

How to apply micro courses in the "Internet plus" background in College Aerobics sports teaching

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Abstract: under the background of "Internet plus", the aerobics teaching in modern universities has new characteristics. It is of positive significance to study the application of micro courseware in the field of health education in Colleges and universities. In view of the current teaching situation of University Aerobics Team and the objective factors restricting the development of Aerobics team, this paper will explore the development of microeducation under the background of "Internet plus".

1. Analysis of the current situation of Aerobics in Colleges and universities

According to the different time, the teaching cycle of aerobics can be divided into one semester, half a year and one year. Due to the problems of learning time and teaching materials, few colleges and universities will choose long-term teaching. Aerobics is a comprehensive sport, which requires higher physical coordination, physical quality and team cooperation. Aerobic competition has special requirements for the venue specifications, and the ground should be floor or carpet. At present, few colleges and universities in China have professional teaching conditions. Teach on the plastic track of the school playground or on the lawn of the playground. Only a few universities choose to hire professional apprentices. This has affected the teaching and development of Aerobics students to a certain extent. Therefore, at present, aerobics teaching resources are very scarce, and team members often organize teaching at their own expense. In college physical education, schools pay more attention to the theme of the project. Many colleges and universities have not organized students to participate in Aerobics competitions. With the increasing popularity of Aerobics competitions in recent years, more and more people begin to pay attention to aerobics competitions. However, the level of many aerobics competitions is not high. The reason is that colleges and universities do not pay enough attention to aerobics. In the teaching of Aerobics in Colleges and universities, the application of information technology is generally weak. Many teachers only teach according to the traditional teaching mode, not integrated into modern teaching methods such as micro glasses, which leads to the overall effect of teaching is not ideal. Breaking through physical education teaching and letting students learn Aerobics in different scenes and at different times is also a modern micro class problem that teachers need to think about. It breaks through the limitations of traditional classroom time and space, and integrates knowledge together, which is of positive significance to Aerobics Teaching in Colleges and universities.

2. The promotion of micro course on Aerobics Teaching in Colleges and universities

Micro class is a new teaching method based on the development of modern science and technology. It usually appears in the form of short video or animation on mobile phone or computer. The course content is relatively short, mostly in the range of 2-10 minutes. The structure of micro class is not a rich curriculum system, it is generally short and hard. The creation of "micro class" means that students are in the learning process There is no need to pay attention to the course constantly in order to avoid the problem that students can't pay attention for a long time. A micro class will not take up too much time of students. The most important thing is to improve the quality of teaching activities. At the same time, micro class has a strong interactive function. As a teaching method developed in recent years, compared with the traditional teaching mode, it is more and more necessary to develop a knowledge-based learning method.

3. "Internet plus" backgrounds in College Aerobics Teaching

In recent years, China's College Aerobics has made great progress, but from the current teaching situation, there are still some problems, there are more opportunities for improvement, in order to promote the healthy development of College Aerobics Education, we must carry out micro education, micro education is an important part of our work. At the same time, the school should provide appropriate venues, regularly organize aerobics competitions, create a warm aerobics atmosphere in Colleges and universities, and vigorously support students' aerobics teaching. College Aerobics students can gradually improve their own level through teaching.

4. Establish the teaching goal of micro subject and carry out aerobics class step by step

In view of the above analysis of the problems existing in aerobics teaching, the phenomenon of "micro class" can be obviously changed. "Micro class" is similar to the traditional aerobics teaching method and introduces the interest point of Aerobics learning. An important goal of college sports development is to promote the fitness of the whole school. Under the promotion of this concept, we should take aerobics teaching as the goal to improve students To achieve this goal, it is necessary to carry out effective training for students, combine Aerobics with aerobics, so that this sport can not only be strengthened Students' physical construction, especially for ordinary aerobics class students, starts with simple knowledge of micro class, and then gradually improves the knowledge of movement. In our aerobics class "micro class", we should also implement this concept, so that students can have a process of slowly accepting.

5. Organize aerobics competition and encourage students to pay more attention

Aerobics should pay more attention to the interest of students and students, and actively carry out aerobics teaching is one of the important means of organizing competitive competitions. Through the production of micro aerobics courses, advertising, regular and conventional aerobics training can be carried out at the same time. The competition organized by universities and colleges can improve the enthusiasm of students to participate in sports, and the cycle of Aerobics micro teaching and competition can make students To adapt to this training mode, enhance the confidence of students to participate in the competition, exchange more experience and experience in the process of competition, and provide an effective way for the sustainable development of College Aerobics.

6. Stimulate students' interest in learning and improve micro course content

Aerobics class aims to stimulate the enthusiasm of students to learn aerobics, micro course in the content design has the characteristics of refinement, to the fastest speed to attract students' attention, in a certain period of time to release a strong energy, University Aerobics to learn a lot of knowledge, if you spend time reciting movements and points, for students will spend a lot of energy, the effect is not uniform There are many actions in every link. However, when setting up the "micro class", teachers should make clear the key points of learning and the key points of vocabulary learning in primary and secondary schools. In this case, teachers should design relevant "micro classes" and be able to jump out of the focus. In the process of using "micro categories", we can optimize students' learning methods and take the way of associative memory Road, enhance students' action memory, because this associative memory can save students' energy, and it is easier to deepen the impression by explaining sports pictures, and improve the perception ability of Aerobics students.

7. Conclusion

In the Internet age, science and technology are constantly changing people's production and living habits, and education is also constantly changing. Microteaching is different from traditional

teaching methods. It is the optimization and supplement of modern education to apply it to College Aerobics. Teachers should fully understand that it is necessary to strengthen the design of life image, stimulate students' interest in learning, improve the induction and synthesis of knowledge, and help students learn aerobics better. To the importance of "micro classroom" for students' Aerobics learning, improve professional quality, skillfully use modern teaching methods, give full play to the teaching advantages of "micro classroom", and lay a good foundation for students' aerobic learning.

References

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