

# Research on the Educational Behavior Innovation of College Physical Education Teachers in the Internet+ Era

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## Abstract

As an important branch of higher education, “health first” is the foundation and the core goal of physical education in higher education institutions. Physical exercise is essential for students’ physical and mental health. It can not only enhance students’ physical fitness but also cultivate students’ strong will and indomitable fighting spirit. Under the background of the development of the times, students in colleges and universities need to be encouraged to actively participate in various sports activities organized by schools with the help of Internet technology. The exercise mode of physical education cultivates students’ healthy living habits and enhances students’ physical health. This paper analyzes the educational behavior innovation of college physical education teachers in the Internet+ era for their reference.

## Keywords

Internet+ era  
Colleges and universities  
Physical education  
Educational behavior  
Innovation

**Online publication:** November 25, 2023

## 1. Introduction

Teachers, as the guide of sports in colleges and universities, should advocate the concept of sports centered on health, cultivate students’ health awareness and behavior, and make them regard sports as a way of life, rather than just a competition. Traditional sports behavior is often limited to activities in sports classrooms and competition fields, lacking diversified and personalized physical exercise methods. Under the background of Internet technology in the new era,

relevant physical education teachers should promote the change of students’ sports track through the renewal of students’ ideas, so that it becomes a good habit and takes root in students’ hearts.

## 2. The necessity of physical education teachers in the Internet+ era

Educational behavior innovation of college physical education teachers in the Internet+ era is necessary because the popularization and development of Internet

technology provide students with more ways to obtain information. In the past, physical education teachers in colleges and universities mainly carried out face-to-face teaching, and students' knowledge acquisition mainly relied on classrooms and textbooks. Now, students can search for various resources through the Internet, such as literature, videos, online courses, etc.<sup>[1,2]</sup>. College physical education teachers need to guide students to use the Internet to acquire knowledge correctly through innovative educational behavior and improve students' information literacy and independent learning ability.

The innovation of physical education (PE) teachers in the era of Internet+ is conducive to promoting students' active participation and interaction. The traditional teaching method often involves teachers leading the teaching activities in the classroom, and the students acting as passive recipients. In the education of the Internet+ era, teachers can use the network platforms for online communication and interaction, and encourage students to express their opinions, ask questions, and share their experiences<sup>[3,4]</sup>. College PE teachers can use social media, online discussion platforms, and other tools to stimulate students' interest in learning and cultivate students' teamwork and innovative thinking.

The innovation of physical education teachers in the era of Internet+ can broaden students' learning space and methods. In the past, students' learning was mainly limited to the classroom and schools. In the era of Internet+, students can conduct distance learning through online learning platforms, break through the limitations of time and space, and gain access to excellent educational resources from all over the world. College physical education teachers require innovation of educational behaviors, carry out online courses, virtual experiments, and other activities, provide diversified learning methods and learning resources, and meet students' personalized learning needs.

### **3. The educational behavior of physical education teachers in the Internet+ era**

#### **3.1. The concept changes of emphasizing teaching and learning**

The advent of the Internet+ era has brought unprecedented opportunities and challenges to physical education in colleges and universities. In this new era background, the

educational behavior of college PE teachers needs to be innovated and changed. The traditional education mode focuses on teachers' educational ability and teaching experience and emphasizes the transmission of knowledge and skills. However, with the development of technology and the popularization of the Internet, physical education in colleges and universities needs to pay attention to students' learning skills and information acquisition abilities, so that the educational behavior will be more personalized and focus more on students' subjectivity<sup>[5]</sup>.

In the traditional education mode, teachers play the role of the imitator and authority of knowledge, while students passively accept the indoctrination of knowledge. However, in today's information age, students can access huge amounts of knowledge and information through the Internet, and they require the ability to acquire, analyze, and apply this knowledge. Therefore, physical education teachers in colleges and universities need to change their roles, become students' learning guides and resource integrators, and help them master knowledge and skills by stimulating their interest in learning and providing suitable learning resources<sup>[6,7]</sup>.

At the same time, due to students' individual differences, the traditional education model often cannot meet the needs of all students. However, the application of Internet technology can help college physical education teachers to realize personalized education. For example, teachers can use the Internet platform to provide personalized learning resources and learning tasks and make personalized learning plans according to students' interests and abilities. At the same time, with the advantages of Internet technology, teachers can also carry out online communication and interaction with students, timely understand students' learning situation and confusion, and provide targeted guidance and help<sup>[8-10]</sup>.

#### **3.2. Transforming passive learning into active learning**

The advent of the Internet+ era has brought unprecedented opportunities and challenges to higher education. In the face of such a rapidly changing era, the educational behavior of physical education teachers in colleges and universities requires constant innovation to meet the needs of students and the development of society. In this context, transforming passive learning into active learning

has become one of the important contents of educational behavior innovation<sup>[11-12]</sup>.

Passive learning is a problem existing in the traditional education mode. It takes the indoctrination of knowledge and the passive acceptance of students as the core, with a fixed teaching arrangement and content. However, the Internet+ era has made education more diversified and personalized through various teaching methods. College physical education teachers can design innovative teaching methods and forms using Internet tools and technologies to cultivate students' interest and motivation in learning. Active learning emphasizes students' independent exploration and active participation, encourages students to discover and solve problems by themselves, and cultivates students' creativity and innovative consciousness<sup>[13-15]</sup>.

In the process of passive learning to active learning, teachers need to change their role from the traditional knowledge imitator to the learning guide and collaborator. Teachers can use Internet resources to provide a variety of learning content and resources to stimulate students' interest in learning. Secondly, teachers need to create a positive learning environment to cultivate students' learning motivation and independent learning ability. For example, activities such as group discussions, practical activities, and project research can be organized to guide students to active participation and cooperation. At the same time, teachers can also use online learning platforms and social media to expand learning beyond the classroom and promote students' communication and cooperation.

### 3.3. Changing traditional teaching into practical teaching

With the development of the Internet, the Internet+ era has become one of the keywords in all walks of life. As a member of the education industry, physical education teachers in colleges and universities should also actively adapt to this development trend and transform the traditional form of teaching into practical teaching. This can not only improve the quality of teaching but also meet the personalized needs of students.

The traditional form of teaching often adopts a standardized teaching method, where the teachers are the main source of knowledge, and the students are the passive recipients. There are certain problems in this

teaching method, such as the lack of students' active participation and difficulty in cultivating students' innovative and practical skills. Practical teaching in the era of Internet+ emphasizes the students' subject position and independent learning. Teachers are no longer the imparters of knowledge, but the guides and instructors of students' learning. Through the application of the Internet platform, teachers can provide rich teaching resources, and cultivate students' independent learning ability and problem-solving skills<sup>[14]</sup>.

In practical teaching, teachers need to pay attention to cultivating students' comprehensive quality and practical skills. The traditional form of teaching focuses on students' mastery of knowledge and the evaluation of examination results while ignoring the cultivation of students' practical skills. Practical teaching emphasizes cultivating students' practical skills through practical operation and project practice. Teachers can provide students with practical projects and courses through the Internet platform, and guide students to conduct practical operation and project practice. In this way, students can not only consolidate what they have learned but also improve their ability to solve practical problems. In addition, in practical teaching, teachers also need to pay attention to the cultivation of students' innovative abilities. The Internet+ era has given teachers and students more opportunities and platforms for innovation. The traditional form of teaching often lacks the space for innovation, and students can only learn according to the established curriculum and teaching plan. Practical teaching encourages students to practice through independent and cooperative learning. Teachers can use the Internet platform to provide students with innovative topics and projects and guide students to conduct innovative practice and teamwork. In this way, students can give full play to their imagination and creativity, and exercise their ability to solve problems and innovative thinking<sup>[15-18]</sup>.

## 4. Conclusion

The Internet+ era has had a profound influence on the educational behavior of PE teachers in colleges and universities. In the past, physical education teachers in colleges and universities mainly taught through traditional teaching means, but with the rapid development of

information technology, the Internet+ era is constantly changing the educational mode and behavior. Therefore, physical education teachers in colleges and universities

need to innovate their educational behavior to adapt to the development of the times and the needs of students.

### Funding

2021 Teaching Reform and Innovation Project of Shanxi Province “Research on the Educational Behavior Innovation of College PE Teachers in the Internet+ Era” (Project number: J2021991)

### Disclosure statement

The author declares no conflict of interest.

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