

An Analysis of the Reform of the Teaching Mode of Calisthenics in Colleges and Universities

Lu Li

Xi'an Eurasia University

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Abstract. With the introduction of the new curriculum standard, the traditional physical education model has not adapted to the needs of the development of modern physical education. The reform of college physical education curriculum is imperative. At present, most researches on sports education models focus on theoretical research, but there is a lack of research on the application of sports education model theory to specific project teaching. In view of this, it is particularly important to apply the theory of sports education model to the actual physical education in ordinary colleges and universities. This study applies the sports education model to the experimental research of aerobics teaching, analyzes its teaching effect, discusses the feasibility of using sports education model in aerobics teaching, and provides practical reference for the promotion of sports education model in aerobics teaching in ordinary colleges. The comprehensive development of talents advocated by the new curriculum standard is of great significance.

Introduction

In recent years, with the development of quality education and the advancement of the national sports, the reform of physical education in colleges and universities has gradually deepened. In order to solve the problems existing in the bodybuilding teaching mode of colleges and universities, Chen Jia and Xu Jin used the analysis method to study the students' teaching methods and evaluation mechanism [1-5]. At the same time, in order to carry out the skills of physical exercise for college students, establish the awareness of active exercise, and develop a good physical exercise habit is not only the need to adapt to the training of new talents, but also the need to establish college students' sports awareness and promote the national sports. In order to solve the current situation of the curriculum and the countermeasures for its development, Li Yan used literature, interviews and other methods to study the current situation and development trends [6-9]. Aerobics is a combination of gymnastics, music, dance and other elements, as well as fitness and entertainment functions, and is popular among the masses. The aerobics teaching in colleges and universities adapts to the characteristics of young students and the trend of the times. In order to solve the problem of students' own interest in sports and self-fitness, Zhou Zheng used mathematical statistics to study his own interests and the cultivation of his own abilities [10-15]. The core issue of physical education curriculum reform is whether it can pass Physical education comprehensively cultivates students' comprehensive ability, and completes the five goals of "sports participation, motor skills, physical health, mental health, and social adaptation" proposed by the new curriculum standards. In order to solve the problem of curriculum reform, Chen Bin used the reference method to study the physical education curriculum and extracurricular interaction [16-20]. Through the methods of literature, interviews and mathematical statistics, this paper solves the problem of difficult operation in the implementation of the new curriculum standard, and makes it easier for students to participate in it [21].

Research Objects and Methods

2018 Aerobics Option Class of Xi'an Eurasia University, a Total of 600 People. Among them, there are 50 experimental classes and 60 control classes. Male students account for 54% of the total number, and girls account for 46% of the total. The course time is 90 minutes, the experimental class is 5, and the control class is also 5.

Research Methods.

Literature

Review relevant literature, literature and periodicals and other literature materials, redesign and construct the structure of the aerobics teaching process and the unit teaching process in colleges and universities.

Interview

Through field visits to college physical education experts, first-line aerobics teachers. In-depth discussion and exchange of relevant content of this topic, collecting opinions and suggestions.

Teaching experiment

According to the theory of sports education model, the structure of the aerobics teaching process and the unit teaching process in the colleges and universities are reconstructed and designed, and implemented in the experimental class. The control class uses the traditional "three-stage" teaching method.

Mathematical Statistics.

The MATLAB software was used to analyze and process the relevant data before and after the experiment.

Design of the implementation process of aerobics education model teaching in colleges and universities

The teaching process of sports education mode refers to the teaching plan of the whole sports season, which is equivalent to the teaching progress in the traditional sense. According to the core concept and operation mode of the sports education model, we design the teaching process of the aerobics education model in the college. The specific design includes the "pre-course preparation stage" and the "classroom implementation stage". The classroom teaching implementation stage can be divided into classrooms. Regular establishment stage, technical skills learning achievement display stage and competition performance stage.

Pre-Class Preparation Stage

The pre-class preparation stage refers to the preparatory work that the teacher needs to do before the start of the sports season. The main contents include the teacher's understanding of the core value and operation process of the sports education model; the preparation of courseware and learning materials; and the macroscopic model of college aerobics education. Micro-teaching implementation process design.

Class Routine Establishment Stage.

The main work of this stage is: to introduce students to the concept and operation process of sports education model; the basic knowledge of aerobics, including aerobics referee; aerobics routines, modeling creation, formation queue design, etc. The study of theoretical knowledge.

Technical Skills Learning Achievements Exhibition Stage.

The technical skills learning results display stage includes: the routine routine learning phase; the action formation creation phase; the results presentation phase.

Regular Routine Learning Phase.

In addition to the necessary aerobics skills, this stage will form a fixed sports team according to the student's learning level; establish the team name; team logo; la la slogan; role assignment and responsibility tasks corresponding to the role; Atmosphere; Strengthen the team awareness and ownership of each team member; Master the methods of cooperative learning and partner learning; Conduct a simple teaching game with skill-oriented teaching under the leadership of the group leader.

Action Formation Stage.

The sports team will carry out the 2-4 eight-shot routines and the formation queues, and excavate the aerobics routines that meet the requirements of the competition and the stage performances. Through the arrangement of the routines, the students' personality and creation will be fully developed. Force, strengthen the sports culture and group learning atmosphere, and enhance the cohesiveness between the players to prepare for the final game.

Stage Of Achievement.

The competition will be held in groups, and the class selection will be held. The top 2 representatives will be selected to participate in the sports season finals. The competition is conducted in a formal manner. Students are the referees, recorders, statisticians, coaches, and team leaders. At the time of the competition, there are admissions, uniform uniforms, and la la slogans. Through the imitation and learning of the regular competition, we strive to make every student be infected by the atmosphere of the game.

Competition Stage.

The sports season finals will be held. The competition will be awarded to each class by the class of the runner-up and the runner-up. The competition will review and summarize the study of the semester, and the awarding ceremony will be held to award the winners and individuals who have won the honor.

Results and Analysis

Sports Education Mode Provides an Operational Mode for College Aerobics Curriculum Reform. The sports education model has the characteristics of strong operational procedures. Its core objectives are closely related to the goals of China's sports and health curriculum.

At present, although the teaching content of aerobics teaching in ordinary colleges is updated rapidly, there are still some shortcomings in teaching methods and outdated learning methods. It is difficult to achieve the responsibilities and goals given by the new curriculum standards, especially the sports participation and social adaptation goals are difficult to operate. According to the actuality of aerobics teaching in colleges and universities, the game is based on the theory of game sports education, with cooperation and partner learning as the method, with fixed group and role playing as the main form, with the competition as the main line, and providing different levels of sports under the direct guidance of teachers. The curriculum model of demand, real and rich sports experience is one of the effective ways to solve this problem.

Sports Education Mode is Conducive to the Participation of College Aerobics Class Sports.

The goal of diversifying the realization of aerobics sports education model is a student-based curriculum teaching model. The study of motor skills, the arrangement of action groups, and the organization of various competitions are all completed under the self-management of students. Students are both managers and executors of tasks. Their main roles include athletes, group leaders, and action formation directors. , referees, administrators, promoters, etc. Throughout the aerobics teaching process, students assign their own roles. Each student must have his or her own role. The roles can be exchanged. Each student has his or her own tasks and responsibilities. The athlete's role requires students to study aerobics skills and team spirit; the action formation role requires students to have better creative ability; the administrator role requires students to have better organization, leadership and communication skills; the referee role requires students Be familiar with the rules of the game and have the ability to manage the game well; other roles also have corresponding tasks and functions. The multi-role play has cultivated students' multi-faceted abilities, stimulated the enthusiasm of students to participate in sports, mobilized the enthusiasm of students to learn, expanded the time for students to practice bodybuilding outside the classroom, and improved student satisfaction (see Figure 1). The diversity of sports participation goals.



Figure. 1 Student satisfaction survey chart

Sports Education Mode is Conducive to the Social Adaptation of College Aerobics Courses.

The goal of achieving social adaptability in the curriculum standards includes: cooperation, competition, communication, and concern for the collective and society. Aerobics sports education mode promotes students' motor skills through group competition activities. The role of multiple roles in sports education mode is like the migration of social roles, organization, management, coordination, cooperation, communication, communication, etc. Aspects have a good exercise and improvement. The aerobics sports education model not only emphasizes the cultivation of students' aerobics skills, but also attaches importance to cultivating students' personal and social interactions, laying the foundation for students to move towards society and adapt to society. Teaching experiments show that students play different roles in the group, not only can cultivate their ability to cooperate and learn, but also establish a harmonious interpersonal relationship between the students, cultivate the collective honor consciousness, correctly handle the relationship between competition and cooperation, and form a good relationship. Behavioral habits, as well as active care and active participation in sports affairs, have greatly promoted.

Sports Education Model Helps the Realization of Human Culture in College Aerobics Courses.

The sports education model is based on the cultivation of humanistic care and sports culture throughout the teaching process. The aerobics sports education model includes the following keywords: cooperation, competition, creation, celebration, awards, slogans, mascots, oaths, etc., behind each keyword, the students have a unique cultural experience of aerobics. . The all-round experience enhances students' awareness of sports culture, stimulates the enthusiasm for active participation in aerobics activities, and attracts more students to participate (samples from survey institutions, see Figure 2).

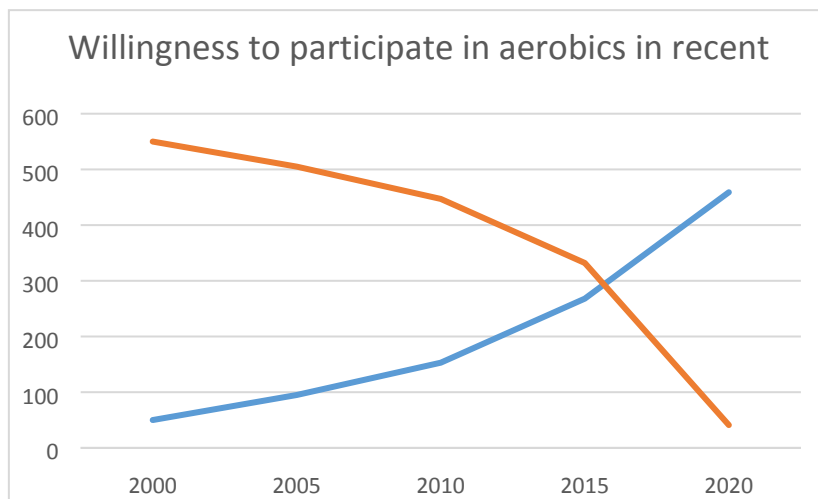


Figure. 2 Change in the number of people actively participating in aerobics activities

Students play a variety of roles throughout the sporting season, giving students a deeper understanding of aerobics programs, including an understanding of aerobics rituals and customs. The multi-level teaching competition in the whole sports season not only improves the students' athletic competition level, but also greatly enhances the students' appreciation level of aerobics programs, and lays a solid sports for the students' post-school physical exercise and the formation of lifelong sports concept. Cultural foundation.

Conclusion

There are many common points in the curriculum theory and educational thoughts of the sports education model and the ideas advocated in the reform of the physical education curriculum in contemporary colleges and universities. China's new curriculum reform philosophy focuses on students' independent learning, cooperative learning, sports participation, social adaptability, and human culture training. This is in line with the educational philosophy of sports education. It is integrated into the aerobics teaching of ordinary colleges and universities with the characteristics of operability. The aerobics teaching integrated into the sports education model creates conditions for students to participate actively, cooperatively learn, and explore learning, so that students truly become masters of the classroom. It solves the problem that is difficult to operate during the implementation of the new course standard. While comprehensively developing students' skills and skills, it has a good teaching effect on cultivating students' physical ability, creativity, practical ability, communication ability, cooperation ability and organizational ability. It laid the foundation for comprehensively improving the overall quality of students and the formation of a lifelong sports concept.

The practice of aerobics sports education mode has high requirements for teachers, students, venues, equipment, etc. Therefore, as a teacher, we should actively change teaching concepts and teaching methods, establish a reasonable teaching evaluation system, and do a good job in sports education in aerobics teaching. Model research. As a student, it is necessary to accept a new teaching model, change the concept of learning, establish a good learning attitude, and strengthen the ability of teamwork. As a school, it should provide safe and complete equipment and venues to provide good educational conditions for aerobics teaching.

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