

Analysis of Similarities and Differences between Cheerleading and Aerobics Training based on Comparative Research Method

Yang Peng

Shandong Province University of Jinan Institute of Physical Education, Jinan, 250000, China

Keywords: Contrastive Study; Cheerleading; Aerobics; Training Process; Similarities and Differences Analysis

Abstract: Aerobics and cheerleading are the synergy of fitness and beauty. They are both popular and popular sports. They are also new sports that embody youth, vigor, health, unity and cooperation. The development of the two sports cultures follows their respective cultural atmosphere, and the differences exist objectively. But because of the same external performance, most people think that cheerleading and aerobics have no difference or little difference. This paper analyzes the similarities and differences between aerobics and cheerleading exercise training methods through literature research methods and comparative analysis methods. By comparing and analyzing the similarities and differences of the training process of the two projects, in order to have a deeper understanding of the cheerleading and aerobics sports, it has a comprehensive understanding and understanding. It also continuously improves the theoretical level of coaches and athletes, promotes the rapid, healthy and orderly development of aerobics and cheerleading, and provides reference for theoretical researchers of aerobics and cheerleading.

1. Introduction

Aerobics and la-la-la fuck with strong life charm and unique style is popular in the world, in both rich and colorful content, wonderful events and profound connotation of education to enter colleges and universities, is quite popular among the masses of teachers and students, by the broad masses of the people at the same time, they mainly fitness for the purpose with the overall effect of physical exercise method [1]. Aerobics, accompanied by music, is a sport that takes physical exercise as the basic means and aerobic exercise as the basis to improve health, shape the body, improve temperament and entertainment [2]. Under the background of music, la la gymnastics is a demonstration of the team members' excellent skills and movements through the completion of their dance movements, which embodies the youthful, healthy and progressive team spirit and pursues the highest level of team honor [3]. Modern aerobics began to sprout in the early 1960s. It was originally designed by Dr. Ku, an American space surgeon, as an Aerobic program for astronauts. It was later put forward by the movie star Jane Fonda and contributed to the worldwide promotion of aerobics [4]. Cheerleading originated in the 1980s in the United States. It first appeared in the form of sports competitions. After World War II, it gradually formed a modern model of the main structure of the technical movements of skills, flipping, modeling, slogans and team formation. And with the passage of time, from spontaneous activities to organized performances, it has evolved to regulated movements and regular sports competitions [5].

Cheerleading and aerobics are both imported from China, and both of them belong to the gymnastics project that is difficult to perform in the sports group [6]. In September 1992, the China Aerobics Association was officially established in Beijing, marking the beginning of a new stage of development for China's aerobics movement. Modern aerobics is the product of the times. It brings people the emotional experience of passion and flying, and it also meets the needs of modern people to pursue health and beauty, so it is deeply loved by the masses [7]. It was only in 2001 that China officially introduced cheerleading, and it was in 2010 that China held its first national championship [8]. Cheerleading and aerobics have certain similarities in external manifestations, which make people unable to understand and distinguish between two kinds of sports that have great differences between cheerleading and aerobics. People only pay attention to the project. The difference in

appearance ignores the root cause of the difference [9]. In the process of practice, we often meet the mistake that there is little or no difference between cheerleading and aerobics. In the process of sports development, there is also the phenomenon that cheerleading and aerobics jump like aerobics and aerobics jump like cheerleading [10]. The problems in these practices need us to study urgently so as to give reference to the practice. This paper to study the project culture comparative perspective to the origin of the two projects, behavior characteristics and value pursuit on the premise of cultural differences, comparing aerobics and la-la-la hold several similar motion representation training, can help us to more accurately grasp the training characteristics of the two projects, in the training of the two projects in theory has the certain innovation significance.

2. Materials and Methods

Sports training is a gradual and deepening process, which requires a certain amount of training time and quantity to ensure. Higher competitive level can only be achieved through professional, scientific and systematic training, and training time is the guarantee of achievement. Compared with cheerleading, aerobics is more simple and easy to learn than the basic elements of cheerleading, and there are no more kinds of Cheerleading to use dance. Therefore, cheerleading needs more training times and time than aerobics, usually once or twice a week. Sports training plan is designed scientifically and systematically by coaches according to the characteristics and rules of sports events and the actual situation of athletes in order to achieve training tasks and competition purposes. It is the basis and basis for organizing and implementing effective control of training process. Through the scientific formulation of the exercise training program, the goal of the training process is embodied as a number of independent and connected training tasks and forms, and further embodied in a number of specific exercises. The early stage of aerobics and cheerleading training programs is basically aimed at the formulation of physical fitness and basic skills. Therefore, the aerobics in the early stage is the same as the cheerleading. The beginning and the end of the aerobics are different, slowly infiltrating the technical characteristics and set of actions of this special project. The training is mainly based on aerobics, which usually emphasizes the normativeness of movements, and cheerleading emphasizes the expressiveness of dance.

The level of athletes and the training they receive play a decisive role. The emphasis of training content should be changed according to the continuous improvement of athletes' sports level. Aerobics is also a special competition item, which has the characteristics of both sports and dance art. Sports training contains a lot of content. Therefore, aerobics training includes not only the training of competitive ability, but also the training of dance, music and expression. In general, aerobics training should be carried out in terms of motor skills, physical fitness and comprehensive quality. Physical fitness training includes strength, speed, flexibility, endurance, coordination and so on. Motor skill training includes basic motor skills, manipulation movements, difficult movements, comprehensive quality training expressiveness, music feeling, psychological quality and so on. Cheerleading training mainly includes basic skills training, physical quality training, dance basic skills training, skills training, music training, psychological quality, performance skills training and so on. In the initial stage of training, it mainly arranges training contents such as basic skills, music sense and physical quality of athletes. In the intermediate stage, the basic dance movements are arranged for practice. These movements can be independently practiced as the action materials of the competition routines. Meanwhile, the training contents in the primary stage are arranged as auxiliary exercises. In the last stage, we will learn the action of the competition and train the music in series. These are in line with the law of sports development. In the training, attention should be paid to the adjustment of the athletes' psychology, so as to exert a subtle influence on them. Performance skills are completed by movements, emotions and music, through the organic combination of people's thoughts and feelings, facial expressions, body dance and music. In the training adds the specialized performance training, through some technical training, causes the athlete to learn to use the dance language to create the character and to express the thought sentiment step by step.

3. Results

From the project category (Table 1), the same point is that cheerleading and aerobics can be subdivided into many sub-projects, and the competition group is classified according to the different types of participating units. The difference is that the basis of the classification is different. Cheerleading is divided into skills and dance according to different forms of expression. Aerobics is divided into competition, performance and fitness according to different purposes.

Table 1 lists the categories of cheerleading and aerobics

Culture category	Cheerleading	Aerobics
First class classification	Skills Cheerleading, Dance Cheerleading	Aerobics, Performance Aerobics, Competitive Aerobics
Two level classification	Skills Cheerleading, Flower Ball, Jazz, Hip-hop, Free Dance	Aerobic gymnastics, single gymnastics, double gymnastics, three gymnastics and five Gymnastics
purpose	Events, performances, fitness	Applying to Fitness, Competition, Performance
action	32-hand position, advance control, personality Dance toss, difficulty, lifting, collective cooperation	Basic footwork, hand position, dance rendering, difficulty, lifting, tossing

In the use of props, la-la-ca to flower ball, plus the opening of the atmosphere of the content of the slogan. Aerobics is to pedal - based equipment aerobics. The transformation of apparatus, the transformation of space and the movement without apparatus all exist or must appear in the competition set. Therefore, from the three similarities, in the process of sports training, we should strengthen the smooth practice of equipment transformation, improve the tacit understanding of equipment transformation among athletes, and pay attention to the full degree of space application in the creation and compilation of movements, so that the whole set of movements have a sense of appreciation and space. The movement still should notice dimensional administrative levels to change on choreography, this kind of change should be around before and after fluctuation omni-directional. Strengthen the innovative arrangement of non-instrumental actions to achieve the perfect combination of non-instrumental and instrumental actions. On this basis, to maintain the respective characteristics of aerobics and Cheerleading Sports equipment is to follow the characteristics of sports, reflect the cultural characteristics of the project, and realize the necessity of sports value. The pedal of Aerobics focuses on the foot while the flower ball of Cheerleading focuses on the hand. Therefore, in their respective sports training, aerobics should strengthen the flexibility of athletes' footsteps and the diversification of their footsteps. Cheerleading should strengthen arm strength and arm movements. Only by grasping the differences between the "lower (step) of aerobics and the "upper arm" of cheerleading, and distinguishing them in sports training, can the athletes' ability and set level be improved.

Further explore the similarities and differences between the training of the two from the action manifestation. The aerobics technical action requires full angle and transitional connection difficulty to transform and smooth, while cheerleading focuses on coordination and more attention to the overall change of action and reasonable use of difficult actions. The two fundamental differences (Figure 1) directly lead to huge differences in exercise training.

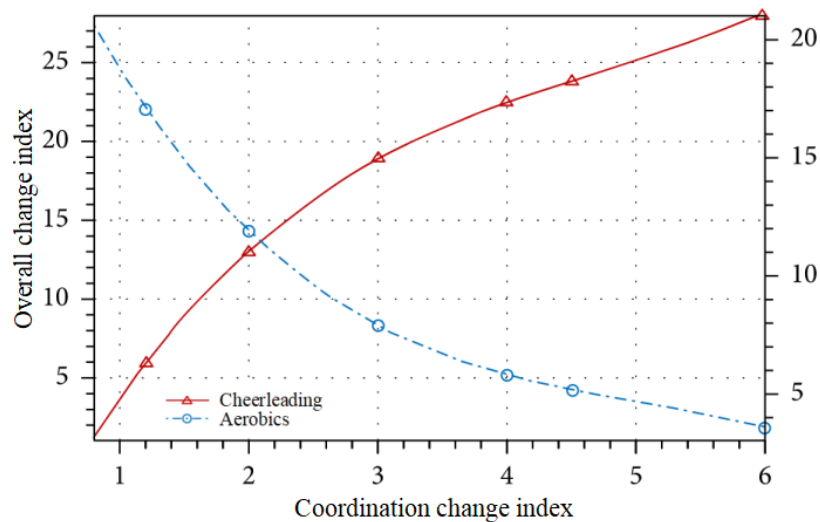


Fig.1. Differences between aerobics and cheerleading training

In the process of completing the movements of the two sports, all parts of the body should have good coordination ability with each other. Good coordination ability can first control the body freely, complete all kinds of movements with correct and standard high specifications, and give people a comfortable feeling. Secondly, it can show the artistic beauty of the action more perfectly, make it have the aesthetic feeling of ups and downs, alternation of movement and quiet, spiritual but not chaotic, and let the performers have full self-confidence. The two sports organically integrate the "five beauties" of form, posture, dynamics, shape and spirit, giving people the enjoyment of beauty, cultivating people's aesthetic interest, cultivating moral sentiment and purifying the mind and soul. The integration and coordination of aerobics and cheerleading are shown in Figure 2. At the same time, they are with the natural movement of human body, dance movement and self-expression as the foundation, not rigidly adhere to a certain kind of dance material, all healthy development and body fitness beneficial movements can be inclusive, be in harmony. They have absorbed the gymnastics, the dance movement, draws lessons from among them the beneficial ingredient, through the transformation or the improvement, skillfully tries to combine into has the certain characteristic two kinds of sports item movement, these sometimes also can play the finishing point function for the entire set of movement arrangement.

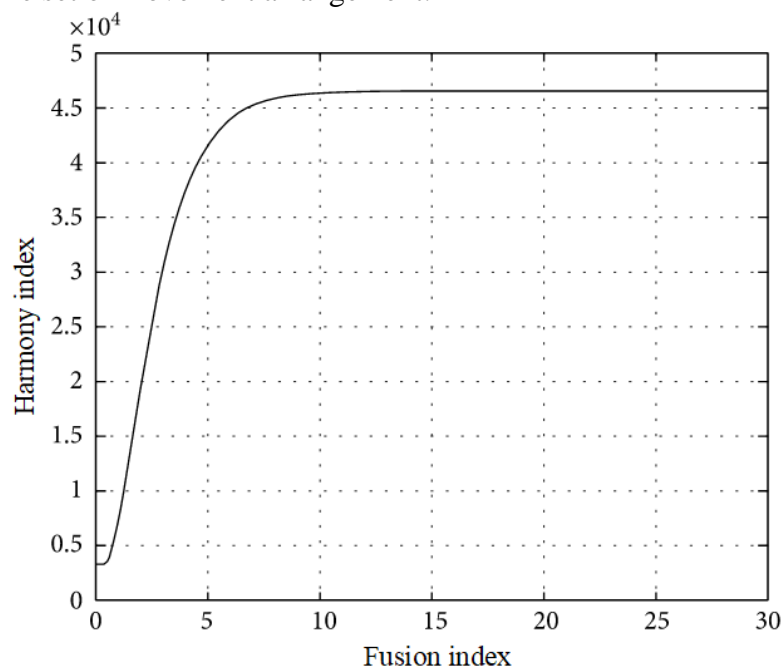


Fig.2. Fusion and coordination performance of aerobics and cheerleading

4. Conclusion

There are similarities in the training content of aerobics and cheerleading. The main points are based on physical fitness and basic skills. The sports activities of cheerleading are more basic than the basic sports of aerobics. Therefore, in aerobics. Based on the training, the training time, content and methods of cheerleading are more specific. It is not difficult to find that the difference between aerobics and cheerleading is very obvious. The biggest difference between the two sports is the difference in the characteristics of the clothes, which makes the people's vision look new. But the commonality between the two sides lies in both the health of aesthetics and the beauty of dance. As College Physical Education teachers, they must have a clear understanding of the two different sports. In today's society, aerobics and cheerleading are getting more and more attention and active participation. Teachers should pay attention to the characteristics of the two in teaching, make rational use of various teaching means and methods, and give full play to their respective advantages. Make these two kinds of sports more thoroughly and extensively carried out among college students.

References

- [1] Hofstetter C R, Hovell M F, Macera C, et al. Illness, Injury, and Correlates of Aerobic Exercise and Walking: A Community Study[J]. Research Quarterly for Exercise and Sport, 1991, 62(1):1-9.
- [2] Eichner M, Ferrari V. Human Pose Co-Estimation and Applications [J]. IEEE Transactions on Software Engineering, 2012, 34(11):2282-2288.
- [3] Ciomag R V, Dinciu C C. Aerobics - Modern Trend in the University Educational Domain [J]. Procedia - Social and Behavioral Sciences, 2013, 92:251-258.
- [4] Boden B P, Tacchetti R, Mueller F O. Catastrophic Cheerleading Injuries [J]. The American Journal of Sports Medicine, 2003, 31(6):881-888.
- [5] Barnes J, Jaqua K M C. Algebra aerobics [J]. Mathematics Teacher, 2011, 105(2):96-101.
- [6] Suitor J J, Reavis R. Football, fast cars, and cheerleading: adolescent gender norms, 1978-1989. [J]. Adolescence, 1995, 30(118):265-272.
- [7] Kramer A F, Colcombe S, Erickson K, et al. Effects of aerobic fitness training on human cortical function: A proposal[J]. Journal of Molecular Neuroscience, 2002, 19(1-2):227-231.
- [8] Someren E J W V, Lijzenga C, Mirmiran M, et al. Long-Term Fitness Training Improves the Circadian Rest-Activity Rhythm in Healthy Elderly Males [J]. Journal of Biological Rhythms, 1997, 12(2):146-156.
- [9] Davison K K, Earnest M B, Birch L L. Participation in aesthetic sports and girls\' weight concerns at ages 5 and 7 years [J]. Int J Eat Disord, 2002, 31(3):312-317.
- [10] N. G. Boulé, Kenny G P, Haddad E, et al. Meta-analysis of the effect of structured exercise training on cardiorespiratory fitness in Type 2 diabetes mellitus[J]. Diabetologia, 2003, 46(8):1071-1081.