

## **Research on the Promotion Mode of National Fitness Exercise in Xiaogan Middle School Campus**

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**Abstract:** Ethnic fitness operation is a national traditional sports project which combines the typical life, labor and dance elements of many nationalities with aerobics. Most of the popularization and research are in minority areas. However, the popularization and research in the central region of China is relatively weak, and its popularization and research space and prospects are quite broad. This article actively responds to the national fitness initiative and implements the new requirements of the Ministry of Education for the development of national traditional culture in the physical education teaching program. As the generation shouldering the nation's hope and future, it is of great significance to popularize and promote the national classics and to inherit and carry forward the national culture.

### **1. Introduction**

National fitness exercise is a unique event in the national fitness exercise category, which combines the classical movements of many eastern national dances with the western fitness concepts. With the national music familiar to the public, the national dance fitness movements are fluently linked together, forming a fitness mode full of modern flavor and profound cultural background, thus making the body and mind harmonious in the wonderful music and beautiful dance. It has the characteristics of strong performance, high ornamental value and full vitality. The required site equipment requirements are simple and easy to carry out. The most important thing is that it has a unique ethnic customs and national culture, which can make the national understanding of national culture and national spirit. It has an inestimable role in national unity.

### **2. Difficulties in Promoting National Fitness Exercise in Xiaogan Middle School Campus**

#### **2.1 The lag of the traditional extension mode of national aerobics**

At present, the existing middle school campus physical education teaching mode has made tremendous contributions to the development of national aerobics. However, the traditional teaching mode has been running so far, and the promotion effect is not satisfactory. Relying solely on the traditional physical education teaching mode is not only inefficient, but also unsatisfactory. Therefore, the establishment of national fitness exercises in Xiaogan middle school campus more optimized promotion model to carry out research.

#### **2.2 Lack of facilities for the teaching of national aerobics**

Sports venues and facilities resources are important factors that affect and restrict middle school students to take part in national fitness exercises. Through on-the-spot investigation, it can be found that the teaching facilities for ethnic calisthenics in Xiaogan Middle School are mainly insufficient. Some middle schools have limited room, students practice ethnic aerobics in the playground, and the venue facilities are relatively scarce. The lack of venue facilities will hinder the promotion of ethnic aerobics.

#### **2.3 There are different resources for the promotion of national calisthenics**

At present, judging from the contents of the existing national fitness exercise courses in Xiaogan middle school campus, most of the teaching contents of the national fitness exercise courses are

dance movement combinations created by middle school teachers. The quality of the national aerobics resources created in this way is worrying. It has not been reviewed and appraised by experts, which will affect students' interest in learning and is not conducive to the promotion and development of national aerobics.

#### **2.4 National aerobics teaching teacher is weak**

The middle school student group is still immature in the national aerobics, the relevant theoretical knowledge and basic dance skills. Therefore, in the promotion of national aerobics teaching, teachers are the main body of teaching and the leader of guiding students. However, from the professional background of teachers in this course, we can see that the teaching experience is insufficient and the number of special training is less, and the teaching professionalization of national gymnastics teachers is general, which is not conducive to the vigorous promotion of National Gymnastics in Xiaogan Campus.

#### **2.5 Middle school students lack awareness of national aerobics**

Through the investigation, we learned that the middle school students are aware of the level of the national aerobics project, and only understand the degree of the basic state, only the surface imitative manipulation, and ignore the rhythm of the national dance body movement in the national aerobics. Due to the students' serious lack of knowledge of the basic national elements of the national calisthenics, the initiative in participating in the learning of the national calisthenics will be affected, which is not conducive to the promotion of the national calisthenics among the middle school students.

### **3. The Guarantee Mechanism of National Aerobics in the Promotion of Xiaogan City Middle School Campus**

#### **3.1 School teacher protection**

Source of Teachers of Ethnic Gymnastics: Provide some volunteer (intern) teachers of Ethnic Gymnastics and professional teachers of Ethnic Gymnastics and Aerobics in gymnastics colleges and universities. Gradually improve the teacher training mechanism and development mechanism. Training for teachers of national calisthenics: as an effective channel for teachers to improve their professional quality, through training, they can deepen their understanding and understanding of national calisthenics, improve their professional skill level, fully understand the new development trend of national calisthenics, follow closely the development trend of national calisthenics, and transfer high-quality resources to students.

Multi-creation of national fitness exercises: pay attention to the cultivation of teachers' multi-disciplinary knowledge, pay attention to the cross-disciplinary cultivation, and integrate various styles of national dance elements into exercises, skillfully integrate rhythm and rhythm in exercises with basic rhythm elements of national dance scientifically. According to the physiological and psychological characteristics of middle school students, a national aerobics course with appropriate load and reasonable intensity is arranged to stimulate students' interest and ensure the long-term development of national aerobics.

#### **3.2 School policy guarantee**

The development of national aerobics needs to be supported and recognized by the national policy and the various administrative departments. By increasing investment in scientific research and using relevant scientific research results to obtain the recognition of relevant units, the national aerobics will be opened to the middle school.

The Outline of Basic Education Curriculum Reform (Trial) promulgated by the state policy level in 2001 emphasizes that the core task of curriculum reform is to cultivate students' ability to participate actively, be willing to explore, analyze and solve problems, and communicate and cooperate. "To make every student develop to the maximum extent, the fundamental way is to set up a learning platform for students to learn independently, cooperatively, explore and

communicate.” [1] On July 29, 2010, the Central Committee of the Communist Party of China and the State Council issued the Outline of the National Medium- and Long-Term Education Reform and Development Plan for 2000-2020: “The content of teaching should conform to the individual differences of students, and the education work should be based on educating people. The main body, with the teacher as the leading factor, gives full play to the subjective initiative of the students; while caring about each student's physical and mental development, it can lively and lively and lively; respect the rules of education and teaching and the individual differences of students, and teach students according to their aptitude. “[2] In order to thoroughly implement the spirit of documents such as “Opinions of the General Office of the State Council on Strengthening School Physical Education to Promote the All-round Development of Students' Physical and Mental Health” and “Opinions of the General Office of the State Council on Strengthening and Improving the All-round Development of School Aesthetic Education”, and in accordance with the principle of “one school, one product, one school, and many products”, it is decided to implement the work of “one product, one product, one school, one product” in primary and secondary schools in the city starting from February 2018. National Fitness Exercise - Made in China was born in the rich and gorgeous multi-ethnic culture of our country. It promotes the development of national fitness in primary and secondary schools. It takes national fitness course as a way to improve students' physical quality and artistic accomplishment, as well as their ability of resisting pressure and social interaction. Promoting the popularization of National Gymnastics in primary and secondary schools is conducive to the implementation and implementation of national policies.

### **3.3 School course management guarantee**

The national fitness operation enters the middle school campus as a physical education curriculum. The school curriculum management guarantee plays a vital role in the long-term stable and effective operation of the curriculum. [2] The school management must establish a unified supervision system model, strengthen the supervision of the national aerobics curriculum, and ensure the quality and effect of the curriculum. The guarantee of curriculum management is the basic requirement for the campus promotion of ethnic aerobics middle schools.

## **4. An Empirical Study on the Promotion Mode of National Fitness Exercise in Xiaogan Middle School Campus**

According to the analysis of the actual investigation and investigation of the national calisthenics in Xiaogan middle school campus, the study established the national calisthenics in Xiaogan middle school campus promotion mode. The constituent elements mainly include promotion objectives, promoters, promotion channels, promotion targets, promotion content, promotion environment and promotion effects. Through these seven aspects, the promotion of national aerobics in Xiaogan City Middle School campus was completed.

The national aerobics can be gradually carried out in three stages in the seven aspects of the school promotion mode of Xiaogan City Middle School. In the first stage (February 2017), the existing high-quality national aerobics resources with more than 95% satisfaction of experts and teachers and students were selected as the first stage of the campus publicity content of the national aerobics in Xiaogan City Middle School; In the second stage (March-May 2017), after the content of the campus course training was determined by experts, the school formulated the formulation and implementation stage of the student training teaching plan; in the third stage (June-July 2017), the national fitness exercises entered the promotion effect test stage of Xiaogan middle school campus promotion mode.

### **4.1 Promotion goal**

#### **4.1.1 Actively respond to the national call for national fitness**

In the 19th National Congress of the Party, General Secretary Xi Jinping clearly stated that it is necessary to extensively carry out the national fitness campaign and accelerate the construction of a

strong sports country. [3] The national fitness has been raised to the height of the national strategy. The health quality of the people not only represents the spiritual outlook of the country, but also reflects the comprehensive strength of the country. The faster, higher and stronger enterprising spirit represented by sports is also the spiritual goal that the contemporary Chinese nation should pursue. As the hope and future of the country, the promotion of national calisthenics into secondary schools is to implement the new requirements of the Ministry of Education for the development of national traditional culture in the physical education teaching program, and is also one of the important measures to respond to the national fitness strategy.

#### **4.1.2 Carry forward the national culture and inherit the Chinese civilization**

Popularizing and promoting ethnic aerobics into the middle school campus is a concrete manifestation of carrying forward the national culture and positively guiding the amateur cultural spirit of middle school students. At the same time, national calisthenics is the development and continuation of the great historical civilization of the Chinese nation, which is of great significance to the promotion of national culture and the inheritance of Chinese civilization.

#### **4.1.3 Students enhance their physical fitness and promote comprehensive development**

Entering the middle school campus of national fitness gymnastics is conducive to cultivating good interests and hobbies of middle school students. It can further enhance the patriotism of middle school students and deepen their understanding of national culture while exercising and strengthening their physique. At present, most middle school students and their parents are affected by the learning environment of “promoting learning through examination”. National calisthenics are conducive to the all-round development of middle school students' morality, intelligence and physique.

#### **4.1.4 Promoter**

The promoters of ethnic aerobics play a leading role in the whole promotion model. The promoters are relevant government functional departments and school management departments, and are important guides for formulating policies, implementing promotion and monitoring and evaluation.

On the government side, the gymnastics management center of the State General Administration of Sports is the core promotion department, and the education departments at all levels are combined to ensure the smooth promotion of national fitness exercises in high school campuses.

Schools: In this paper, Xiaogan middle school campus leaders and teachers as the core promoters, promoters need to formulate promotion policies and implementation of promotion projects, and hire experts to supervise and evaluate.

Promoter's mission. Empirical study of national fitness exercises in Xiaogan middle school campus, promoters need to issue the spirit of relevant documents in advance, communicate with the relevant principals of middle school campus, and coordinate with local colleges and universities to arrange teachers and interns of Aerobics specialty from Hubei Engineering College of Physical Education of Xiaogan City to enter the middle school campus for implementation. Experiment teaching. Make preparations for the campus facilities in the middle school, sort out the process of the experiment, be familiar with the specific tasks and requirements, and carry out the experiment in strict accordance with the steps of the experiment. In the process of implementation, the influencing factors shall be reduced as much as possible, problems shall be found in time according to the actual implementation, and solutions shall be found in time, so as to ensure the perfection and rationality of the implementation plan and achieve the expected effect. Experts and judges are invited to guide and check the promotion effect after the experiment to ensure the scientificity and authenticity of the experiment.

#### **4.2 Promotion approach**

The promotion approach mainly refers to the entry of national aerobics into the middle school physical education classroom. The entry of national aerobics into the ordinary middle school

physical education classroom enables students to carry out scientific and systematic national aerobics teaching, thus promoting the promotion of national aerobics among adolescents. The promotion of ethnic aerobics is for teachers, and the online promotion channel is for new media promotion. It will open and connect online and offline, greatly enhancing the service experience of students. With the deepening of the mobile Internet and the characteristics of the national fitness operation as an experiential commodity, how to achieve and meet the needs of the user's online experience service, "Internet +" can be combined with the offline needs of the teaching promotion model. The current national gymnastics resources can not meet the fitness needs of middle school students, high-quality national gymnastics resources can not be transmitted to the actual needs of middle school students, using the Internet and other new media means to promote, such as live broadcasting and video broadcasting of competitions at all levels, hot Tik Tokapp, Wechat videos among middle school students, Wechat public, etc. Video tweets and recording of high-quality courses at the school level will promote the artistic charm of national gymnastics and greatly improve the promotion effect of national gymnastics.

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