

# Research on Orienteering Teaching of College Sports Based on Computer Multimedia Technology

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**Abstract.** With the comprehensive promotion of quality education in Colleges, physical and mental health has become the most important training goal. Therefore, colleges gradually strengthen sports, which can better cultivate compound talents with good human quality. However, there are many problems in traditional physical education (hereinafter referred to as PE), which is difficult to improve students' interest in learning. Orienteering is a competitive sport, which requires colleges to comprehensively deepen the reform of PE curriculum. By setting up Orienteering Course, we can expand the space of college PE curriculum, which will fully combine classroom teaching with extracurricular sports activities. Through computer multimedia technology (hereinafter referred to as CMT), colleges can fully reflect the dominant position of students, which will realize the transformation to comprehensive quality education. By strengthening the students' physique, we can cultivate the ability of independent thinking, which will comprehensively improve the comprehensive quality of students. First of all, this paper analyzes the importance of CMT. Then, this paper puts forward some problems. Finally, some suggestions are put forward.

**Keywords:** Computer Multimedia Technology, College Sports, Orienteering

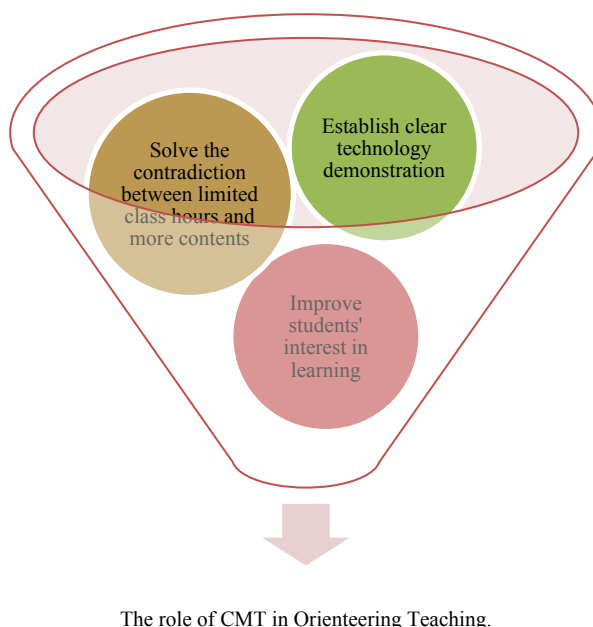
## 1. Introduction

With the development of economy and society, people's requirements for physical quality are higher and higher. Therefore, colleges should gradually strengthen PE teaching, which will gradually become the needs of students. Orienteering is a competitive activity, which has a lot of diversity and interest [1]. Therefore, orienteering has become a unique sport, which will provide strong support and protection. In 2007, orienteering has been identified as a formal event, which accelerates the application of orienteering. Orienteering is an activity that uses a detailed and accurate map and a compass to find the controls in order, which takes the shortest time as the winner. Orienteering is usually carried out in forest, field, campus and park [2-5]. Orienteering is an outdoor recreational sport, which has its own unique characteristics. For example, independent map recognition, looking for all the dots, clock in the correct order, the fastest speed, etc [6]. This is an important part of higher education. Therefore, colleges can improve the teaching of orienteering, which can help improve the overall physical quality of college students [7].



## 2. The role of CMT in orienteering teaching

With the development of computer, multimedia technology has been applied in various fields, especially in the field of education. CMT plays an important role in orienteering teaching, as shown in Figure 1.



**Figure 1.** The role of CMT in orienteering teaching.

### 2.1. Establish clear technology demonstration

The characteristics of PE determine that we must use CMT, which can improve teaching means and teaching methods. Through clear technology demonstration, we can improve the quality of teaching. Directional classroom teaching has many characteristics, such as large classroom area, poor monitoring, technical continuity, mutation, etc., which has many difficulties for beginners. Through multimedia courseware, teachers can use sound, image, animation and other forms to show the whole process of orienteering. Through the establishment of clear technical demonstration, teachers can vividly show the key points of reading pictures and speed balance in orienteering running. By reading the pictures, teachers can help students to make a reasonable planning route. Through the CMT, students can clearly establish the action image, which will reduce the detours in the thinking process. Through the CMT, students can quickly master the method of approaching the target.

### 2.2. Solve the contradiction between limited class hours and more contents

Orienteering is a new sport. Most students know little about orienteering, which needs to learn from scratch. Orienteering is different from other sports, it is a comprehensive sports. Orienteering is related to many subjects, such as geography, cartography, computer science, biology and so on. Therefore, there are many basic theories in the whole movement. However, the class hours of theoretical teaching are limited, which requires teachers to complete the teaching in more limited hours. Therefore, CMT can solve the contradiction of less class hours, which can shorten the time process and shorten the space distance. By representing a large time span and spatial scope, we can shorten the process of information transforming into knowledge.

### 2.3. Improve students' interest in learning

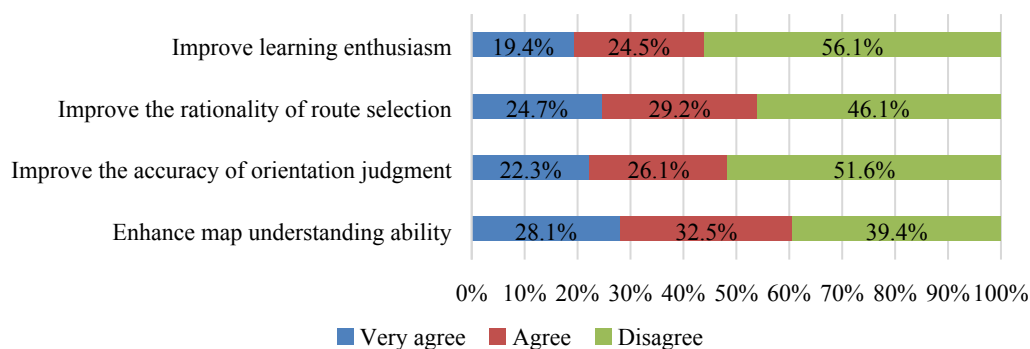
Orienteering has the characteristics of strong discipline comprehensiveness, which determines the complexity of teaching information. Therefore, it is difficult to express the teaching content with traditional teaching methods. Through the multimedia technology processing information, teachers can analyze the difficulties in an all-round way, which will more vividly express the abstract movement. Through the comprehensive use of charts, animation, music, flicker, color, font and other methods, we can enhance the expressive force of PE teaching. By increasing the strong appeal, multimedia technology can activate the classroom atmosphere. In addition, there are knowledge of circuit design and drawing in orienteering, which needs the assistance of CMT. The network system has superior openness, interactivity and sharing, which expands the students' perception of time and space. Through multimedia technology, teachers can improve their learning enthusiasm.

### 3. Current situation of HRM in PE

This paper conducted a questionnaire survey. A total of 300 questionnaires were distributed and 291 valid questionnaires were collected. The effective rate reached 97.0%.

#### 3.1. Multimedia teaching can improve students' ability of orienteering

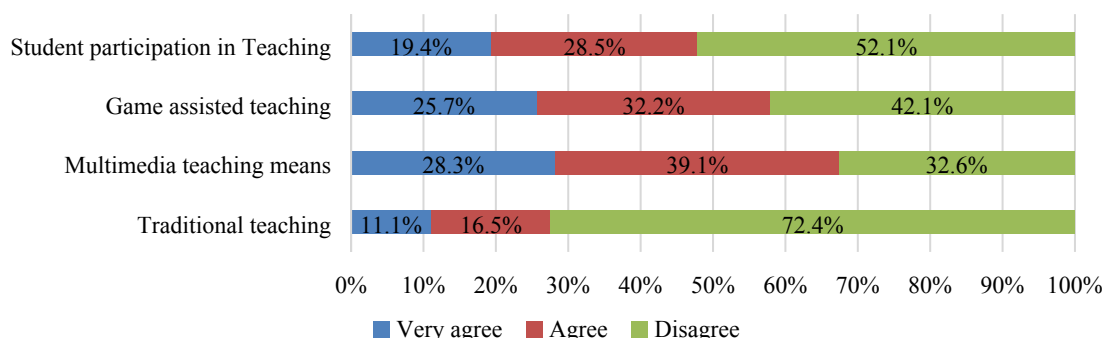
At present, there are still many deficiencies in multimedia teaching, which can not be widely carried out in LAN teaching. Through multimedia technology teaching, students will enhance the ability to understand the map, which will improve the students' control of orienteering. According to the survey results, the main problem is Enhancing map understanding ability, accounting for 60.6%. The second is Improve the rationality of route selection, accounting for 53.9%. Details are shown in Figure 2.



**Figure 2.** Improve students' ability of orienteering.

#### 3.2. Teaching methods of orienteering

Due to various reasons, most colleges still retain the teaching concept of competition as the main teaching content. Many colleges only adjust the overall arrangement of class hours, which has not yet reformed the teaching content and method of the course. The survey results show that the most popular means of multimedia teaching, accounting for 67.4%. The most unpopular is the traditional teaching method, accounting for 72.4%. Details are shown in Figure 3.



**Figure 3.** Teaching methods of orienteering.

#### 4. Countermeasures of offering orienteering course in colleges

##### 4.1. Strengthening the construction of the teaching staff of orienteering

Teachers engaged in orienteering teaching should have good physical quality and professional skills. At the same time, teachers should have a variety of abilities, such as geography knowledge, computer ability, mapping ability, field survival skills, orienteering skills and so on, which can constantly adapt to the needs of Orienteering curriculum development. The quality of Orienteering teachers is the key to promote the teaching quality. At present, the problem of College Orienteering teachers can be solved through the following ways. First, sports colleges set up Orienteering major, which can strengthen the training of Orienteering teachers. Second, employ well-known Orienteering Coaches, experts and team members, which can improve the teaching quality of orienteering. In this way, teachers can provide a good opportunity to learn the professional skills of orienteering. Third, colleges should give active support to teachers' further study and study. Fourth, invite well-known experts at home and abroad to give lectures, which can hold regular study and training courses. Through a series of ways, colleges can optimize the existing teachers, which will enrich the theoretical knowledge and practical skills of orienteering. By improving teachers' comprehensive professional quality, we can make the teaching level systematic and scientific.

##### 4.2. Strengthen the publicity of orienteering

Orienteering is still a new sport. Therefore, the development of college sports is not balanced, which needs to make full use of various channels to promote and promote orienteering. Through a variety of media, such as campus radio, network, billboard, etc., colleges can increase the publicity of orienteering, which can let more people know and understand orienteering. With the help of enriching campus sports cultural activities, colleges can hold Orienteering knowledge lectures, orienteering activities, competitions, etc., which can list Orienteering as the content of military training for students. Through the use of school sports meeting, we can organize 100 meter orienteering, interesting orienteering and staff orienteering competitions, which can attract more teachers and students to participate actively. Therefore, through the unique charm and value of orienteering, we can improve our interest in orienteering, which will promote the construction and development of campus sports culture.

##### 4.3. Fully tap the resources of orienteering course

Sports facilities are places to strengthen quality education and teaching quality, which can improve the material basis of students' health. Through the development of orienteering, we can add a variety of sports equipment, such as punch, map and compass. First, colleges give support in terms of policies and funds. By actively purchasing special Orienteering equipment, colleges can improve the teaching quality of Orienteering Course. Second, colleges should give full play to the innovative thinking of teachers and students. Through self-made simple equipment, we can improve the enthusiasm of

students. Third, the Ministry of education administration actively coordinates the cooperation of various departments. Through the organization of mapping orientation, colleges can carry out orienteering teaching, which will achieve resource sharing.

## 5. Conclusion

Multimedia courseware has the ability to present the time sequence, spatial structure and movement characteristics of objective things, which can reflect teaching vividly. Through the multimedia teaching platform, teachers can make better multimedia courseware of orienteering. Through multimedia teaching, colleges can improve students' interest in learning, which gives full play to the main role of students. By stimulating creative thinking, students will be more willing to carry out orienteering.

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