

The Application of Modern Educational Technology in Sports Training

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ABSTRACT: Physical training is a teaching activity that students must experience at all stages and it occupies an important position in conventional physical education and professional physical education teaching activities. The traditional teaching form of physical training is mainly based on the teacher's explanation and demonstration and the students' repeated practice. However, traditional teaching has relatively insufficient teaching effects for students. Modern education technology is mainly based on computers and high-tech imaging technology. This article analyzes the application of modern education technology to student sports training, observes the teaching auxiliary effect of modern education technology on sports training and hopes that it will be of greater help to future sports training.

KEYWORDS: Modern Education Technology; Physical Training; Teaching Quality; Training Assistance.

I. INTRODUCTION

Athletes of track and field, martial arts, taekwondo and other sports events inevitably need a lot of training, effective practice of standard postures, formation of muscle memory and improvement of athletes' performance. In school teaching, physical training and emphasis on scientificity and standardization also have greater requirements for teaching effects. The standard type in the training process is the key to affect the sports training performance. This article observes the influence of modern educational technology on the quality of sports training.

II. MODERN EDUCATIONAL TECHNOLOGY STIMULATES STUDENTS' INTEREST IN LEARNING

Modern educational technology mainly refers to the application of high-tech such as multimedia and imaging in modern educational

technology. The teaching aid of modern educational technology for students' physical training is to improve students' participation enthusiasm and stimulate students' motivation to learn. Most students have a strong purpose when they conduct physical training. For example, when training for a 100-meter run, Students need to go all out to improve the short-term sprint speed and explosiveness as much as possible under the premise of ensuring the running action. However, due to the poor interest of repeated running training, the students' interest in learning and training passion continue to wear away, which ultimately leads to the problem of poor enthusiasm for students and unable to cooperate with teaching. Especially for the examination training for college entrance examination candidates and special candidates, the length of training and the quality of training will have a great impact on students' final scores and even their lives. The key of modern educational technology is to reduce the pressure and depression of students due to boring training and to increase students' interest in learning. In order to improve the training passion of students, you can use the way of playing video to play the video of the championship award to the students. The exciting situation of the championship award can greatly stimulate the enthusiasm and training enthusiasm of students. Teachers can also train and encourage students to promote the increase of students' interest in learning.

III. APPLICATION VALUE OF MULTIMEDIA TECHNOLOGY

Multimedia technology is a relatively common type of multimedia technology in modern education technology. It is also the content that is less difficult to apply and lower in cost. Multimedia technology includes a collection of audio, video and other content. Multimedia technology can use more dynamic and intuitive methods to teach students and the effect is more obvious than purely

using demonstration teaching. The core value of multimedia technology is to promote students' understanding of teaching knowledge. There is a big difference between the teaching of traditional theoretical knowledge and the teaching content of physical training emphasizes the students' own understanding of sports training movements and actions and emphasizes the standard type of students' movements in the training process. Using multimedia technology, on the basis of improving students' understanding of knowledge, it can display students in a multi-angle and all-round way and at the same time can show students content that cannot be displayed in daily teaching activities, such as physical placement blocked by sportswear. Position and trajectory can be effectively improved. After students get more detailed and professional demonstration and guidance, they can achieve more effective physical training teaching and training effects.

In addition to demonstration and guidance, multimedia technology can also improve and promote the feedback teaching effect in physical training. After teachers demonstrate, traditional methods need to be demonstrated and corrected by teachers individually. However, through multimedia technology, teachers can increase teachers' feedback. The effect of student guidance and correction. Through multimedia feedback, students can intuitively feel and correct their own movement process and posture problems. For example, in martial arts teaching and martial arts sports training, students have higher requirements for the standardization of movements. Most students can improve their learning ability and learning effect during the teaching process. Especially in martial arts teaching, students' movements are standardized and directly affect the learning effect of students. Even in daily training, if the standard of action cannot be guaranteed, it will not only increase the training pressure of the students, increase the physical burden of the students, but also increase the risk of injury to the students during the catch-up exercises. Therefore, the use of multimedia technology can effectively avoid the training pressure of students in the process of physical training and teaching and reduce the pressure of students to study and promote the improvement of teaching quality.

IV. MODERN EDUCATIONAL TECHNOLOGY IS CLOSELY INTEGRATED WITH THE COLLEGE ENTRANCE EXAMINATION

Modern educational technology is widely used in the training before the college entrance examination, mainly because the college entrance examination results have a greater impact on the future development of the school. Most of the sports college entrance examination candidates bear greater pressure in sports training. Traditional teaching is under great pressure and the effect is poor. Using modern education technology, we can use a variety of teaching methods to train students for college entrance examination physical training. The content of sports training for the college entrance examination is mostly based on the college entrance examination. Therefore, the effective mastery of the college entrance examination consultation is also the main method to improve the college entrance examination results. The big difference between modern education technology and traditional teaching is that modern education technology can be combined with network technology, which can refine the content of the classroom and increase the search and query of college entrance examination consultation, so as to help students understand the college entrance examination consultation in a timely manner. Carry out the college entrance examination sports training in a targeted manner. In addition, traditional video operations such as slow playback, reverse playback, fast playback and pause can improve students' general understanding of teaching content, increase the quality of students' imitation and help students master the overall physical training content. The college entrance examination is a key stage in the learning career of physical education students. Modern educational technology can improve the efficiency of teaching and training, reduce the detours taken by students in the process of training and increase the improvement of students' teaching quality in the process of teaching.

V. SPECIFIC APPLICATION ANALYSIS OF MODERN EDUCATIONAL TECHNOLOGY

1. Application of HD Camera

High-definition cameras are a common modern teaching technology in physical training and teaching. High-definition cameras are different from traditional cameras. High-definition cameras can very clearly capture the movement trajectories and movements of students during the training process. good. The high-definition camera can have

a very objective evaluation of the student's sports performance and feedback through the way of playback, the student can break away from the drawbacks of the traditional explanation, increase the student's awareness of their own movement problems and fully maintain the student's standard movement. With the help of high-definition cameras, most students can achieve higher training results. For example, during gymnastics training, there are relatively more "turning" movements, which require higher students' movements and the standardization of students' "turning" movements has a greater impact on the quality of students' training and even their physical safety. The use of high-definition cameras can improve students' understanding of the standard of their own movements when performing the action of "turning" and combined with the muscle feeling during the movement, students can not only theoretically understand the norms of correct movements, but also it can also improve students' perceptual cognition and the understanding of teaching and training effects can also be effectively improved.

2. Common application of multiple modern educational technologies

The application of a variety of modern education technologies can form the overall application mode of modern education technology in sports training. In addition to common multimedia technologies, it can also apply video editing, group discussions, brainstorming and other methods to teach the content of sports training. Under the application of a variety of modern educational technology indicators, students can more intuitively help students understand the content of sports training during the teaching process and at the same time give full play to the advantages of modern educational technology application, while ensuring the quality of student teaching, improve students' training interest in reducing students' pressure on teaching. Teaching for different types of sports training can also improve the pertinence of students' sports training, promote students of different sports types to use different modern education technologies and realize the flexibility of applying a variety of modern education technologies in sports training.

VI. CONCLUSION

With the continuous improvement of physical exercise ability in our country and the continuous improvement of students' physical fitness, more and more physical education disciplines have also received more and more

attention and universities and college entrance examinations have also paid more and more attention to students' sports performance. Teaching helps to reduce the physical training and exercise quality of students. The improvement of education effect requires other auxiliary tools to assist. Modern educational technology is a key part of quality education in our country. Most students can improve the training effect with the assistance of modern education technology and the application of modern education technology is more flexible. It is worth thinking about in the future physical training teaching.

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