

Development Research on Physical Training in the Integration of Internet and Children's Sports Teaching Model

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Abstract

Sports accompany people throughout their lives. At present, China's sports industry is flourishing, with countless gyms and sports clubs emerging and evolving, occupying a significant portion of the cultural and sports sector. In recent years, with the rapid development of self-media technology, people have gained a deeper understanding of the benefits and drawbacks of various sports, gradually realizing the importance of selecting suitable and engaging sports programs for adolescents. Against this backdrop, the traditional physical training industry and the internet face the challenge of high-level integration. Traditional physical training primarily relies on physical venues, professional coaches, and equipment, but its reach is limited, dissemination is constrained, and the scope of programs is often narrow, lacking comprehensive educational value. For clients, even as the children's physical training service industry thrives and parental awareness increases, most families cannot afford the cost of hiring relatively professional coaches. Now, the internet offers new possibilities for physical training. The "Internet +" model, combining online and offline approaches, provides significant advantages for children's physical training. Young people can explore sports programs of interest online and follow guided training methods for preliminary practice. Platforms also emphasize moral education, offering a diverse, personalized, and holistic physical training environment for youth development.

Keywords

Integrated Teaching; Youth Sports; Balanced Development

1. Industry and Market Prospects

In the context of the increasingly developed internet, people's lives are becoming more intertwined with it, and advanced technology has made daily life more convenient. The limitations of traditional sports models in terms of time and space are becoming more apparent, making the integration of the internet and sports education an urgent issue. Against this backdrop, the "Virtue in Motion, Holistic Development—Internet + Children's Physical Training Project" was launched.

In recent years, children's exercise time has decreased, and declining physical fitness among children has become a critical issue. Children's physical training institutions are an excellent choice for parents to improve their children's fitness. Scientific physical training not only enhances physical health but also develops sports skills and improves athletic performance. The professionalism of these institutions ensures standardized guidance and safety for children's activities. With economic development, more parents are prioritizing their children's health, and the balanced development of moral, intellectual, and physical education has gained greater importance. The children's physical training market is expanding rapidly, ushering in a golden age for the industry.

Traditional offline training models, constrained by venue availability, scheduling, and coach resources, cannot meet the growing demand. The COVID-19 outbreak in 2022 further challenged these offline institutions, accelerating the rise of online teaching. Combining the two approaches creates a new integrated model of online and offline teaching. This model breaks time and space constraints, offers high-quality instructional videos, and reduces reliance on teaching resources compared to traditional institutions. The "Internet +" model also attracts more clients and generates greater economic benefits.

Research indicates that the children's physical training market continues to expand and will grow further in the coming years. Online teaching platforms are still in their early stages, with relatively low market competition. Under this new model, the same resources can yield higher returns. Additionally, current educational policies are gradually shifting toward informatization, promising even broader prospects in the future.

2. Current Development and Trends

"Internet + Children's Physical Training" is an emerging model that leverages the internet to integrate online and offline services, transforming traditional physical training into a more convenient and efficient approach. It eliminates time and space barriers, bridging the gap between the public and sports. Moreover, by combining the strengths of online and offline education, it provides abundant teaching resources such as live recordings and video tutorials for self-study. Online platforms offer a variety of physical training courses, instructional materials, and interactive communities, enabling children to learn, communicate, and share anytime, anywhere. Offline institutions, meanwhile, provide professional coaching and tailored training plans.

Currently, "Internet + Children's Physical Training" has garnered widespread societal attention, with more parents and institutions adopting this approach. Through big data monitoring and analysis, both institutions and parents can better understand children's physical conditions and design training plans to unlock their potential. Additionally, as society places greater emphasis on children's growth, some

parents are opting for personalized training programs to enhance their children's health.

In the future, with the continued advancement of big data, "Internet + Children's Physical Training" will see broader applications. Key trends include:

1. Personalized Training Plans – Leveraging big data and AI to tailor programs based on children's physical data and interests.

2. Smart Training Devices – Wider use of wearable tech, VR, and AR for immersive training experiences.

3. Deep Online-Offline Integration – Seamless coordination between online platforms and offline institutions for optimized resource allocation.

4. Community and Socialization – Building training communities and organizing activities to foster teamwork and social skills.

5. Global Competition and Collaboration – Strengthening international exchanges to adopt advanced practices and technologies.

Our team proposes the following ideas for these trends:

1. Future training will emphasize personalization and precision, using data to customize plans.

2. Smart devices like VR and AR will enhance engagement and motivation.

3. Online platforms will deepen collaboration with offline institutions for seamless experiences.

4. Training will focus on community-building to promote interaction and teamwork.

5. International cooperation will drive innovation in children's sports development.

3. Advantages of the "Internet + Model"

The sports industry is thriving in the era of connectivity.

1. In today's information age, "Internet + Children's Physical Training" has rapidly emerged as a model that integrates physical training with moral education, offering unique advantages for children's holistic development.

2. The internet transcends geographical limits, pooling high-quality training resources worldwide. Courses range from fun athletics to children's yoga and team sports. Big data and AI tailor training plans to each child's age, physique, and interests, maximizing potential and fostering self-driven participation.

3. Engaging Teaching and Moral Education – Internet technology makes training fun through animations, virtual scenarios, and games. Team sports teach cooperation, rules, and respect. For example, online soccer courses simulate matches where children learn teamwork and resilience.

4. Convenience and Flexibility – Parents no longer need to visit physical institutions. Children can train anytime with internet access, ensuring consistency. Parents can also monitor progress easily.

5. Professional Guidance and Safety – Online coaches provide real-time feedback via video, ensuring correct techniques. Courses prioritize safety with clear guidelines

for venues and equipment.

In summary, "Internet + Children's Physical Training" achieves virtue through motion and holistic development. It combines resource integration, engaging teaching, flexibility, professionalism, and social expansion, promising continued growth and optimization for children's well-being.

4. Conclusions and Recommendations

1.Conclusions: Online teaching complements offline limitations with flexibility, accessibility, and sustainability. Conversely, offline methods address online shortcomings. In the internet era, "integrated teaching" is an innovative approach that blends tradition with technology, offering creativity and scientific rigor. The fusion of online and offline education is an inevitable trend.

2.Recommendations

- 1.Refine "integrated teaching" through practice, ensuring it supports rather than replaces traditional education.
- 2.Leverage the internet's breadth and innovation to merge offline and online education, advancing traditional methods.
- 3.Establish feedback systems for continuous improvement, incorporating student input to enhance teaching quality.

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