

Analysis of the Application of Aerobic Dance on Colleges Aerobics Teaching

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Keywords: Aerobic Dance, Aerobics Teaching, College

Abstract. Aerobics has become one of the main physical training methods for school physical education and extracurricular activities. At present, many colleges and universities have already listed it as an elective course and elective course. But with the progress of society, the increasingly updated knowledge, the original single knowledge structure has been unable to meet the pace of innovation of contemporary college students. Oxygen dance is a group of gymnastics, music, dance as one, the form of lively, simple, is set fashion, fitness, athletics, performance, sociality in a new project, collectively known as fashion aerobics, is happy The category of sports. In this paper, through the exploration of aerobic dance project, and compared with the content of aerobics teaching in today 's colleges and universities, this paper provides the theoretical basis for the feasibility of aerobics in college sports.

Introduction

Aerobics originated in the United States, 80 years into China. American aerobics representative Jane · Fonda created a "Jianli dance", on the basis of the formation of a modern public aerobics. Aerobics is in the distinctive music rhythm accompaniment to the body exercises as the basic means to maintain the body standard posture based on the realization of the body control rhythm bounce technology, to improve the ability to coordinate the body to achieve the pursuit of human fitness, Fitness for the purpose of exercise a sports subject. It consists of eight basic steps and its changes in the form and the composition of the gymnastics composition, the action is mostly symmetrical, practice form is some simple physical activity, aerobics in the consciousness of "rigorous", each action in the technical All require excellence, and thus constitute a "perfect" routine. Traditional aerobics are required to arrange for complete sets of actions, and many actions are not allowed to be incorporated and specified as illegal actions such as motion around the sagittal and frontal axis, circus and acrobatic movements. In addition, aerobics can give people a passionate and emotional experience, in line with the needs of modern people entertain themselves, but also according to local conditions, easy to practice, safe, easy to carry out and popularization, so it has a wide range of mass. Although aerobics have a clear sense of rhythm and rhythm, you can fully develop the physical quality of students, enhance physical fitness, but in the development of body and attitude is relatively lacking.

Analysis of the Characteristics of Aerobic Dance Project

The aerobics dance was born in California in 1969 in the United States, the founder of Jia Ji Su Li-sheng to break the dance is to jump to others to see the inherent concept that is for their own health and beauty to enjoy the fun of dance, which makes many do not participate in dancing Of the people, also entered the ranks of the dance, aerobic dance came into being. Aerobic dance with "aerobic exercise" features, is to play with the rhythm of music aerobics. Aerobic dance on the one hand can consume more calories, on the one hand can be a lot of dance movements are oxidized, through the form of exercise of aerobic dance, repeated combination exercises. There are many styles of aerobic dance movements: Latin dance style, jazz style, ballet style, ethnic dance style, modern dance style and so on. The combination of music and dance, people in the exercise to

achieve physical and mental pleasure, while people's creativity, imagination, performance and artistic accomplishment and other comprehensive ability can be improved. It's action changeable, fast, mostly asymmetric, every action is full of passion and joy, expressive exaggeration, can be fully effective activities of various parts of the body, joints, muscles, characterized by long, low strength to improve Practitioners of the cardiopulmonary function, physical fitness as the main purpose. Fully develop the coordination of students, aerobic exercise can exercise heart and lung, so that the cardiovascular system can be more effective and rapid transmission of oxygen to every part of the body to improve people's heart and lung function, improve the body's aerobic metabolism, Quality, culture rhythm and modern beauty temperament.

Current Situation of Aerobics Teaching in Colleges

At present, the aerobics teaching in ordinary colleges and universities has played a positive role in enhancing college students' physical fitness and cultivating students' interest in physical exercise, but lacks the consideration of the individual differences and individuality development of college students.

Most of the ordinary colleges and universities aerobics materials are selected by the State Sports General Administration of the "public aerobics 1-6 level" in the level of action, teaching a single, fixed, keep up with the pace of the times, is bound to affect students' interest in learning. In order to move in the direction of updating, better direction, must be based on the original into the fresh elements.

In the aerobics teaching, most of the use of "oral transmission" this mentoring heritage of teaching methods, emphasizing the teacher's dominant position. But immutable "I teach you to learn" "I say you listen to" unilateral injection of teaching to a large extent obliterate the enthusiasm of students to learn.

In the action arrangement, the use of aerobics are basically seven basic steps, in accordance with the order of the body to arrange, repeat symmetry, music is a single drum music.

Teachers do not according to different learning stages to arrange different teaching content, but in accordance with the level of action or standard routines to teach, or just the aerobics of the seven basic movements for a simple reorganization, action comparison.

Analysis on the Similarities and Differences of Aerobics and Aerobic Dance Teaching

Whether it is aerobic dance or aerobics, are based on the human body movement, to exercise the body for the purpose of the pursuit of physical beauty of the movement, leaving the foundation to talk about aerobic dance or aerobics is meaningless. The basic posture of the two can be summarized as follows: legs straight and stand, buttocks on the income, waist, tighten the abdomen, Shenbu pull back, upright, tall and straight, the center of gravity fell on the forefoot, showing the imposing, vibrant good temperament And body shape. In addition, in the practice of practice should use the password method, such as: pay attention not to bow, do not want to do the same thing, the other is the practice of training the way, the general use of the bar practice, dance step practice, dance combination, physical action combination and other methods, Shrugging, abdomen tightening and other passwords suggest that students keep gestures.

Regardless of the professor of aerobics or aerobic dance, require teachers to have a positive teaching attitude: every action should be carefully taught; in teaching to put their feelings, care, love students; a correct, beautiful high-quality demonstration action More than a thousand words [7]. In addition, teaching is different from the training, not only to teach the action, to fitness, fitness purposes, but also to develop students' self-confidence, social skills, creativity and other aspects of the overall quality. In the teaching to create a happy, relaxed learning atmosphere, in order to improve the quality of teaching and learning results. When a student is dejected by repeated action errors, teachers can not show boredom, should be patient to guide students, tell the correct principles of action and effective error correction methods, and to encourage. This will help students to self-confidence, to enable students to spend more time and effort to practice the action,

so faster to grasp the action. For some difficult moves, teachers should be patient, such as body waves, should lead students to use formulas: chest, back, abdomen, put hips, through effective practice to enable students to learn to improve learning efficiency and self-confidence. In short, whether aerobics or aerobic dance, the teacher's attitude is very important, the enthusiasm of the students and the quality of teaching have a direct impact.

Teaching method refers to the teaching process, teachers guide students to achieve a certain degree of teaching objectives carried out by a series of activities, ways and means of the sum. Whether it is aerobic dance or aerobics, are shown through the body movements, in the teaching must use the decomposition method and the complete method, model and explain the law, password, observation, combination and other teaching methods. In aerobics, such as teaching "pony jumping with both hands to rotate" action. First of all, teachers need to demonstrate the action for students to observe the action, while the use of explain the law clear and popular to tell the action principle, focus, difficulty; and then use the decomposition method to learn the original pony jump teaching and then jump to the last horse Hands action, and finally use the whole method of practice. In the student practice, should add some password to prevent mistakes, such as: one two three four, arm straight, five six seven eight, and then a password so that students faster and more accurate learning action. In aerobics teaching, such as teaching "Latin style walking" action. But also the first demonstration, tell the principle, heavy and difficult, and then break down the action, the first foot and then the final action of the final method of exercise. Practice with the password "one two three four four five five note hips." In addition, after learning an action or combination, both will be combined with the previous combination of actions to practice, so that the action gradually repeated in many times to improve the quality of teaching and self-confidence. The two can also use the layers of change law, game law, competition law, excessive action method, lead teaching method, emotional infection teaching methods and other teaching methods to improve teaching quality.

The Aerobic Dance Project of Aerobics Teaching

From the point of view of education, the stage of higher education requires that the degree of freedom of physical education is large and flexible, and it is necessary to fully reflect the personal interest, but also to reflect the life and practicality. Aerobic dance teaching content is rich, practical and strong, in line with the basic law of higher education stage of physical education. From the function of school sports, aerobic dance in addition to enhance physical fitness, enhance the essence of health function, but also cultivate sentiment, improve the human creation, imagination, performance and artistic accomplishment and other comprehensive ability. From the college physical education teaching environment aerobics dance required for the teaching materials, class conditions and other requirements are the same with the aerobics. The feasibility of introducing aerobic dance in college aerobics class is very important, which plays an important role in deepening educational reform and carrying out quality education in an all - round way.

In college aerobics teaching should be based on the different requirements and preferences of students, select some of the information with the times. Novel and practical teaching content. Aerobic dance as a new sport is a supplement to the teaching of aerobics in colleges and universities. It is an urgent way to follow the psychological psychology of students and is a powerful way to realize happy sports. It is the requirement of socialization. 2. Aerobic dance required teaching environment, class conditions and other requirements are the same with the aerobics. The feasibility of introducing aerobic dance training in college aerobics classes is very strong. 3. Aerobic dance and aerobics in the form of teaching and training effects are similarities and differences can promote the health of students, relatively speaking, aerobic dance on the performance of students more stringent requirements.

Conclusion

Aerobics and aerobics are similar, but there are differences in the teaching of teachers must have a clear understanding of it. In the teaching of aerobic dance, the basic attitude, the sense of music and the teaching attitude and the teaching method can learn from the teaching form of the traditional aerobics, but the teaching goal, the preparation activity, the student practice method, the teacher's skill and so on should be according to their own content And the characteristics of the students to determine, can not fully apply the form of aerobics teaching. Should be based on the characteristics of the project itself to organize teaching, training students to learn interest, improve students' creative ability, fully mobilize the enthusiasm of students to improve teaching quality.

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