

## **Analysis on the Problems and Countermeasures of College Physical Fitness Dance Teaching**

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**Abstract:** Physical exercise is the main way to enhance students' physical fitness. Aerobics dance is a combination of sports and art. Therefore, it has the dual characteristics of sports and art. It does not require professional and difficult dance action service theme plots, unlike other Sports projects have the same high-strength and large-volume competitive nature. No matter the action characteristics or the intensity of the action, the aerobics dance has more popular characteristics. The music rhythm is clear, the movement is simple and easy to learn, and the aerobics dance reflects fitness and mass. The combination of safety and artistry makes the aerobics dance in college physical education a popular content for students. However, in the actual teaching, there are still some problems in the teaching of physical aerobics dance in colleges and universities in China. Only when the problem is faced and the corresponding solution strategy is adopted can the teaching effect be further improved.

### **1. The Significance of Aerobics Dance Teaching in College Physical Education Curriculum**

The importance of aerobics dance teaching in college physical education courses is mainly reflected in the following aspects:

First of all, enrich the content of physical education. Aerobics dance not only has the function of fitness, but also is very ornamental. College students are also very interested in the study of aerobics dance. Setting up an aerobics dance elective course in college physical education courses can not only promote the healthy development of students' physical and mental health, but also stimulate them. Physical potential can also stimulate interest in learning and contribute to the formation of lifelong sports awareness [1]. Therefore, the establishment of aerobics dance courses in college physical education curriculum enriches the content of physical education and stimulates students' interest in learning. Second, innovate sports culture. Each college will form its own unique campus culture, and sports culture is an important part of the campus culture. Aerobics dance not only has the function of physical exercise, but also has the artistic characteristics. Students can have a deeper understanding of the cultural attributes of aerobics dance through the study of aerobics dance. Through the perfect combination of art and sports, students can provide more A platform for social interactions will showcase the contemporary, fashionable and dynamic spirit of contemporary college students. Finally, promote the healthy development of college students' physical and mental health. The aerobics dance program enables students to improve their aerobic metabolism through a large number of physical activities, which not only enhances the physical function of the students, but also contributes to the development of physical coordination, rhythm, sensitivity and rhythm, and fitness. Exercise can also enhance myocardial contractility and improve respiratory function; in addition, college students can also use the rhythmic body movements, artistic body language to vent their daily learning pressure, life pressure, etc., to improve their tension, Depression, anxiety and other negative emotions, thus promoting their healthy development [2].

### **2. The Problems in the Teaching of Physical Aerobics Dance in Colleges and Universities**

Although aerobics dance is of great significance to improve the overall quality of college students, its promotion time in colleges and universities in China is not long. Therefore, there are still many problems in the actual teaching. The performance is as follows:

At present, the physical education curriculum of most colleges and universities in China still takes modern sports such as track and field and ball as the mainstream, while the promotion of traditional sports such as martial arts, Taiji and aerobics is far from enough in college physical education, mainly because of society. Sports schools such as aerobics and other sports are not given enough attention. Mainly reflected in two aspects, one is the serious shortage of teaching venues. There are many classes and a large number of physical education classes in colleges and universities [3]. However, the teaching area is small and does not have the conditions for opening a variety of aerobics. Many teachers are limited by the venue factors and can only open traditional aerobics. On the other hand, teaching time is seriously inadequate. Because schools, teachers, and students pay less attention to aerobics dances, there are fewer settings for aerobics dance classes. It may take a class or even two weeks in a week. The lack of teaching time makes students have no chance to systematically. The study of aerobics dance has caused him to pay less attention to the study of aerobics dance. Over time, a vicious circle is formed, which is not conducive to the teaching and development of aerobics dance.

With the continuous reform of China's education system, the number of teachers in major universities has increased significantly. In sports teaching, the number of physical education teachers can basically meet the actual teaching needs. However, in the specific aerobics dance teaching, the problem of insufficient teachers is still outstanding. At present, many physical education teachers in colleges and universities in China mostly use Western sports as their main majors, such as tennis, volleyball, football, basketball, etc., and the number of professional teachers is seriously insufficient for sports programs that can motivate students to learn. The aerobics dance is taught in the form of dance. The professional requirements of the teacher are higher. For the physical education teachers who are mainly engaged in western sports, it is inevitable that there will be insufficient professional ability in the teaching process. Some colleges and universities will provide short-term professional training for teachers in aerobics dance teaching, but these teachers lack practical theoretical foundation and long-term teaching experience. Therefore, the teacher's ability and knowledge are very limited in actual teaching, which is not conducive to aerobics dance teaching [4].

At present, many colleges offering aerobics dance courses use a set of aerobics routines as the main teaching content. In the teaching process, the teachers only teach a single content such as routines, basic movements, routes, skills, etc. In the teaching, the teacher will explain and demonstrate the four new exercises of about eight beats. The students will then imitate the exercises and practice on their own. The students will practice the exercises more skillfully and coherently and then practice with the music. The review class is usually followed by students following the routine music. Repeated exercise exercises, etc. The whole process is full of teaching methods. Students do not have independent thinking space, and their learning enthusiasm is difficult to play out; and the single teaching content can not better stimulate students' learning enthusiasm. Over time, students will be aerobics. Learn to lose interest [5].

### **3. The Strategy to Improve the Effectiveness of College Aerobics Dance Teaching**

In view of the general problems existing in the teaching of aerobics dance in colleges and universities in China, it is suggested to improve from the following aspects to improve the effectiveness of aerobics dance teaching:

In the traditional aerobics dance teaching mode, more attention is paid to the training of sports skills, ignoring the cultivation of students' lifelong sports awareness, which is not conducive to students' good habits of lifelong fitness. In the teaching of aerobics dance, the teacher should change the concept. The traditional physical education is to change the concept of physique and master the motor skills into the concept of cultivating his lifelong sports consciousness and developing his lifelong sports ability. Colleges and universities are the final stage of students receiving systematic physical education in schools. They will not only affect the life and students of students during their school days, but also have a major impact on their subsequent work and life. Therefore, in the aerobics dance teaching, students should be consciously instilled with the

awareness of lifelong fitness, and the basic content of lifelong fitness should be added to the teaching content to stimulate students' fitness interest and develop their fitness ability.

Schools, teachers, and students should pay attention to aerobics dance teaching from the ideological point of view, improve from various aspects such as teaching courses, teaching venues, and teaching facilities, and further improve the aerobics dance teaching curriculum system [6]. The teacher should innovate the architecture of the aerobics dance course based on the original teaching. For example, aerobics, in the actual practice, the teacher should combine the characteristics of aerobic exercise and aerobics to stimulate students' interest in aerobics, thus improving their initiative. Old searchers can collect excellent cases of aerobics dance through various channels such as internet and academic exchanges. Through network teachers, they can strengthen communication, share teaching experience, share teaching resources, and learn from each other to create a new teaching concept. Promote the reform of physical education in colleges and universities and build a more scientific and rational curriculum system. In addition, the teacher can also combine with the student club activities on the basis of the course teaching, organize various types of aerobics dance activities, such as group gymnastics performances, and select excellent athletes to improve students' interest in aerobics dance learning.

The accurate and beautiful demonstration and simple and concise explanation of the teacher in the aerobics dance teaching are important measures to ensure the students' learning effect. The beautiful action demonstration can stimulate the students' interest in learning, and the accurate and concise explanation can improve the teaching efficiency, so the teacher must constantly improve your teaching skills. First of all, the teacher can collect relevant teaching videos from the Internet, first improve their aerobics performance, and strive to make each movement beautiful and accurate, and then demonstrate these actions to the students. Secondly, the teaching should actively operate language prompts and non-verbal prompts to guide students, pay attention to the prompt language, clear purpose, inspiration, and inspiration, so that students can quickly understand the essentials. Finally, the teacher should fully realize the individual differences of the students and try to combine the unified requirements with the different treatments. There is a big difference in the physical quality, coordination and acceptability of a class of students. The teacher should have a deep understanding of the specific situation of the students, and carry out personalized teaching according to each student's learning interest, accepting ability and physical quality, and arrange differently. The student's exercise load, for example, for students with poor coordination, can arrange for the combination of running and jumping training, and then strengthen the basic pace, freehand exercise and other training, so that students can improve their physical coordination through repeated exercises, and truly teach students in accordance with their aptitude [7].

A single infusion teaching mode will make students feel boring and tasteless. Therefore, teachers should further enrich the teaching methods of aerobics dance on the basis of the original teaching methods to improve teaching efficiency and effectiveness. The commonly used methods in the daily teaching of aerobics dance include explanation and demonstration method, complete and decomposition method, prompt method, music and rhythm beat method and so on. The explanation and demonstration are the most commonly used teaching methods. The teacher explains the targeted teaching content according to different curriculum tasks and different levels of students, and enables students to obtain perceptual cognition more quickly and accurately through accurate, beautiful and skilled coordination. The concept of action helps students correct mistakes and improve the quality of their actions. The complete method can enable students to establish a complete concept of support for a single action or set of actions. The decomposition rule is to break down the whole set of actions into a single action, which is convenient for students to master a single action and improve the level of teaching. In the daily teaching, the complete method and the decomposition method should be combined and applied, and the two promote each other and complement each other to improve the learning efficiency of students. The prompting method, as the name implies, means that the teacher prompts the students to practice in a short language. The language and the password are closely matched, such as "topping" and "arm straightening", to help the students practice with the standard movement rhythm to improve the quality of the movement. When

applying the prompting method, pay attention to the prompt password is accurate and simple to ensure the validity of the prompt. In addition to the password prompt, you can also apply the physical prompts. The teacher changes the students' accurate and clear display of the action essentials through gestures, and deepens the students' memory of the movements. The music screaming beat method is more suitable for the aerobics dance teaching with strong rhythm. The teacher constantly changes the tone and rhythm of the screaming beat with the rhythm of the music to cultivate students' rhythm of music. The music screaming beat method is more suitable for the students' initial voice. The teacher can guide the students to beat the beats in the heart, so that the rhythm of the music and the rhythm of the movement establish a certain relationship in the cerebral cortex, and the interaction between the sense of hearing and the sense of the body can be fully exerted.

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