but also encourage students to study on their own and work in teams. The shift has made physical education more diverse and personalized. However, we also need to recognize that the use of technology must be aligned with educational objectives, and teachers should continue to improve their own literacy and adapt to the new media environment. In the future, with the continuous development of new media technology, physical education teaching will continue to develop, which also requires us to actively explore and innovate teaching methods with an open mind to train more comprehensive students.

References

- [1] Chen Tingting, Shi Ning. Construction of mixed gold course based on Co-construction and sharing of high-quality teaching resources [J]. *Business Economics*, 2023(5) : 188-190.
- [2] Wang Ming. Analysis on the application of New Media Technology in Physical Education Teaching in Higher vocational Colleges [J]. *Education Modernization*, 2018 (4) : 78-84.
- [3] He Jia. Research on Co-construction and sharing mechanism of teaching resources under digital background [J]. *Journal of Chengdu Vocational and Technical College of Aviation*, 2024(1) : 12-15.
- [4] Zhang Wei. Application and Effect Evaluation of New Media Technology in Physical Education of Higher Vocational Colleges [J]. *Sports Science and Education*, 2019,14 (3) : 30-36.
- [5] Li Hua. Application and Effect Evaluation of New Media Technology in PE Teaching [J]. *Sports Science Research*, 2019, 25 (2): 45-52.
- [6] Liu Zeyu. Curriculum information teaching mode based on the perspective of smart classroom Reform and Research [J]. *Scenic Spots*, 2020.