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## The role of information technology for physical education at Ba Ria – Vung Tau College of Education in era 4.0

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### Abstract

Technology 4.0 is a collection of all technologies related to physical cyber systems, Internet of Things and Internet of systems. With great influence and widespread scope in all industries and fields in life, along with the speed of rapid development of technology, the fourth industrial revolution is considered a different era. This revolution is expected to affect all sectors, sectors and the entire economy of mankind. The education and training system also needs to integrate and adapt to better prepare for improving the quality of teachers and student learning. The article discusses the role of information technology and its use in physical education for students at Ba Ria Vung Tau College of Education era 4.0.

**Keywords:** Educational computerization, student competency, physical education, teaching methods, professional training, technology 4.0

### Introduction

Socializing computerization is an information technology socialization process. The specificity of this process is the accumulation, collection, storage, processing, transmission and application of information, performed on the basis of microprocessor and related computer technology. One of the main areas of social computerization is information education.

Computerization of education is a means and a tool for the field of methodological education and experimental research on optimal application of the latest information technology, focusing on the realization of training and educational objectives. technology education. Information technology is a mixture of devices, methods and tools that allow people to manipulate information outside of the human brain.

Currently at Ba Ria Vung Tau College of Education, Physical Education is taught 60 hours for Secondary College. 120 hours for elementary College. 120 hours for Preschool College. Specific allocation is according to the table 1 below:

**Table 1:** Statistics table of physical education subjects

Order	Module name	Standard hours	Semester	Note
1	Physical education 1	30	I	High school college
2	Physical education 2	30	II	High school college
3	Swimming	30	III	Elementary college
4	Gymnastics	30	IV	Elementary college
5	Aerobics for children	45	III	Preschool college

The process of learning, practicing and researching subjects in the program "Physical education and sports, with the aim of forming the following qualities and competencies:

- **About the quality**
  - Having a patriotism, willpower, solidarity, democracy and social progress.
  - Having a collective consciousness that strives for the common good, thrifty, honesty and humanity.
  - Having a healthy lifestyle, a civilized lifestyle, a sense of protecting the ecological environment.
  - Having a hard-working and creative spirit in studying and working.
  - Conscious in raising qualifications and health to serve the society.

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- **About capacity**

- **Autonomy and self-study:** Students know how to find, evaluate and select their own resources, know how to manipulate and process information appropriately in practice.
- **Communication and cooperation competence:** Students know how to exchange, present, share and coordinate to implement ideas in learning and practicing sports.
- **Capacity to solve problems and be creative:** Students know how to take the initiative in receiving knowledge, conducting creative training to form skills and motor skills.
- Physical Education subject has the advantage of forming and developing the capacity of health care; athletic capacity and physical activity for students.

In order to help students orient and study well the subject of Physical Education at school as well as the self-practice, especially in era 4.0, the lecturer has a huge role in using the principles, principles, methods of teaching, updating information, developing subject videos, sharing information, guiding the orientation of content in videos, online information from which to transfer knowledge to students. the most vivid way.

In the process of updating teaching, teachers must use the basic principles and methods of social sciences to solve social issues and professional expertise. Using the basic laws of natural sciences in professional activities, applying methods of analysis and mathematical models, theoretical and empirical research.

Mastering the methods of teaching Physical Education and promoting health to reach the fitness level for students who meet the criteria and standards set forth.

The solution to the problem of improving the quality of education in Education at Ba Ria Vung Tau College of Education, with the fact that all first-year students are entitled to physical education, second-year students few are educated and all third-year students do not take physical education at school, instead they can join sports clubs, sports teams, or on their own. practice by yourself somewhere.

The Physical Education program at the College is increasingly reducing the number of credits, which leads to fewer students attending and training with the instructors, instead they have to learn by themselves. and practice different sports to improve health. Facing this fact with the explosion of information technology era 4.0, the role of lecturers of Physical Education should be maximized in supporting to help students access sports, so that they can get information about the exercises, reasonable training methods, to manipulate and maintain the training to improve their physical qualities.

To solve this problem, lecturers need to invest and apply and use information technology and modern technical teaching facilities in service of their teaching.

Firstly, it is necessary to strengthen the orientation of the use of technology and pedagogical methods, which is the mandatory task of lecturers in developing teaching technologies, applying the combined teaching method. technology for lecturers who teach physical education in schools.

Second, it is necessary to maximize the use of independent forms of learning for students during class hours and participation in extra-curricular exercises.

This problem can be solved by using information technology, creating appropriate self-study guides, computer curriculum, video document editing instructors, Elearning programs, and selected from the internet, distance education programs of a number of domestic and foreign schools, provide more for students to self-study at home.

The solution to these problems is to foster pedagogical competence using technology for lecturers of physical education group, invite IT experts to apply new technology techniques to teaching. Physical education for some teachers of Physical Education, some knowledge and skills such as (Drafting presentations with microsoft PowerPoin, building mind maps with PowerPoint, designing slide shows with video projection, tips in designing Microsoft PowerPoint)

On the side of the school, it is necessary to invest in building and creating material and technological facilities, serving the teaching connection of lecturers and students, by investing and using modern computer rooms for Physical education organization, access to intranets and access to the World Wide Web.

Today, large-scale changes are taking place in all areas of human life. An important issue that affects the quality of education in general and physical education in particular is the rapid development of scientific and technological advances and global information worldwide. Therefore, regular updating of information technology knowledge is the responsibility and duty of each lecturer. Besides, there is the support from the school in creating conditions to open refresher classes, improve the skills of practicing teaching methods by information technology, technical technology, building suitable facilities. meet the teaching needs of lecturers and students' needs, gradually integrate into the upward development of society, respond to the information technology boom of the era 4.0.

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