

Analysis on Influencing Factors of Competitive Aerobics Athletes' Expressive Force

—Taking Aerobics Athletes in Jiangxi Normal University as an example

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Abstract: This paper studies the influencing factors of artistic performance of competitive aerobics by means of literature, questionnaire and mathematical statistics, and explores the factors influencing artistic performance of competitive aerobics athletes and the ways to improve it from the microcosmic point of view, so as to provide the basis for improving the competitive ability of aerobics athletes. The results show that the factors affecting the expressiveness of competitive aerobics include special physical quality, scene atmosphere, psychological quality, pre-competition state, facial expression, music rhythm, competition experience, technical level, interest, understanding ability of movement, body function and body shape, and the most influential factor is special physical quality.

1. Research Objects and Methods

1.1 Object of Study.

The performance of Competitive Aerobics Athletes in Aerobics Team of Jiangxi Normal University as the research object.

1.2 Research Methods.

Literature method. This paper collects 32 related literatures in recent 10 years from China HowNet, and searches for relevant data through China Aerobics Competition Network and China Aerobics Federation Network. It also inquires about 15 related books, such as Aerobics, Sports Physiology, Sports Aesthetics and Sports Psychology, to collect relevant data for this article. Reliable theoretical basis.

Questionnaire Survey. Based on a large number of reading materials, according to the needs of the paper research, I designed a questionnaire to investigate the expressiveness of the athletes of the Aerobics Team of Jiangxi Normal University. A total of 38 athletes from the Aerobics Team of Jiangxi Normal University were investigated with a questionnaire on the Internet. 33 valid questionnaires were retrieved with an effective rate of 86.8%.

Mathematical Statistics. The survey data in this paper are processed by SPSS statistical software, and the results are summarized, statistically analyzed.

2. Results and Analysis

2.1 Overall Analysis of Influencing Factors of Competitive Aerobics Athletes' Expressive Force.

According to the survey data, the influence degree of each factor on expressiveness is different. The first six factors which have the greatest influence on expressiveness are selected from the survey data. 96.7% of the Aerobics athletes surveyed believed that individual understanding of the movement had a great influence on the expressiveness, 90.9% of the Aerobics athletes believed that

the scene atmosphere had a great influence on the expressiveness, 84.8% of the Aerobics athletes believed that the psychological quality had a great influence on the expressiveness, and 84.8% of the Aerobics athletes believed that the psychological quality had a great influence on the expressiveness. 81.8% of Aerobics athletes thought that facial expression had a great influence on expressiveness, 75.4% of Aerobics athletes thought that music rhythm had a great influence on expressiveness; from the percentage of data, they thought that special physical fitness had a great influence on expressiveness. The number of choices influenced by expressiveness is the largest, followed by the atmosphere, psychological quality, pre-competition state, facial expression, music rhythm. I made an in-depth study of the first six factors.

2.2 Factors Affecting the Performance of Competitive Aerobics Athletes.

According to the survey data, 97% of the Athletic Aerobics athletes believe that the special physical fitness has a great influence on expressiveness. From the concept of the special physical fitness, the Athletic Aerobics athletes with strong special physical fitness display the most beautiful body movements in every aspect, every corner and every line when they do every movement. Each movement is the basis of expressiveness. It can be seen that special physical fitness has a great influence on the expressiveness of competitive aerobics athletes.

2.3 The Influence of Scene Atmosphere on Competitive Aerobics Athletes' Expressive Force.

Survey data show that 90.9% of Aerobics athletes believe that the atmosphere of the scene has a great impact on performance; the atmosphere of the scene is relaxed or tense, not only from the athletes to see, from the audience's reaction is more clear. The relaxed atmosphere and tense atmosphere are very different for Competitive Aerobics athletes. Different athletes have different influence on the two kinds of scene atmosphere. The relaxed scene atmosphere may let the competitive aerobics athletes play to a higher level in the relaxed state. Or maybe it is necessary for some athletes to exert their level in the tense scene atmosphere. From this we can see that the performance of Competitive Aerobics athletes is very great.

2.4 The Influence of Psychological Quality on Competitive Aerobics Athletes' Expressive Force.

From the perspective of psychology, psychological quality is one of the physical, psychological and social qualities of human beings, and it is an "alloy" of innate factors and acquired factors. Simply put, psychological quality is based on physiological quality. In practice, through the interaction between subject and object, the psychological potential, energy, characteristics, quality and behavior are gradually developed and formed. Sports psychology holds that high-level sports mainly reflect the changes in confidence, attention, and motivation, and the strength of psychological quality. Therefore, the strength of psychological quality is the key to the success of athletes' competition. Among the subjects investigated, 84.8% of the Aerobics athletes thought that psychological quality had a great influence on expressiveness, 15.2% of the Aerobics athletes thought that psychological quality had an influence on expressiveness. The data showed that most of the athletes thought that psychological quality had a great influence on expressiveness, and the level of Competitive Aerobics was low. When training, we should pay more attention to the cultivation of psychological quality. We can train through the method of psychological quality training, improve the psychological quality of Competitive Aerobics athletes through psychological training, so as to improve the expressiveness of sports and make a new breakthrough in competitive level.

2.5 The Influence of Pre Competition Condition on Competitive Aerobics Athletes' Expressive Force.

Survey data show that 84.8 of the subjects believe that pre-competition state has a great influence on expressiveness; pre-competition state is too exciting because athletes' excitement increases, resulting in subcortical regulation of the subcutaneous central nervous system and autonomic nervous system weakened, unable to control their behavior well. The perception and appearance are not coherent, and the attention disorder affects the performance of Competitive Aerobics athletes.

Pre-competition state is too flat, athletes' mood will be relatively low, there is no mood to participate in the competition, this negative emotional state of the athletes' various organs have an impact on the performance of athletes. In this regard, the solution should start from the athletes, should strengthen the training intensity of athletes, enrich the experience of competition, strengthen ideological and political education, improve the level of motivation and moral cultivation of athletes.

2.6 The Influence of Facial Expression on Competitive Aerobics Athletes' Expressive Force.

Facial expressions are full of characteristics. Facial expressions are an indispensable part of expression. The expressions of aerobics athletes are mainly cheerful, passionate, and enthusiastic. They are full of enthusiasm and penetrating power as their best condition, and they are coordinated with the head. Rhythm swings. It can reflect the healthy, positive and vigorous style of aerobics. The athlete's expression is an expression of the whole set of exercise emotions.

Through the study of the subjects, 81.8% of the Aerobics athletes believe that facial expressions have a great impact on expressiveness, and 18.2% of the Aerobics athletes believe that facial expressions have a relatively strong impact on expressiveness. The data show that most competitive aerobics sports think that facial expression has a great influence on expressiveness. The author believes that facial expression is an effective way to convey a person's psychological state, and can drive the body movement, rich expression, can deepen the impression of the referee, so-called impression can be from the face. The situation is improved and the performance is improved.

2.7 The Influence of Music Rhythm on Competitive Aerobics Athletes' Expressive Force.

Music is an art that expresses people's thoughts and emotions and reflects social reality through organizing notes. Music with a sense of rhythm and passion can easily inspire the soul created by competitive aerobics athletes. Feel that understanding music can achieve the perfect unity of music rhythm and action.

Through the investigation, 75.8% of Aerobics athletes think that music rhythm has a great influence on expressiveness, 9.1% of Aerobics athletes think that music rhythm has an influence on expressiveness, 15.2% of Aerobics athletes think that music rhythm has an influence on expressiveness, and the data can be analyzed. For the part of competitive aerobics, it has its own unique, systematic and complete expression. Under its background, aerobics has more vitality and artistry. Music rhythm is very important to the expressiveness of competitive aerobics athletes, which controls the expressiveness of Competitive Aerobics Athletes in a great intensity. Degree. In peacetime training, to strengthen the sense of music athletes, athletes can usually listen to more strong sense of rhythm music, strengthen the understanding and understanding of music, so as to better improve the performance.

3. Conclusions and Recommendations

3.1 Conclusion.

The expressiveness of competitive aerobics athletes is the performance of competitive aerobics athletes. It refers to the ability to express inner emotions through facial expressions and body movements. It is the unity of internal spiritual temperament and external movement.

The factors that affect the performance of competitive calisthenics are: special physical quality, scene atmosphere, psychological quality, pre-game status, facial expression, music rhythm, competition experience, technical level, interest, ability to understand movements, body function, body form, Among them, the most influential degree is the special physical quality. This reminds competitive aerobics athletes to increase their special physical fitness exercises during peacetime training. Under the premise, they should conduct targeted exercises. What aspect is not sufficient to make up for what aspect.

Think that the number of choices that have a great influence on the performance of special physical qualities is the largest, followed by the scene atmosphere, psychological quality, pre-game status, facial expressions, and music rhythm.

Express yourself through the rich performance of each movement of the body. Each action is the basis of expression. According to research, the special physical quality has the greatest influence on the performance of competitive aerobics athletes.

The scene atmosphere is an objective factor that affects the performance of competitive aerobics athletes, and it is also a decisive factor for athletes to play on the spot. This factor has nothing to do with the level of professional skills, but the impact of the scene atmosphere on the performance of competitive aerobics athletes is only this and special physical quality.

The survey found that 84.8 % of competitive aerobics athletes believed that psychological quality had a great influence on expressiveness. 15.2 % of competitive aerobics athletes believed that psychological quality had an impact on expressiveness. Data show that most athletes believe that psychological quality has a great influence on expressiveness,

Pre-match status refers to the state of professional skills, tactics, and psychological status before the athlete's competition. According to the different pre-match status of the athlete's personality, the pre-match status is also very different. Among the subjects surveyed, 84.8 of the competitive aerobics sports believed that the pre-game status had a great influence on the expressiveness;

Facial expression is an effective way to convey a person's mental state, and it can drive the body's movement. Rich expressions can deepen the impression of the referee. 81.8 % of the competitive calisthenics athletes in the study believe that facial expressions have a great influence on expressiveness.

Music rhythm is crucial to the performance of competitive aerobics athletes, which controls the strength of the performance of competitive aerobics athletes. The study found that 75.8 % of competitive aerobics athletes believe that the rhythm of music has a great influence on expressiveness.

3.2 Suggestion.

In the training of Athletic Aerobics athletes'expressiveness, we should draw lessons from similar artistic performance expressiveness, such as sports dance, drama and so on.

The present study of expressiveness is only based on perception, and the understanding of expressiveness by athletes varies greatly. Different athletes have different understandings of expressiveness, and there is no specific and unified concept. In the future, more in-depth research on expressiveness of competitive aerobics will be carried out, and the data will be detailed to everyone. Part of the factors.

Enrich the experience of competition, strengthen the adjustment ability of subjective initiative, and strengthen the control of the atmosphere in the scene.

Athletes should be accustomed to a set of psychological adjustment training methods to strengthen their psychological quality training, relaxed, can be very good self-regulation.

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