

Research on the problems and solutions in college aerobics teaching in the new period

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Abstract: In recent years, with the continuous advancement of the reform of physical education in universities and the deepening of the concept of liberal education, the importance of physical education in colleges and universities has been continuously raised, and the contents and forms of physical education have gradually diversified. As a popular and popular sports item, aerobics has also entered the college physical education classroom and has gradually become one of the important courses in college physical education, but there are still many deficiencies in college aerobics teaching in the new era. However, there are still many shortcomings in aerobics teaching in colleges and universities in the new era. In order to promote the healthy development of college aerobics teaching in the new era, and to promote the overall quality of students, this paper analyzes the current situation of college aerobics teaching in the new era, points out the problems existing in the current college aerobics teaching and puts forward the corresponding effective solutions to the problems existing in the current aerobics teaching, so as to promote the healthy development of aerobics in the physical education

Aerobics as a group exercise, music, dance and entertainment in one of the sports, not only can help students shape physical beauty, to make the body symmetry and health and graceful, but also to ease the mental pressure to relax the body and mind. It is supported and loved by students, especially girls. However, when aerobics is introduced into college physical education, influenced by the traditional teaching methods and teaching ideas, there are still many deficiencies in college aerobics teaching in the new era. Therefore, the corresponding solutions are put forward in view of the problems existing in the current college aerobics teaching, so as to inject new vitality into the development of aerobics teaching in colleges and universities in the new period.

I、 The problems existing in the teaching of calisthenics in colleges and universities in the new period

1.1 The facilities for aerobics teaching are inadequate.

Aerobics as a collection of gymnastics, dance, music in one of the sports, different from other sports, aerobics has higher requirements for venues and facilities. In order to achieve the ideal aerobics teaching effect, it is necessary to have the special aerobics field, mirror and audio equipment. But at present, most colleges and universities are short of investment, funds and venues for aerobics teaching. Some colleges and universities arrange aerobics teaching outdoors, which is easily influenced by outside factors such as weather, and lack of music and mirrors. Students cannot learn the rhythmic nature of aerobics and cannot correct the accuracy of their movements through mirrors. Even if some colleges and universities teach indoors, because of the lack of special aerobics teaching hardware facilities, students in the step and jump movements, excellent cement ground will cause certain damage to students' knee joint and ankle joint, and the lack of hardware equipment such as aerobics teaching site equipment will not be conducive to stimulate students' enthusiasm for aerobics learning, thus affecting the teaching effect of aerobics.

1.2 The teaching content of aerobics is monotonous.

In the current college aerobics teaching process, the teaching content of aerobics is mainly composed of several sets of fixed aerobics movements, and the aerobics movements are often accompanied by a single fixed music. Most of the teaching contents are monotonous and boring, lacking creativity and interest, which easily leads to the low enthusiasm and initiative of the students in learning aerobics, and the students are bored in the aerobics class. The fixed aerobics movement teaching is relatively simple for some students who have the aerobics foundation, which cannot meet the students' needs for aerobics study, and cannot lead students to appreciate the charm of aerobics. So it is difficult for students to really love aerobics and experience the fun of aerobics learning.

1.3 Lack of the teaching staff of aerobics

As aerobics is a new subject of college physical education and there are few aerobics professionals, which leads to the shortage of aerobics teachers in colleges and universities. At present, in the course of aerobics teaching in most colleges and universities, the teachers are generally ordinary non-professional. The teachers' professional level is low and the teaching content is limited to a few fixed sets of aerobics teaching. Little is known about calisthenics and the systematization of professional teaching, which makes it difficult to improve the teaching effect and quality of calisthenics class. It is difficult to grasp the psychological characteristics of college students who yearn for fitness and lose weight but refuse the monotonous and tedious aerobics study, and to carry out teaching, and it is also difficult to pass on the charm of aerobics to students. It is not conducive to improve the students' interest and enthusiasm in learning aerobics, thus affecting the classroom results of aerobics teaching.

1.4 Lack of the cultivation of students' artistic appreciation

Aerobics is a sport with strength, beauty and artistry, which contains many humanistic elements such as team spirit, healthy aesthetic taste and innovative spirit, etc. It is a very attractive sports art, however, in the current aerobics teaching process, many teachers often neglect the importance of leading students to appreciate the unique charm of aerobics. In the process of aerobics teaching, it is only limited to the teaching of monotonous aerobics movements, but lacks the cultivation of students' artistic appreciation, which is not in line with the teaching aim and spirit of aerobics teaching and is not conducive to the new era of aerobics teaching into the new vitality.

II、 Analysis on the Teaching Reform measures of Aerobics in Colleges and Universities in the New Period

2.1 Improve the teaching hardware facilities of aerobics

Perfect teaching hardware facilities of aerobics can effectively mobilize the classroom atmosphere of aerobics teaching and improve the teaching effect of aerobics. Therefore, colleges and universities should appropriately increase the input of aerobics teaching hardware facilities, by applying for local government funding for physical education or by absorbing the support of social aerobics enthusiasts for aerobics teaching in colleges and universities. In order to perfect the hardware facilities such as the aerobics teaching field, colleges and universities should reasonably allocate the proportion of the funds invested in the school physical education, and appropriately increase the investment in the aerobics teaching facilities. To improve the teaching effect and teaching quality of aerobics, we should set up the teaching field of aerobics and the teaching facilities of aerobics such as dumbbell, pedal, ball and sound. Lead students to enjoy the charm and fun of aerobics learning, for college students aerobics learning to provide a good environment and conditions.

2.2 The diversification of teaching contents and teaching methods

The single and fixed teaching contents and the traditional teaching methods of aerobics are not conducive to improving students' enthusiasm and initiative in learning aerobics. Therefore, aerobics

teachers should keep the diversity of teaching contents and teaching methods. On the basis of teaching basic movements of aerobics, we will combine some popular contents in society with the basic classroom contents according to the students' different interests and specialties, enrich the aerobics teaching contents, and carry out the aerobics class contents expanding teaching such as cheerleading, group dance and martial arts teaching. At the same time, aerobics teaching should be flexible and innovative teaching methods. Teachers can use modern multimedia technology to assist aerobics classroom teaching, lead students to watch aerobics game video and excellent aerobics video, let the students learn the basic movement norms of aerobics, while appreciating and feeling the unique charm of aerobics, This diversified teaching methods can improve the teaching effect and quality of aerobics, promote the enthusiasm and learning enthusiasm of students for aerobics, so as to inject new vitality into the teaching of aerobics in the new period.

2.3 To define the teaching objectives of calisthenics and develop students' appreciation of art

The teaching goal of aerobics in colleges and universities in the new era is to give full play to the excellent qualities of aerobics, improve students' physical and mental qualities, cultivate students' ability to appreciate art, team spirit and innovative spirit, to define the teaching goal of aerobics, to arrange the teaching content reasonably, and not only to teach students to complete basic aerobics movements as the teaching goal in the teaching process, but also to pay attention to cultivate students' appreciation of aerobics art, and to improve students' comprehensive quality and aesthetic taste.

III、 Conclusion

In the new period, aerobics teaching in colleges and universities has made some initial progress, but there are still some deficiencies in teaching methods, teaching contents and teachers' comprehensive qualities, which are influenced by traditional teaching methods and educational concepts. Therefore, colleges and universities should carry out aerobics teaching reform, appropriately increase the input and support to aerobics teaching, improve aerobics teaching hardware facilities, innovate teaching methods and contents, make clear teaching objectives, and cultivate students' artistic appreciation, so as to inject new vitality into college aerobics teaching in the new era.

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