

Research on the Teaching Mode of Aerobics Exercise

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Abstract: With the development of society, more and more attention has been paid to physical education. In recent years, the introduction of aerobics has brought many new opportunities for physical education teaching. Aerobics not only has the effect of bodybuilding, but also has the significance of improving students' physical and mental health. Although many schools have begun to offer aerobics courses, due to the influence of traditional teaching mode, they have been using backward teaching content and methods, which makes the quality of Aerobics Teaching in a general state. Therefore, based on the analysis of the current aerobics teaching mode, this paper puts forward the innovative ideas of aerobics teaching mode, in order to provide theoretical support for aerobics teaching and promote the healthy development of students' physical and mental health.

1. Research background

1.1 Literature review

Aerobics is not only a sport, with fitness, bodybuilding effect, but also full of entertainment. Aerobics is an important part of physical education, and it is also a popular sport among college students. In recent years, the proportion of Aerobics in the curriculum of colleges and universities has gradually increased, and most schools have opened aerobics courses extensively (Chen, 2010). The introduction and extensive opening of aerobics course not only meets the needs of contemporary college students in pursuit of fashion, but also has a great positive impact on students' physical and mental development. China's school physical education is in the stage of reform and innovation. The development needs of the new era put forward higher requirements for students' development in all aspects, and also brought new challenges to aerobics teaching. With the innovation and reform of school aerobics teaching mode, the idea of contemporary education is constantly introduced, and then the whole teaching is guided (Li, 2011). In order to improve the teaching level and overall quality, we should use the teaching methods that attract students to carry out aerobics teaching so as to meet the needs of the development of Aerobics in the times. The innovation of aerobics teaching mode also brings new opportunities to the whole physical education teaching. The research on the innovation of aerobics teaching mode and the specific practical teaching activities have played a pioneering role in the innovation of school physical education teaching (Huang, 2010).

1.2 Purpose of research

The ultimate goal of running a school is to train more all-round talents for the society. Among them, the role played by sports can not be ignored. Aerobics is a combination of gymnastics, dance and music as one of the projects, to cultivate students' beautiful body, shape beautiful body, so it is loved by students. However, there are many problems in the teaching methods of calisthenics, which lead to the low quality of teaching. Therefore, colleges and universities should analyze the current aerobics teaching mode and sum up experience. Then, through innovating the guiding ideology, teaching objectives, teaching methods and establishing evaluation system of the teaching mode, the teaching of aerobics is reformed to improve the quality of Aerobics teaching.

2. Analysis of the current teaching model of aerobics

In the context of the continuous advancement of quality education, the school's teaching

objectives are no longer limited to the cultivation of students' single abilities, but pay more attention to the development of students throughout the year. Aerobics advocates the cultivation of students' physical and mental qualities. The current school aerobics teaching model is shown in Figure 1.

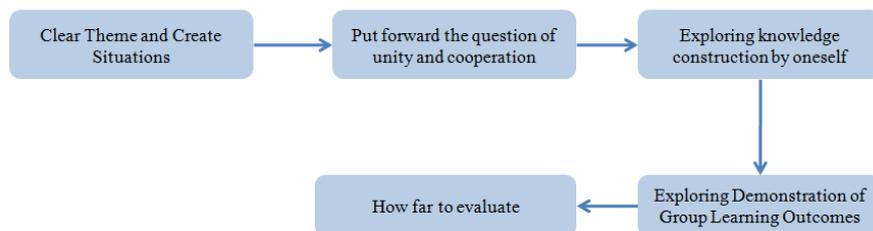


Figure 1. Teaching Model of Aerobics

Teaching objective is an important factor affecting the direction of teaching development. At present, the main goal of school aerobics teaching is to cultivate students' physical quality and aesthetic interest. Although these two main goals have planned the development direction for aerobics, the lack of specific goals and requirements makes it difficult to play a comprehensive role in Aerobics Teaching (Dong and Zhang, 2012). At the same time, the current goal of aerobics teaching has not been integrated into the development characteristics of the new era, which makes aerobics teaching unable to meet the needs of contemporary college students, thus affecting the construction of the aerobics movement of the times (Su, 2016). The teaching method of aerobics is the key to the teaching mode of aerobics. However, the current school aerobics movement has not yet built a complete set of standardized teaching system. Especially in the teaching process, the differences between male and female students and the differences between different grades are less considered (Peng, 2013). Because of the lack of particularity of teaching, it is difficult for students to adapt to it, and even produce boredom. The existence of these problems has affected the improvement of Aerobics Teaching quality. In addition, there are some problems in the development of school calisthenics, such as the teaching methods can not keep up with the development of the times and lack of innovation (Zhou, 2011). Teachers always use the traditional way of teaching, which has been unable to meet the contemporary students' pursuit of fashion and beauty. These problems greatly reduce the interest of Aerobics teaching, thus affecting the enthusiasm of students to learn aerobics. The above problems hinder the development of Aerobics Teaching and make the development of Aerobics in a long-term disadvantaged position (Li, 2010).

3. Innovative thoughts on the teaching model of aerobics

3.1 The guiding ideology of innovative teaching mode

In the process of innovating the teaching mode of aerobics, we must accurately grasp the direction of the times of educational development and accord with the development goal of quality education. In training students' aerobics skills, we must pay attention to the cultivation of students' comprehensive quality. According to different groups of students, different physical and mental quality training activities are adopted to improve the overall quality throughout the teaching process. In the reform and innovation of traditional aerobics teaching methods, the guiding ideology of the times runs through the whole process. Through aerobics teaching, students are trained to improve their comprehensive literacy. On the basis of breaking the traditional backward educational thought, teachers should adopt encouraging teaching methods to guide students to participate in Aerobics actively. Teachers should help students realize the charm of calisthenics through their own study, solid basic skills, and accumulation and summary of new forms of calisthenics and practice methods.

3.2 Teaching objectives of innovative teaching model

The development of Aerobics must keep pace with the times. In the current era, aerobics must promote the innovation of teaching mode by setting up new educational development goals. In the

process of Aerobics teaching, teachers should guide students to set corresponding teaching goals according to their own situation. We should not blindly follow the traditional teaching mode and adopt the same teaching method for all students. Because each student's individual development and physical and mental quality are different. Teachers should adopt different teaching methods according to different groups to teach students in accordance with their aptitude. Only when students' development is taken into account and different goals are set in Aerobics teaching, can we effectively avoid the problem that the goals in traditional education are too idealized. At the same time, when carrying out aerobics teaching activities, teachers should set out from the reality, according to the actual teaching situation, and make the stage goals and the overall goals. According to the development of students at different stages, progressive teaching content and methods are established. Teachers should encourage students and guide them to participate in Aerobics Teaching activities, first let students complete the primary small goals, let students get inner satisfaction, and then complete the intermediate goals, in order to recommend aerobics teaching. In this way, students' interest in learning calisthenics can be enhanced, students can participate actively and like calisthenics from their hearts, so as to improve teaching efficiency.

3.3 Establishing a scientific evaluation system of teaching mode

In order to innovate and reform the teaching of aerobics and improve the teaching quality, a complete and scientific evaluation system is necessary in this process. According to the setting up of calisthenics courses and specific arrangements, schools can make different teaching evaluation for teachers and students of calisthenics. The traditional evaluation system only evaluates the students by examinations, so as to judge the students' learning effect. This kind of unreasonable evaluation method can not play a positive role in the improvement of students, teachers and teaching level. The school establishes and improves the education evaluation system, so that students can evaluate the teaching methods and concepts of teachers, and teachers can also evaluate other teachers. Relevant departments and teachers should assess students in accordance with their usual performance and attendance rate in class, and then take comprehensive consideration of the examination results, and finally determine the students' comprehensive results. In this way, students can not only cultivate the concept of paying attention to aerobics courses, but also stimulate their enthusiasm for learning.

3.4 The teaching method of innovative teaching model

The teaching of Aerobics in schools should be innovated and reformed in the light of the current social development and the development of students themselves. The traditional teaching method is that teachers usually do demonstration actions in front, students follow the teachers, and all students participate together. Because of the large number of students, teachers can not observe the situation and feelings of each student, so the teaching effect is not good. Teachers can adopt group teaching method in Aerobics teaching. The students of different levels and genders are rationally allocated and divided into several groups. According to the actual situation, hierarchical teaching can also form a competitive learning mode among groups. After the teacher demonstrates, let the students practice independently, exercise the students' coordination ability and communication ability, and then cultivate the students' sense of responsibility. In addition to innovation in teaching situation, teachers can also make full use of contemporary Internet technology in the process of Aerobics teaching. Multimedia technology is used to display the teaching content intuitively to students, so as to increase their understanding and interest in learning. Video teaching method is used to make students understand what they have learned through independent learning. This can make aerobics teaching not only limited to classroom teaching, but also extended to extracurricular teaching, in order to improve the quality of Aerobics teaching.

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