Research on the Physical Education Network of Middle School Education

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Keywords: middle school physical education, network education

Abstract. Network-based physical education in middle schools is a new research subject and a new field of middle school physical educational reform, playing a very important role in the improvement of the overall quality of physical teachers of senior middle schools, the application of information technology, the propelling of middle school students to go deeply into the field of physical education and improvement of humanistic qualities of athletes.

1. OBJECT AND METHOD OF RESEARCH

1.1 Object of research
Make research of the middle school network conditions as well as the network attitude of middle school students through surfing the Internet and making on-line consultation, and understanding the common conditions of schools and universities through understanding the current conditions of college and university.

1.2 Researching method
1.2.1 Survey research
Understand the general conditions of the 45 middle schools’ campus networks with the method of surfing the Internet for survey.

1.2.2 Mathematical statistic method
Make statistic processing and analyzing to the data achieved through survey.

1.2.3 Theoretic analyzing method
Put forward the measures for the development of the physical education of middle schools through using theories and methods in information theory and teaching theory.

1.2.4 Documental material method
Make reference to documental materials related to progresses and results of the research of middle school physical education

2. SURVEY RESULT AND ANALYSIS

2.1 Conditions of sports web pages in middle schools’ websites
2.1.1 Number of sports websites in middle school’s websites
Among all the middle schools, 85% have not set sports websites in their websites, and 14.5% have set sports websites in their websites, among which, national level key middle schools accounts for 95.3%, provincial level key middle schools accounts for 3.3%, and other middle schools accounts for 1.4%, showing that the national level key middle schools attach more importance to the network-based physical education comparatively.

2.1.2 Columns of the sports web pages in the websites of middle schools
The columns of the sports web pages, mainly includes sports news, sports competition, sports exercise, sports news and sports consultation, which can generally showing the contents of physical education in middle schools. However, comparing with the needs of middle school students, the number of the columns is smaller and the capacity of columns is lower. Since sports webpage is one of the fastest media in the speed of exchanging information, we should increase the number of...
sports webpage columns and enhance their storage capacity.

2.1.3 Time-lag problem happening to sports web pages in middle schools’ websites

The contents of sports web pages in the middle schools’ websites suffer from the time-lag problem and the sports information renewal period is comparatively too long, showing a lower efficiency in spreading and communicating sports information through network. According to survey, satisfaction level of students to the sports web page is comparatively lower, for only 16.2% of all students said they were satisfied with the sports web page, mainly because of the lacking in novelty and modernity and dullness in the format of the sports website contents of middle schools, leading to a low acceptance and satisfaction rate among students.

2.1.4 Information awareness of physical teachers of middle schools

At present, the physical teachers of middle schools have recognized the importance of making active information choosing and communication in increasing their education quality, accumulating their teaching experience and enhancing their teaching arts. However, since the impacts of various kinds of subjective and objective factors, the information awareness of middle school teachers need to be improved, and to be specific, physical teaching is conducted mainly in the sports ground, and sports teachers teach students sports skills just through exercising movements without giving much sports information knowledge to students, since the traditional teaching mode of excessively stressing on teaching sports movements surely does not need much new sports information to be infused in teaching. However, the course called Sports and Health tells us that a sports teacher, in the practice of providing guidance to students, on the one hand, is required to provide newest sports information to students, that is to provide students with scientific ‘fitness model’, on the other hand, should require students to read and ‘renew’ the ‘fitness model’ through the tool of information, and students should widen their visual field with renewed information and be bold in doing sports practice for the culture of their innovative thought, spirit and capacity.

2.2 Factors affecting the development of network-based physical education of middle schools

2.2.1 The level of network-based physical education is more directly and closely related to the level of physical teachers, comparing with other factors

According to the survey made to 132 physical teachers of middle schools in Yancheng City, Jiangsu Province, among all the physical teachers, 62.4% of the physical teachers thought that the establishment and development of network physical education should be done by computer professionals instead of by physical teachers, 28.5% of the physical teachers thought that the network is mainly used to provide sports information consultancy for the specialist of information center, 3.8% of the physical teachers thought that they should be involved into the development of network-based physical education and only 9.6% of the physical teachers thought they had the capacity in the development of network physical education while 86.8% said they did not have enough capacity in the development of network physical education.

2.2.2 The effect of constructing network software for physical education

There are 76.5% of web pages of middle school physical education showing comparatively higher quality in the hardware conditions, since middle schools consider that the level of hardware platform construction of a school represents the school’s quality level, thus making huge investment in the hardware construction. At the same time, the middle schools also attached much importance to the software construction, and the constructed web page of key subjects is comparatively higher in quality with unique features, but since the variety in the idea of physical education development, middle schools generally consider that the physical education just play an adornment role in overall education.

2.2.3 Middle school network monitoring management mechanism

The Middle school network monitoring management mechanism is the most important ring in the realization of network functions. However, many middle schools have the problem of stressing on the on-line clicking volume while ignoring the news renewal of the web pages, stressing on the
time-effect of opening the network, while ignoring making safety monitoring of the network, and stressing on making continuous software upgrading while ignoring making supporting management. The affection of the above factors has led to the raising of various problems, even computer virus infection, in the networks of a few middle schools.

2.2.4 Effect of network environment construction

At present, the sports network of the middle school has merged into the interactive hardware platform of the campus network, but under the affection of traditional idea, students are still far from recognizing the interaction function of sports network. According to a survey, among all the students, 15.4% of the students often browsed web pages of sport contents, 4.8% of the students considered they needed sports web page, 44.4% of the students considered they did not necessarily need sports web page, and 50.8% of the students said they completely did not need the sports web page, from which we can see the importance of the correction of the students’ recognition towards physical network and the construction of a nice on-line environment for physical network.

3. CONCLUSION AND SUGGESTION

3.1 Conclusion

The current conditions of the development of middle school physical network are not optimistic due to the commonly occurred problems of oldness in idea and time lag in information transportation, which has actually made negative affections to the development speed of the physical network of middle schools and has exerted limitation to the application of information technology in the physical education process. As a result, we should strengthen the education of middle school physical teachers for the enhancement of their information literacy and improvement of their intelligent structures, and help them get the capacities of using modern information tools for making effective ‘column classification’ and ‘formatting’ of information, and should use theories and methods of information science to gradually enhance the skills of students in applying sports information, promote the students to manage scientific fitness method and upraise students’ harmonious unity level in their physical health, psychological health and social adaptive capacity, thus realizing the objective of the development of the middle school physical network.

3.2 Suggestion

3.2.1 Optimizing information platform of middle school physical network

Establish quality information platform for the development of the informationized services provided by the middle school physical education mainly through the development of the physical education network service content system of middle schools.

3.2.2 Exerting the functions of the middle school network-based physical education

Middle school network education can provide sports information resources for students in their individualized learning process, thus realizing the principle of teaching students in accordance with their aptitudes. Through network education, students can also get best fitness guidance with comparatively lower price, for example, there are a comparative large number of students who want to take part in fitness exercises but have weakness in self-exercise and shortage in guidance, and such problem can be better solved if these students take part in the network education.

3.2.3 Strengthen the network monitoring management of middle school physical education

The network monitoring management of middle school physical education does not just involve technical aspects, but instead a synthetic and informationized teaching environmental system, including multiple elements, such as network installation, application platform, information resource, management mode, professional application, personnel quality, etc.

3.2.4 Information skill training for middle school physical teachers

Strengthen the training of in-service physical education teachers. The sports departments of middle schools should attach importance to the culture of middle school teachers in their information literacy, have correct knowledge of the importance of the information literacy culture of middle school teachers and adopt feasible measures to enhance the middle school teachers’ information literacy culture.
3.2.5 Effective usage of sports information resources

The capacity of making reasonable use of information resources is an important aspect in teachers' qualities, so the knowledge and retrieval ability concerning sports information resources becomes an important part in the information education contents.

3.2.6 Cultivation of students in their skills of using sports information

Middle school physical education teachers should cultivate students to make effective usage of sports information and improve their skills in effective using the sports information, including the achievement, propaganda, process and application of the sports information.

References