

Practical Research on Application of Sports APP in PE Teaching in Colleges and Universities

Zi Ming^{1, a}, Yanguo Dong^{1, b}

¹Department of Physical Education, Heilongjiang Bayi Agricultural University, Da Qing 163319,
China.

^aziming555@163.com, ^b451616482@qq.com

Abstract: Physical education in colleges and universities plays an important role in talent training. With the popularization of smart phones and the rapid development of mobile Internet, sports and fitness apps are rising rapidly among college students. The application of sports Apps to PE courses of ordinary colleges and universities can effectively improve the physical quality of college students and make the PE course evaluation of ordinary colleges and universities more scientific and reasonable. This paper expounds the advantages and specific practices of sports APP application in PE teaching in colleges and universities, in order to promote the diversified development of PE teaching in colleges and universities and improve the efficiency of PE teaching.

Keywords: Sports APP; Ordinary colleges and universities; Sports teaching.

1. INTRODUCTION

Physical education in colleges and universities is an important way to cultivate students' sports habits and improve their physical quality. With the rapid development of mobile Internet, smart phones have become an indispensable life tool for college students. Many mobile phone applications have emerged, and sports and fitness applications are also dazzling. The number of sports apps to choose from is very rich, such as Sports World Campus, Keep, Gu Dong, Yue circle, Fit personal fitness coach, Mint Health, etc. The application of sports APP in the PE teaching of ordinary colleges and universities can innovate the PE teaching mode of ordinary colleges and universities, improve the quality of PE teaching and the physical quality of college students, and also meet the psychological needs of college students.

2. Sports APP

Sports Apps refer to the applications on smart phones or wearable smart devices, which can record sports details, guide sports learning, provide communication platforms and share data openly.

Sports apps generally have functions such as fitness guidance, promotion of sports knowledge and social interaction. First of all, the fitness guidance function is most widely used, which is used to calculate distance, record movement track, update and locate in real time to test the basic body indicators of athletes during indoor and outdoor exercise. Through the individual physical quality assessment, you can develop a suitable exercise plan for your own physical condition. Sports APP

also has guidance function, you can follow the video or voice prompts to exercise and standardize your own movements, reduce the practice of wrong movements; Secondly, the promotion function of sports knowledge is reflected in that some sports apps provide a variety of fitness programs, such as exercises for heavy weight athletes, or exercises for recovering from knee injuries, and exercises for each body part. Also according to the measurement of individual physique, you can set up different levels of training methods, or according to the individual situation to choose exercise content, exercise intensity, but also through basic training, slowly strengthen exercise intensity, enrich content, and then improve the level of personal physical quality. At the end of the exercise, there are stretching relaxation exercises and massage to relieve fatigue, which can help the body recover faster. Sports Apps also provide information about diet to enhance the effects of exercise. The setting of exercise program in sports APP is a complete set of exercise plan, from warm-up before exercise, rich exercise content to stretching after exercise. Finally, the social function is reflected in that the vast majority of sports apps have social function, which enables them to communicate with sports professionals. Some sports experts can also play a role of models. Using the APP, you can not only record your daily steps, calorie consumption, mileage and other data, but also share them and urge yourself to exercise through everyone's attention. The App also offers a ranking that encourages exercisers to become more active. They can also practice with their partners, which can bring more motivation and interest to college students' physical exercise.

3. Advantages of sports APP in PE teaching of ordinary colleges and universities

3.1 College students have rich experience in using sports apps

Sports Apps are widely used in colleges and universities, and many students have experience in using a variety of sports Apps to help them exercise and supervise them. College students can choose sports Apps according to their own interests and school requirements. With the development of sports Apps, user experience is constantly updated and developed, which better meets the needs of students' interests and hobbies. Only when college students are interested in sports, they will join the ranks of physical exercise, and physical exercise can become more effective.

3.2 The functions of sports APPS can meet the actual needs of physical education

Sports APP on mobile phones have rich fitness guidance functions, which can provide different types of physical exercise guidance at different levels according to the different physical conditions of college students. Without the guidance of physical education teachers, we can also carry out scientific physical exercise autonomously, so as to reduce sports injuries and avoid the occurrence of sports injuries. In addition, many mobile sports Apps have functions such as sharing and promoting sports knowledge and social networking. The sharing function of the software is similar to friends circle of Wechat. By sharing the exercise effect, it can give college students a sense of achievement and confidence, and expand their understanding of sports knowledge through communication.

4. Practice of sports APP in PE teaching of ordinary colleges and universities

4.1 Make up for the shortage of PE class in ordinary colleges and universities

Students choose their favorite sports as their own learning content because the current physical education in common colleges and universities are mostly based on the students' interests. Due to the imitation of the class teaching time, many students can't acquire enough sports knowledge. Sports

APP is rich in content, so students can choose the content of the corresponding practice according to their actual demand. Students have more free space on movement time arrangement. This is undoubtedly a very good supplement for ordinary university physical education, which can let the students get more access to the sports knowledge and skills after physical education curriculum once a week for 90 minutes, and meet their own interests and hobbies, then form the purpose of sports consciousness.

4.2 Rich and flexible physical education teaching methods

Traditional sports teaching method is mainly the demonstration of teachers. Through detailed language interpretation and teaching behavioral essentials of decomposition, students finally can repeat the exercise. But it has a limitation which makes part of students can't master the specific details of actions due to their ability or introverted personality. They are not good at communicating with teachers and classmates, so that their skills are uneven. The emergence of sports Apps makes up for this deficiency. Through the application of sports Apps on smart phones, students can find out the key points of relevant technical movements and practice repeatedly, so as to achieve the effect of mastering sports skills.

4.3 Perfect PE curriculum supervision and evaluation

The traditional PE curriculum evaluation mainly adopts the combination of process evaluation and skill evaluation. The process evaluation mainly focuses on two aspects: students' attendance in PE class and students' learning attitude. There is no effective supervision on students' extracurricular exercises. With the implement of national student physical health standard for ordinary colleges and universities, each college student should have physical health tests. Studies show that the youngster health decline year by year in China, especially the decline of endurance quality is more outstanding. If the extracurricular physical exercise does not increase, it is difficult to improve students' physical quality of the whole only on physical education. The combination of in-class evaluation and after-class practice supervision is undoubtedly an effective means to make up for this deficiency. How to implement the after-class supervision has become the most important part of the PE teaching reform in colleges and universities. As the Sports World Campus APP is used, this difficult problem is well solved. Students can have their own account, select the teacher and the class, physical education teachers can know the exercise state of the students. At the end of the semester, the situation of exercise will be applied as a part of the curriculum evaluation index. Combined with special skills and classroom performance, comprehensive objective evaluation of students can not only play a role in urging students to exercise, improve the awareness of self-exercise, but also improve the traditional PE course evaluation. The survey shows that in some schools that have used the Sports World Campus APP, PE teachers generally report that students' endurance running performance has been significantly improved.

With the application of sports Apps in PE teaching in ordinary colleges and universities, teachers can more accurately master students' physical exercise and realize the supervision and guidance of college students. According to the situation of college students to complete physical exercise, teachers can help to make physical exercise plan for them scientifically and make the evaluation more objective and more comprehensive, so as to promote students' motivation to take an active part in physical

exercise in spare time, then ultimately to improve the physical quality and the purpose of lifelong physical exercise habit.

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