

Research on the Application of Information Technology in Sports Dance Course Teaching

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ABSTRACT

The application of information technology in sports dance course teaching can promote the inevitable trend of the reform of sports dance course. With the help of big data, Internet and other information technology, it can effectively change the traditional teaching mode of sports dance classroom, build a new ecological education environment, bring better learning experience and smart services to students, and promote the comprehensive development of students. Based on this, this paper will study the application practice of information technology in sports dance course teaching, in order to provide references for teachers to promote the reform of sports dance smart teaching.

KEYWORDS

information technology; sports dance course; application practice

With the deepening of the application of information technology in college education and teaching, how to use information technology to promote the construction of smart sports dance classroom and meet the actual development needs of students has become an important problem that colleges and universities need to solve urgently. It requires colleges and universities to combine the current information development needs of students to actively explore the diversified application of information technology means in sports dance classroom teaching, and accelerate the construction of smart classroom, so that students can enjoy the fun of science and technology, and develop the habit of loving sports and lifelong exercise, so as to lay the foundation for their future healthy development.

1 The Role of Information Technology in Sports Dance Teaching

The application of information technology in sports dance classroom teaching has multiple advantages.

1.1 Meet Students' Needs for Building Smart Classrooms

At present, the post-2000s generation has become the "main force" in colleges and universities. They love new things, are good at capturing all kinds of information in the network, have a high familiarity with various information technology tools, and have a more prominent demand for building smart classrooms^[1]. Students are eager to break the traditional classroom-based teaching space, have more autonomy in learning, and create a more free and open teaching environment to promote self-development. However, due to the limitations of the previous teaching environment

and infrastructure, students' personalized teaching needs are often difficult to achieve. The integration of information technology such as big data technology, virtual reality technology, motion capture technology, and 3D technology into sports dance classroom teaching can change the traditional classroom teaching mode, expand the teaching space of sports dance classroom, and provide support for students' personalized learning, thus making the sports dance classroom teaching more smart and efficient, and meeting the needs of the post-2000s generation in the new era.

1.2 Strengthen Interaction and Communication between Teachers and Students

The introduction of information technology into sports dance classroom teaching enables teachers to interact with students through diversified network channels in addition to face-to-face communication and guidance. For example, by using the online network platform, teachers and students can jointly upload learning materials, share learning experience, and discuss learning problems. For another example, teachers can also use virtual reality equipment and motion capture equipment to collect students' movement tracks in real time, and use big data to scientifically analyze students and formulate targeted teaching feedback programs, so as to facilitate teachers to guide students to train more scientifically and promote the steady improvement of students' sports attainments.

1.3 Enrich Teaching Resources

The application of information technology in sports dance teaching can provide teachers with abundant sports dance teaching resources, so that teachers can meet the development needs of students. Integrating more fresh elements into sports dance teaching can not only help to enhance the attractiveness of sports dance classroom teaching for students, but also meet the personalized learning needs of students, inspire students to carry out independent innovation and arrange creative dance, and promote the all-round development of students.

2 The Practical Application of Information Technology in Sports Dance Classroom Teaching

2.1 Preview before Class and Push Teaching Information

Preview before class is an important part of classroom teaching activities. First of all, teachers should make use of information-based teaching platforms such as Rain Class and Chaoxing Learning to carefully prepare preview content for students. For example, teachers can record the dance movements of the class, and use the editing tool to add graphic annotations and adjust the rhythm of the video, so that students can understand the details of the dance movements from multiple perspectives. Teachers can then upload the video in the form of a "task release", and require students to carefully preview and imitate the movements. In order to master the preview of students in time, teachers can also check the online learning time and browsing time of students through the teaching platform, and remind students who do not have enough learning time to ensure the preview effect of students. Finally, by using the information-based teaching platform, teachers can sort out the important and difficult points in the sports dance teaching content, and check the students' mastery of the knowledge through questionnaires and answering questions, so as to give students targeted guidance in offline classes. Moreover, teachers can communicate with students by setting interactive topics or asking questions, and encourage students to actively post

their preview results in the comment area, so as to understand the preview situation of students.

2.2 Construction and Application of Smart Classroom

In the sports dance classroom teaching, teachers should take the initiative to use diversified information technology to change the boring and dull classroom teaching atmosphere in the past and stimulate students' enthusiasm for learning.

In classroom teaching, teachers can use multimedia equipment and smart speakers to play music, which can cooperate with sports dance teaching, gradually help students master the rhythm of sports dance, and make them enter the learning state. Subsequently, teachers should use information teaching equipment, such as 3D teaching equipment, to guide students to watch dance videos, so that they can observe the dance movements of the demonstrator in an all-round and multi-angle manner, and accurately master the essentials of each dance movement transformation^[2]. Moreover, teachers can use virtual reality technology, so that students can enter the dance scene only by wearing VR glasses, and enhance the sense of classroom experience. In addition, teacher can use VR technology to collect and monitor students' data, such as students' physical conditions, sports conditions, etc., and then set specific sports programs according to students' personal physiques. so that students can achieve the ideal training effect. For another example, teachers can use the motion capture technology to accurately collect the motion data of students, and provide students with accurate movement guidance accordingly, so as to constantly improve the standard degree of dance movements of students, and lay a good foundation for students to learn more difficult sports dance in the future^[3].

2.3 After-school Exercises and Teaching Feedback

With the support of information technology, the forms and designs of after-school exercises and teaching feedback have become more diverse. First of all, teachers can summarize the content of classroom teaching and upload it to the information-based teaching platform, so that students can consolidate the knowledge according to their own learning situation. In addition, teachers can also use the information-based teaching platform to publish after-class exercises, knowledge questions and answers, questionnaires and other tasks to test students' learning results.

Secondly, by using the information-based teaching platform, teachers can interact with students in real time. For example, teachers can communicate with students in real time about the tasks published in the after-class discussion and understand the difficulties that students have in the sports dance practice. According to the special situation of students, teachers can also provide guidance through live broadcasting, so as to ensure the teaching effect. Teachers can also collect other styles of sports dance videos and push them to students with excellent performance in sports dance learning, so that students can practice independently and make innovative adaptations. It can meet students' individual development needs, stimulate their innovation vitality and promote their all-round development.

Thirdly, through the information-based teaching platform, teachers can have a more comprehensive understanding of students' learning situation, so as to conduct a comprehensive assessment of teaching results and give students targeted feedback. For example, through the teaching platform, teachers can know the practice time of each student, and then include it in the usual performance as an important basis for evaluating students' learning attitude^[4]. For another example, through the information-based teaching platform, students' classroom activity and homework feedback can also be understood, and targeted practice objectives and teaching programs can be designed accordingly, so as to ensure that the sports dance teaching meets the

development needs of students.

Finally, the information-based teaching platform also makes it possible for teachers to realize personalized evaluation. The information-based teaching platform can quantify and assign values to various indicators such as students' daily attendance, classroom feedback, usual performance and final assessment, and comprehensively evaluate students in combination with their personal physical fitness and progress performance, so as to ensure that the final assessment results can truly reflect each student's learning situation and provide a basis for teachers to formulate teaching plans for the next stage.

3 Suggestions on the Application of Information Technology in Sports Dance Teaching

In order to apply information technology to sports dance teaching, colleges and universities should pay attention to the following aspects.

3.1 Strengthen the Construction of Information Technology Equipment

Information technology equipment is the basis of the construction of smart sports dance teaching classroom. Therefore, colleges and universities must increase capital investment, introduce all kinds of information teaching equipment, and promote the construction of smart sports dance classrooms to lay a solid foundation for sports dance teachers to promote the teaching reform. Moreover, colleges and universities should also pay attention to the construction and maintenance of information teaching platforms, and encourage teachers to strengthen the application of information teaching platforms in classroom reform and explore diversified application ways, so as to better meet students' information learning needs.

3.2 Improve Teachers' Information Qualities

The effective application of information technology in sports dance teaching requires college teachers to have certain information technology abilities. In this regard, colleges and universities should continue to strengthen the training of sports dance teachers, and improve the information qualities and the ability to use information equipment of these teachers. On the one hand, colleges and universities should take the initiative to invite professional information technology personnel to train sports dance teachers. They should not only help teachers master the operation steps of various information technology equipment, but also pay attention to training the information teaching thinking of sports dance teachers, so that the teachers can take the initiative to explore new teaching modes according to the actual development needs of students in the future classroom teaching. On the other hand, colleges and universities can encourage teachers to actively explore personalized information-based teaching methods in sports dance teaching practice by setting up teaching reform demonstration groups and teaching evaluations.

3.3 Focus on the Development and Construction of Teaching Resources

Teaching resources are one of the important factors that affect the classroom teaching effect. Under the background of information-based teaching reform, teachers should not "copy" the original teaching resources to the teaching platform, but should make full use of the advantages of information teaching platforms to strengthen the development of sports dance teaching resources. First of all, teachers should pay attention to updating the teaching videos with rough recording and

noisy environment in the past, so as to facilitate students to study and watch. Secondly, teachers should pay attention to exploring rich online teaching resources, broaden their teaching horizons, and refine and screen the high-quality dance elements to bring students a novel learning experience. Finally, teachers can also actively encourage students to extract materials from life, and innovate and adapt them, so as to enrich sports dance teaching resources.

4 Conclusion

To sum up, under the background of informatization, dance sports, as an important content in physical education, should smoothly develop in the times, and all kinds of information technology equipment should be used to promote the transformation and upgrading of dance sports teaching, so as to strengthen the real-time interaction with students, provide students with diversified teaching resources and novel learning experience, and constantly stimulate students' interest in learning dance sports. Therefore, it can gradually cultivate students' good habits of independent learning and lifelong sports, and lay a good foundation for their future healthy development.

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