

Discussion on the Function of Wechat in the Field of College Physical Education

Qi Sun

Zhuhai College of Jilin University, Zhuhai, China

20416674@qq.com

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Abstract: The traditional teaching mode of physical education in colleges and universities has suffered a great impact in the Internet era. Under such circumstances, colleges and universities must attach importance to the important role of mobile Internet, and at the same time, they must change their concepts and actively use wechat public accounts and other information dissemination platforms, only in this way can we effectively improve the effect of physical education. Based on this, the article first analyzes the advantages of Wechat in college physical education, mainly including two aspects: strong function, strong interaction, and then discusses the main functions of Wechat in the field of college physical education, it mainly includes three aspects: Assisting Physical Education classroom teaching, publishing dynamic information of school physical education, and disseminating scientific concepts and methods of physical education, it mainly includes two aspects: actively changing the concept of traditional physical education and building the operation team of Wechat public number. Through the analysis and discussion of the above aspects, hope to be able to provide some reference and help for the related research work in the future.

Introduction

In recent years, with the rapid development of China's mobile Internet technology and the popularization of terminal electronic products such as smart phones and personal computers, it has had a certain impact on the teaching of various subjects, including physical education, in many universities, and there is a constant battle between the Internet and mobile phones and school sports. This actually reflects that the traditional physical education teaching model can not fully meet the needs of students for physical education, and Wechat is one of the indispensable software in modern mobile phones, with each student's study life has the very close contact.

The advantages of Wechat in college physical education

It's powerful. In addition to providing basic instant messaging services, wechat also has a very important function, the wechat public account. The platform has no clear restrictions on the use of the main body, can be individuals, media, enterprises and government organs or organizations. Through this public platform can push news, call-up activities, but also to share resources to the audience, brand communication and other activities. However, at present, wechat is mostly used as a chat tool or entertainment tool, and very few people in the field of education have gone deep into the development of Wechat's information transmission function or used it as a information transmission tool, and in the Physical Education Teaching is very few people attach importance to the role of wechat. If we can integrate wechat's powerful and diversified functions of instant messaging, information transmission, resource sharing, statistical analysis, personalized customization and management into college physical education, So that the effect of physical education teaching has been significantly improved.^[1]

Very interactive. Wechat has a very strong real-time interactive, in addition to audio and video and text communication, but also in the wechat public account platform is very obvious. For example, students can comment and leave messages at any time to interact with teachers and other

students online through the Wechat public account for College Physical Education classes. Students can also share photos or videos taken during their physical exercises with teachers or classmates via Wechat, allowing real-time audio, video, and text interaction, in this way, students can get to know each other more deeply and enhance their feelings with teachers and students. In addition, college pe teachers can also fully understand the students'ideological and learning dynamics through Wechat, which is conducive to pe teachers to grasp the difficulties and key points in pe teaching, on this basis, specific teaching methods and teaching methods to improve and improve.

An analysis of the main functions of Wechat in the field of college physical education

Assist Physical Education class teaching. In the process of carrying out teaching activities, traditional physical education is easily restricted by such factors as space and time, so it often has a bad influence on the teaching effect. However, by applying the Wechat public platform to college physical education, the time and space limitation of physical education can be completely broken, and students can learn relevant knowledge anytime and anywhere through the wechat public platform, it can also watch the action points and difficult points repeatedly through the functions of replay and replay, so as to effectively extend the traditional pe classroom and make the integration of inside and outside the classroom truly realized. For example, in the process of teaching Taijiquan to students in some colleges and universities, relevant teaching and demonstration are not only carried out in the traditional physical education classes, at the same time through the recording of teaching video and uploaded to the school's sports course wechat public platform to carry out online teaching. In addition, online teaching can choose many ways, in addition to teachers to record their own teaching video, but also other related aspects of teaching video can be shared on wechat public platform. In this way, students can watch and figure out the decomposition movements in the video repeatedly, can help students to better grasp Taijiquan^[2].

Release the school sports dynamic information. College pe teachers can use the wechat public platform to push dynamic information about sports courses to students 'mobile phones, which is also the most basic function of the wechat public platform, but through this way can be a good school sports culture atmosphere effectively built out. At present, the sports departments of colleges and universities that have set up wechat public accounts mainly use the platform to push the school sports dynamic information to the students. For example, the school sports events to push information to the students in time, so that they can participate in the game or to the scene to watch the relevant events. In addition, during the sports meeting held in the school, it can also promote the competition schedule to the students through the wechat public platform in a timely manner, so that the students 'information needs for the event can be fully met. Although this method is similar to the information posted on the websites of the departments of colleges and universities 'sports departments, its most important feature is its portability, coupled with the huge influence of the wechat software, so that the ordinary web information dissemination and Wechat public platform of information dissemination is not comparable, wechat public platform of information dissemination is not only wider in scope, and more targeted. Therefore, both universities and sports departments should pay enough attention to the information transmission ability of Wechat public platform, through which continuous information flow can effectively attract students 'attention, over time, it will have a subtle influence on students, making them pay more attention to sports activities and sports teaching, and actively participate in sports teaching activities, this is very beneficial to the cultivation of students'sports consciousness and sports exercise habit.

Dissemination of scientific sports concepts and methods. Because of the deep-rooted traditional examination-oriented education in our country, the leaders, teachers, parents and students all pay more attention to the education of culture class, but neglect or belittle the physical education. Although our country has improved the status of the physical education curriculum to a certain extent in recent years by carrying out educational reform, but in view of the actual situation of our country's colleges and universities, there is still a lack of sufficient attention to the physical education curriculum, in most cases, the importance of physical education is emphasized verbally, but its implementation often comes second to other disciplines and usually occupies the physical

education curriculum if other professional or cultural courses are difficult to arrange. In addition, both physical education in the classroom, or extracurricular sports activities, in the minds of school leaders and students and professional classroom teaching are in a secondary position. With the WECHAT public platform, the information of the national government on school sports can be pushed to teachers and students in time, so that the information needs of teachers and students on sports can be fully met. For example, the Nanjing University of Science and Technology's Wechat public platform, the "Research Center for Doing Business" , is closely related to current affairs and actively disseminates the national government's school sports policy and the idea of doing business, as a result, not only the teachers and students of our school are very interested in it, but also it has aroused wide attention of the public and produced very good social impact. In addition, there are many colleges and universities that use the wechat public platform to actively disseminate scientific sports concepts and sports training methods to their teachers and students. Take the wechat public number "Luoshi sports" created by Luoyang Normal University as an example, the platform has sent students and teachers a series of articles about sports, such as "sports, make you better" , "New Year, please keep running" and so on, through these articles, we can effectively cultivate the students'physical Exercise Habits and sports consciousness, and play a leading role in the sports life style of the students. For example, Henan University's wechat public account, "Heda Sports Online," once sent photos and texts to students a few days before giving them a sports test, instruct the students to adopt a scientific and reasonable exercise method for the physical test a few days later. In addition, the wechat public platform also used in the turn of autumn and winter to push "can you run? ", "winter running leisurely point" and other articles, detailed on the winter running exercise notes, and remind students to take precautions. In addition, before the organization launched the "sunshine healthy run", through the wechat public platform to promote the "sunshine healthy run campaign notes, " and other articles, on how to run and exercise scientific and reasonable guidance to students ^[3].

Some suggestions on the operation of Wechat public account in university sports

Actively changing the concept of traditional physical education. In order to run the wechat public account well and give full play to its role, the sports departments of colleges and universities should first actively change the traditional concept of physical education and incorporate the wechat public platform into the reform plan of physical education, at the same time, sports teachers should be given corresponding support and encouragement, so that they can actively use wechat public platform to carry out auxiliary teaching, and timely push information about sports to students. In addition, colleges and universities should also invest in appropriate human, material and financial resources, purchase equipment and equipment to operate wechat public number, as well as office space, and determine the appropriate person in charge. Still taking Henan University as an example, the Henan University has not only purchased professional cameras, computers and other hardware equipment for its staff to support the daily operation of the wechat public account of "Heda Sports Online", There is also a dedicated video studio for the operations team ^[4].

Building the WECHAT public number operation team. In order to get the attention of students, teachers and even the public, it is necessary to create excellent picture and text content and promote it to the audience. Therefore, it is often not feasible to rely on a single person's weak strength, and a special operation team must be set up and a reasonable division of labor within the team can achieve good results, and then expand the impact. As for the members of the operation team, there are actually many options, such as teacher-led operation or all-teacher operation or all-student operation and so on. However, from the aspects of information acceptance and communication management, the most reasonable mode is that the teacher takes the students to run the school. On the one hand, the school can manage the operation team more conveniently through the teachers, on the other hand, it is also closer to the psychological needs of students.

Conclusion

In a word, the organic integration of Wechat Public Platform Into College Physical Education can form a new teaching model, and the main features of this model are information interaction and resource sharing, thus carries on the high efficiency link with the traditional physical education teaching. And the use of wechat public accounts to carry out physical education teaching, but also can push to the students at any time and any place with school sports-related graphics and text content, as well as video and audio, can enable students to deepen their understanding of sports, and gradually develop a good sense of sports and Physical Exercise Habits. In addition, the interaction between teachers and students through public wechat accounts can enhance mutual understanding, which is conducive to physical education teachers to improve and perfect their teaching methods, thus making physical education more in line with students'actual needs, improving the effect of physical education teaching.

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