

## Research on the Cultivation of Aerobics Talents Based on the Cultivation of Employment Ability

Xueyan Li

Physical Education College, Baicheng Normal University, Jilin, Baicheng, 137000, China

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**Abstract:** In recent years, due to the impact of China's economic system reform and the expansion of colleges and universities, the number of college graduates is constantly rising every year. However, due to the lag of the reform and development of colleges and universities, the current training objectives, curriculum and social needs of Chinese universities do not match, which is the imbalance between supply and demand. This paper will analyze the current needs of the aerobics profession, explore the employment channels of aerobics majors, solve the bottlenecks that restrict employment difficulties, and finally expand the employment channels of aerobics professionals and ease employment pressure.

### 1. Introduction

With the development of society, the demand for talent cultivation in the society is constantly changing. The employment problem of graduates has become increasingly prominent, which has attracted the attention of governments, institutions of higher learning and the whole society. The employment of college students is related to the allocation of talent resources and social stability. The employment rate of colleges and universities is also an important indicator to measure the quality of college education [1].

Aerobics is an emerging sport in China. It is deeply loved by the public for its vitality and youthful vitality. With the implementation of the National Fitness Program, the campaign has been rapidly launched throughout the country and has become one of the most popular projects in the current physical education in primary and secondary schools in China. The major sports colleges took the lead in setting up aerobics special classes, and then local colleges and universities also opened aerobics special classes. Some college gymnastics specialties have been replaced by aerobics, and the number of students selected has increased year by year. Based on the implementation of the National Fitness Program and the eighth basic education curriculum reform in China, the employment situation of aerobics special graduates is relatively good, but under the situation of enrollment expansion, the scale of physical education majors in China's colleges and universities has also been synchronized, due to aerobics The professionalism, the small mobility of the industry, and the low social demand have caused the market demand for aerobics special students in physical education to become flat. The employment situation is not optimistic.

### 2. Society's Demand for Aerobics Professionals

The employment of aerobics professionals is not only for the majority of school physical education, but also for a wide range of fitness markets. We should reposition the training programs for aerobics professionals, so that the talents we train are in line with the needs of the social market.

With the continuous reform and development of school physical education, the aerobics program has been included in the teaching content of the school physical education curriculum. Due to the unique movement characteristics and music style of aerobics, it is favored by the majority of students, which makes the aerobics movement popularized and popularized in the primary and secondary schools, and also increases the demand for aerobics professionals in school physical education. In the physical education of middle school, it puts forward higher requirements for aerobics professionals. Students who require aerobics are not only have certain skills in sports, but

also have outstanding achievements in public operation and master other majors. However, compared with the physical education in primary schools, the aerobics professionals who are needed are no longer focused on competitive aerobics, but on the development of students' comprehensive physical quality. All in all, most of the school education needs a "specialized and multi-functional" aerobics professional to adapt to the needs of school physical education.

The fitness club is the treasure of professional aerobics employment and entrepreneurship. With the development of society and people's awareness of health, large and small fitness clubs are constantly emerging, which increases the demand for aerobics professionals, but fitness clubs and there is a difference between the demand for talent and the demand for aerobics in schools. The fitness club is more focused on coaching professional skills, and requires a wider range of fitness items. Technical classes involve spinning, professional yoga, aerobics, fitness hip-hop, Latin aerobics, belly dancing, Latin dance, Prada, steel pipe. Dance courses such as dances should also have professional theoretical knowledge. Courses such as exercise psychology, club fitness guidance, and club membership management should be offered. The physical quality of the coaches is also higher. The class is energetic. The content of the course should be constantly updated and changed with the development of aerobics. The ability to accept new things is strong, otherwise it will not be able to work as a club aerobics instructor [2].

In recent years, with the vigorous development of fitness, community fitness has become the main force of national fitness. Social sports instructors are an important force for the country to develop China's sports undertakings, enhance the physical and mental health of citizens, improve social quality, and build socialist spiritual civilization. However, due to the relatively lagging measures, the proportion of social instructors and the sports population is seriously out of balance. According to the "China Sports Status Survey", the population participating in sports activities in the country accounted for 34.34% of the total population, a total of 420.4 million people. According to this figure, at present, every 20398 people in China have a social sports instructor, and every 7007 participate in exercise. The person has a social sports instructor. According to the standard, there must be at least 2 social sports instructors per 1,000 sports population. According to this standard, the demand for social sports instructors is imminent, which greatly hinders the national sports. We should observe the market demand, change the traditional employment concept, and prepare for our own way out. Of course, the state should also introduce relevant policies, including community fitness instructors into the staff, and provide standardized training for aerobics professionals and social sports fitness instructors.

The entertainment show market is another breakthrough in the professional employment of aerobics. Now with the continuous development of the media, the aerobics professionals we train should be oriented to diversified social needs, so that the aerobics professionals can be rooted in the fields of aerobics, in order to provide multiple employment channels and opportunities. . Through interviews and investigations, it is found that the students of aerobics majors in the school are very popular in the entertainment performance market, and each time they have considerable income, but the proportion of the students who graduated from the physical education major among the talents finally accepted by the entertainment and fitness venues. Not high, and these students basically entered the market through years of social tempering, which has a certain relationship with the students' employment concept. With the development of society, the entertainment performance market has also become rich and diverse. The aerobics profession, such a new professional, is expected by many employers. Therefore, the cultivation of aerobics professionals in colleges and universities should pay attention to shifting from the traditional passive adaptation market to actively developing the future market, and aiming at the entertainment performance market with a more open eye.

### **3. The Aerobics Professional Talents Comprehensive Vocational Ability Training**

Employment-oriented, practical construction of aerobics comprehensive vocational ability training practical training programs to train employment-oriented applied technical talents, with special emphasis on students' social practice ability, so practical teaching is an important part of the

education and teaching system As a component, the practical teaching is the combination of knowledge, ability and quality education. It is an important channel for students to understand practical knowledge, familiar with the professional environment and train professional ability. It is an extension of classroom theory teaching.

The implementation of practical training in aerobics teaching is an important part of the whole teaching reform process, and it is also the main link to cultivate students' comprehensive professional ability in aerobics. Through various forms of practical teaching activities such as teaching practice, stage internship, comprehensive simulation internship, social research and graduation design, it reflects the professional characteristics of our physical education and ensures the comprehensive professional ability of the aerobics professionals.

Scientifically construct teaching and training programs. The specific implementation of the construction of the teaching and training project is as follows. (1) Emphasize the effectiveness of the phase project task and student ability development: the first phase is the basic ability training phase. At the same time, design two training projects, namely: fitness aerobics body composition and teaching guidance, fitness aerobics professional posture arrangement and teaching guidance. That is to make full use of the music-led teaching method to solve the problem of students' professional entry difficulties, systematically strengthen the professional posture and shape of the introductory students, form good basic skills, and lay the foundation for further study of fitness aerobics. The second stage is the core competence training phase (action (music) orchestration ability, and guiding ability). Through the design of training programs that match the work process, such as 5-minute fitness aerobics movement combination arrangement and teaching guidance, fitness aerobics music selection and editing, fitness aerobics primary course guidance, fitness aerobics intermediate course guidance to practice work The specific process. The third stage is to expand the ability training stage (fitness development ability, consulting and communication ability, fitness common sense application ability, professional quality development). At the same time, design two training projects, namely: fitness knowledge answering and guidance, expanding project guidance, and performing aerobics formation design. In addition, according to the changes in the aerobics fitness market, students can be moved and reserved at any time to expand and master the basic skills and guiding skills of the fashion and fitness programs in the fitness market. In the process of completing the above training project tasks, they are all carried out in the form of learning groups [3].

The graduation internship and graduation design (course design) is based on the actual work or social reality. It is to communicate multiple courses and even the entire professional knowledge. The relationship between knowledge enables the integration and integration of practical knowledge in practical practice. It can systematically train students' comprehensive ability to analyze and solve practical problems as well as innovation awareness and innovation ability (inquiry ability, professional quality development, service). Strengthen the process monitoring and assessment of graduation internship and graduation design (course design), and conduct comprehensive guidance from organization, planning, topic selection, management, performance evaluation, etc., and continuously improve graduation internship and graduation design (course design).

Completely break the traditional teaching mode based on teacher-led teaching, and complete the teaching mode design with action-oriented teaching concept. With the real working environment and work tasks as the carrier, arrange and organize teaching according to the requirements of teaching, learning and unity. Through the task of solving the necessary knowledge and skills to learn and train, through the task to drive the classroom teaching, in the process of the completion of the task to achieve teacher-student interaction and the student as the main teacher as the guide, the implementation of group teaching, self-study improvement, give Students open up classroom activities and fully mobilize the enthusiasm of students to learn independently. The students are encouraged to carry out specific scenario simulations and case operations in a posture of subject participation, complete the role transition from the bystander to the presenter, and fully tap the potential of the students [4].

Actively promote the "double certificate" system to comprehensively improve students'

comprehensive professional ability. Professional qualification certificates and academic certificates are an important part of students' employment competitiveness. In the students, vigorously promote the aerobics vocational skills research and certification system, the aerobics national vocational qualifications (skills) standards into the aerobics professional teaching plan and teaching process, the credits for obtaining the aerobics instructor's vocational qualification certificate, the realization of the certificate Objectives linked to credits and employment; intensive measures such as direct linking of research and curriculum scores, so that students can understand the knowledge and skills that should be mastered during the teaching phase, and finally be confirmed by the form of certificates, so that students can achieve careers after completion of study. Skill requirements, but also meet the academic level requirements.

Conduct professional competitions in conjunction with community activities to improve students' comprehensive professional ability in all aspects. Organizing and carrying out the aerobics competition of the society is an important way to test the professional teaching level of teachers and to test the mastery of students' professional ability. It is an extension of teachers' classroom teaching and a carrier and platform for demonstrating teaching achievements. Through the aerobics competition of the community, the aerobics students will be encouraged to show their enthusiasm for technology and exhibition skills. They will actively undertake the guidance of teachers of various professions, teams and classes, and undertake teaching and guiding tasks to select players, design movements and music [5]. The selection and editing to organizational training, etc., all personally, service home, form a good atmosphere of "practice skills, talk about literacy", thus opening the stage of professional skills competition. In addition, combined with professional characteristics, students are encouraged to actively participate in professional competitions outside the school, such as national and provincial and municipal level aerobics-related competitions. And through the competition to absorb the cutting-edge technology of fitness and aerobics industry development, grasp the latest aerobics instructor professional skills requirements and fitness industry demand for talent.

#### **4. Conclusion**

Through the scientific construction of practical training programs, students can experience the cognitive process personally, understand the use of learning, and systematically cultivate students' comprehensive ability and innovative consciousness and innovative ability to analyze and solve practical problems by combining profession and interest. Give full play to the subjective initiative of students' learning, cultivate and train students' information collection and analysis and processing ability, language communication and generalization ability, team communication and cooperation and coexistence. At the same time, it can also encourage students to break through themselves, cultivate self-confidence, bold and practical personality, as well as the development of professional ethics and professional quality, master the latest aerobics instructors' professional skills requirements and the demand of the fitness industry for talents.

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