

Research on the Practice of Innovation and Entrepreneurship Education in Aerobics Teaching in Colleges

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Abstract: Aerobics is the best way to build body, health and heart. The cultivation of good innovation and entrepreneurship depends on good psychological quality and physical level. Therefore, aerobics teaching has positive significance for cultivating students' ability of innovation and entrepreneurship. Based on the current new norm of public entrepreneurship and innovation, this paper proposes a specific reform strategy to integrate innovation and entrepreneurship education into aerobics teaching.

1. Introduction

Aerobics is a sports program that integrates fitness, fitness and heart-building. Cultivating students' ability to innovate and innovate is an important measure for college aerobics teaching to adapt to the new normal of education and meet the needs of social and practical talents. At present, China is in the critical period of mass innovation and entrepreneurship. To realize the strategy of building a well-off society and building a technology-driven big country is inseparable from college students. Therefore, in the new normal environment of vocational education, innovation and entrepreneurship education should be integrated into aerobics teaching. In order to achieve the comprehensive development of student quality.

2. Teaching philosophy reform

The core of innovation and entrepreneurship education is to cultivate students' creative ability, how to make students acquire this quality and ability, and put forward new goals for the reform of college curriculum. Therefore, strengthening innovation and entrepreneurship education is an inevitable requirement for higher education, and it is also an urgent need to realize the development of college students themselves. College education should update the educational concept, fully adapt to the educational situation of mass entrepreneurship and innovation, strengthen the support of soft environment, and reshape the education model to meet the requirements of the era of innovation and entrepreneurship education. The cultivation of students' creative ability should be integrated into all disciplines in a comprehensive and multi-angled manner. The aerobics teaching in ordinary colleges provides students with a unique and open learning and activity environment. Guide students to innovate aerobics movements in teaching, choose aerobics soundtrack according to actual conditions, and independently organize aerobics alone; cultivate observation ability, innovative thinking ability, practical operation ability, performance ability and promote student innovation in the learning process The development of capabilities has improved. To this end, in the aerobics teaching of Colleges in Colleges, comprehensive reforms should be carried out from the aspects of teaching tasks, teaching contents, teaching methods, assessment methods, etc., closely adhering to the reform goals of improving students' ability of innovation and entrepreneurship, and comprehensively carrying out the specific teaching practice. Teaching reform activities.

3. Teaching task reform

At present, the task of aerobics teaching in Colleges is to learn a set of grades of public aerobics prescribed every semester, and to cultivate students' ideas for lifelong sports. The content is

relatively simple and abstract, and the students' interest in learning will gradually decrease with the proficiency of movements. The mechanical learning set of actions will be forgotten after the end of the exam, and will not reach the goal of establishing lifelong sports. In addition to fitness, health and fitness, aerobics has its inherent potential in shaping students' individuality and cultivating innovative abilities. In order to maximize this intrinsic potential so that it can truly cultivate students' sense of innovation through learning, we should start with the teaching tasks, increase the independent creation of students, and fully develop them through the students' creative practice. Personality opportunities and space. With the excitement, each student can create different aerobics based on their own foundations, interests and hobbies. Improve the students' hands-on practical ability while increasing the sense of innovation, and give full play to the main role of students in the process of learning knowledge and receiving education in the process of cultivating students' innovative ability. This transformation of teaching tasks is an important guarantee for cultivating students' ability of innovation and entrepreneurship. One.

4. Teaching content reform

At present, the teaching content of aerobics classes in Colleges is mainly to increase the content of physical fitness training on the basis of learning mass aerobics. The content is boring, the students' interest in learning is not high, only passively follow the teacher, it is difficult to guarantee the whole class. Training intensity and training volume. In response to this phenomenon, teachers should take the initiative to break through the set-up and habitual thinking of the textbooks. The content of the teaching should be created by simple execution and completion of the syllabus, based on the syllabus, combined with the popular song and dance content of different periods. It conforms to the physiological characteristics, retains the popular elements, and can reach the exercise load of the whole class. Allowing students to practice physically and mentally under the accompaniment of familiar and familiar music can stimulate students' interest in learning. Under the impetus of their own needs, the enthusiasm and initiative of learning will be well mobilized, which can effectively stimulate their sense of innovation and receive good innovation and cultivation effects. In addition, in the design of this part of the content, we should also understand more about the students' ideological dynamics. We must find a breakthrough from the students' favorite movements. Under the premise of fulfilling the basic movement requirements of the classroom teaching, we should not follow the old rules and let the students participate in aerobics. Arrange and modify to form a mode of organic integration of "teacher guidance + student creation".

5. Teaching method reform

The traditional teaching mode is taught by teachers, students are passively taught, teachers are used as demonstrations, students follow actions, leaving teachers to demonstrate, students often have no way to adapt. This single teaching mode can no longer adapt to the current classroom teaching. Students have the desire to seek knowledge, but due to the uneven physical conditions, the ability to accept different degrees of learning leads to different learning effects: Students with physical strength, endurance and stamina are often defeated by their minds and cannot practice. Overcoming one's lazy inertia; students with weak memory and time ability to remember, in the absence of teachers to demonstrate the situation, independent practice is very difficult, resulting in students only meet the memory segments, it is difficult to link the set of actions, slow Slowly, inertia is also formed. In order to adapt to the characteristics of innovative teaching in the new era, this traditional model can be changed. The class of the class is divided into groups of 6 to 8 people. The group learning method is adopted. After the teacher finishes the action, the group exercises can be started to achieve the three levels of learning movement: 1) Listen to the meeting and see the meeting. Students in the same group exchange, cooperate, and learn from each other, slow down and make sure that all students can listen to and watch the action. 2) Learn and do meetings. On the basis of listening to the meeting and watching the meeting, I can combine the hand and foot movements to achieve harmony and smoothness. 3. Tell others to understand. Let the students who

learn and do the meeting tutor other students on the basis of mastering the movements. If every student has experienced the process of learning to move, he is really proficient in the action. Proficiency in the action, release the group practice task, and practice the different movements of the skilled movements. Here, the teacher can stipulate the number of formation changes according to the number of movements and difficulty level, so that the students can experience the changing movements and improve the hands-on. Practical ability. At the same time as group display actions and formation changes, teachers should give comments: Innovation, highlights should be pointed out and encouraged in a timely manner; In the process of commenting and summarizing, the teacher is not only affirming the students' innovative spirit, but also strengthening the education and guidance of entrepreneurial awareness. This method can be used to arrange aerobics and aerobic dance suitable for various performances. By organizing and performing, it can not only improve the groundbreaking ability but also enhance self-confidence. It can also be favored by teachers and classmates. At the same time, the class is extended to the extracurricular, and students are assigned homework assignments. In the past, most of the after-school homework assignments were ineffective. Teachers should make full use of modern teaching methods, and let students learn the content of the prescribed movements, and then solve the problems that students do not understand. For example, the slightly more complicated part of the movement direction, because the basic part of the students have already read the video in advance, this part of the teaching progresses faster in the classroom, the teacher can save most of the time to improve the students' ability of innovation and entrepreneurship, and continue to play the students. The self-created ability to express the prescribed movements through different styles and formation changes gives the students a refreshing feeling.

6. Reform of assessment methods

The past assessment mode of aerobics classes in Colleges is that each person makes a prescribed movement. The teachers give students scores according to the proficiency and expressiveness of the students. Those who have the accuracy of memory and the ability to remember the time are easy to get high scores, physical strength and Students with endurance and endurance are also prone to high scores. Only those with poor physical conditions (such as: coordination, poor sense of music) have been working hard and the results are average. This kind of assessment mode is not conducive to mobilizing the virtuous circle of classroom enthusiasm, so that those students with relatively poor physical conditions do not dare to choose aerobics classes, and those students with relatively better physical conditions are only satisfied with learning to move without other pursuits. Therefore, such an assessment mode is not conducive to the cultivation of students' creativity. In view of the above reasons, in the aerobics teaching, we should explore the reform of the formative examination mode, combine the performance record of each class in the usual period with the assessment of the complete aerobics in the final stage, increase the proportion of the usual achievements, and change the traditional assessment. mode. Taking the assessment content and assessment form as the main content of the change, adding the formation change and the beginning and ending design and design in the assessment of the prescribed action, you can also attach the teaching content of the popular dance in this semester. The form of assessment adopts the self-selection method. If you choose single-person assessment, you should increase the design of the beginning and the end. If you choose the group assessment, you must have a formation change, and there are times. The assessment can be carried out in stages and in stages according to the learning situation. Before the end of each lesson, leave a part of the time for the teaching demonstration (test) of the lesson, and send the action videos of each group of aerobics to the class group. Allow students to see their performance and gaps with others, and provide reference for future study. For groups with good performance, you can increase your usual performance scores to stimulate students' enthusiasm. Due to the increase in students' choices of exam content and exam format, the assessment is not only the physical condition of the students, but also the students' sense of innovation, unity and cooperation, so that everyone can take action and participate in each lesson. In the practice session, students will realize that as long as they study hard, think positively, and innovate, they will gain

something.

7. Conclusion

Aerobics teaching can not only train students' physical health, enrich students' learning life, but also train students' spiritual body. It is one of the effective ways to cultivate students' innovative ability. Therefore, in the aerobics teaching activities, we must dare to break through the traditional educational ideas and educational methods, boldly innovate, constantly absorb advanced and innovative educational concepts and methods, be brave in practice, correctly handle the relationship between tradition and inheritance, discarding and innovation, and cultivate Students' ability to innovate and create.

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