

Problems and Countermeasures of Aerobics Teaching in Colleges and Universities

Ting Zhang

Xi'an University, 710065, Shaanxi, People R China

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Abstract: In the context of the deepening of physical education reform in colleges and universities, aerobics has also entered the physical education classroom in colleges and universities. Compared with the traditional sports, the advantages of aerobics are obvious, but there are still many problems to be solved if we want to give full play to the advantages of aerobics in teaching and let students like aerobics. In the new era, the reform of physical education in colleges and universities around aerobics and other emerging sports is constantly deepening. In the future, we should also focus on solving the existing problems from the starting point of changing teaching ideas and innovating teaching ideas and then create a new teaching pattern. The author relies on the actual teaching experience and analyzes this kind of problem, hoping to be of some help to optimizing the aerobics teaching in colleges and universities.

In recent years, aerobics is becoming more and more popular among college students. As a kind of gymnastics, it has been widely respected by the young group represented by college students because of its freedom and creativity. Under the background of quality education curriculum reform, carrying out aerobics teaching in college physical education conforms to the law of students' cognition and development, but because of the restriction of traditional physical education concept, If we want to really make aerobics break into a world in the teaching of physical education in colleges and universities, we still need to overcome layers of obstacles. As PE teachers, we should also eradicate the old ideas of the past, try to accept this kind of new things, and enrich the connotation of physical education in colleges and universities.

1. The Specific Problems Existing in the Teaching of Aerobics in Colleges and Universities at the Present Stage

1.1 Lack of hardware teaching facilities

There are many colleges and universities in China, and there is also a huge gap in the school-running conditions of different types or levels of colleges and universities. For those colleges and universities that have a source of students and are well-known, naturally they will not be bothered by the problem of funds, and the hardware facilities necessary for aerobics teaching can also be basically allocated in place. However, for most colleges and universities, they do not have the conditions to buy equipment or set up aerobics venues on a large scale, and without the support of venues or equipment, the conventional teaching work can not be promoted normally. In the future, in order to improve the basic situation of aerobics education and teaching in colleges and universities, we must first solve the problems of teaching facilities or venues, so as to create a good environment for the orderly promotion of various teaching work.^[1]

1.2 The teaching content is obsolete and single

Influenced by the traditional concept of higher education, physical education in colleges and universities has not been given due attention. Especially for those two or three kinds of colleges and universities or private colleges and universities, most of them have put limited funds or teachers into the teaching of professional courses in order to improve the employment rate of graduates of relevant majors. As a result, the neglect of physical education has affected its healthy development.^[2] For example, at present, most colleges and universities in China still adopt mass

exercise standards and old fixed action routines for aerobics teaching. Although some teachers will try to make up their own routines, the results that can be achieved in the end are very limited. Contemporary college students are willing to accept new things, like the challenge of the group, so those fixed aerobics routines and mechanized teaching model can not meet their aesthetic needs, but also can not make them interested in aerobics teaching. In the indoctrination teaching mode, it is even more difficult to improve the teaching efficiency.

1.3 Teaching methods are boring and boring

The survey found that at present, most aerobics teachers are still using the teaching model of exemplary teaching. Although students can master the movement through imitation, they can not grasp the connotation of aerobics, so the actual teaching quality is difficult to improve. In the context of teaching reform, some teachers advocate the use of "teachers explain the main points of action, and then students carry out independent practice" to complete multimedia teaching. Compared with the former, the initiative of the teaching model has been further strengthened, but it seems that teachers have lost control of the teaching process. In fact, whether we adopt the first teaching mode or the second teaching mode, we need to think about what measures to take to stimulate students' interest in learning, and then guide them to actively participate in teaching activities. We need to follow their desire to publicize the characteristics of personality and continue to enrich the connotation of aerobics teaching, but obviously the above two teaching methods can not meet this requirement.

2 The Significance of Aerobics Teaching in Colleges and Universities

Specifically, its significance is mainly reflected in the following aspects:

2.1 Aerobics teaching can strengthen and maintain the physique of college students

According to the national physique monitoring report in recent years, the problem of poor physical quality of college students is becoming more and more serious. This situation is related to its unhealthy life and rest and the attitude of not actively participating in physical exercise. Similarly, the lack of interest in physical education in colleges and universities and the single outdated content are also the main reasons why they do not want to participate actively. On the other hand, relying on physical education in colleges and universities to carry out aerobics teaching can enrich its connotation, further arouse students' enthusiasm for learning, and then guide students to actively participate in aerobics training, thus can also improve their physical quality and consume the excess fat in their bodies and make it look stronger and stronger. Research shows that aerobics teaching can improve the cardiopulmonary function of college students, and then reduce the incidence of many cardiovascular diseases. And in the unique music environment to dance their own body can also speed up the metabolism of the body, so that the exercise of college students to maintain young vitality.

2.2 Aerobics teaching in colleges and universities can improve students' innovative ability.

In daily teaching, teachers should also find other methods, that is, they should first slow down the pace of aerobics or explain specific skills, and bring the students into the atmosphere of aerobics by playing video materials to the students. After that, they are encouraged to twist and design their own movements to follow the music. Taking this as a starting point, they should also be allowed to use their expertise to think about how to make their movements more coherent and their steps more beautiful. If we carry out aerobics teaching according to the above thinking, as long as the details are properly designed, we can exercise and stimulate students' innovative ability, and this reform is equivalent to expanding and enriching the connotation of aerobics teaching.

3 Solving the Above Problems and Optimizing the Specific Strategies of Aerobics Teaching in Colleges and Universities

3.1 Improve the degree of attention and improve the supporting facilities of aerobics teaching

In the new situation, in order to solve the problems existing in aerobics education and teaching and create a brand-new teaching pattern, we must first pay more attention to this part of the work. Physical education teachers and relevant responsible leaders in colleges and universities should correctly treat aerobics teaching and correct their understanding of the differences between aerobics and traditional physical education, so as to create an efficient learning platform for students.

On the basis of the above work, we need to focus on improving the supporting facilities of aerobics teaching. If colleges and universities want to completely solve the problem of shortage of teaching facilities, they need to seek financial support from the local education department. Local education departments also need to change the traditional work concept and improve the support for aerobics teaching in colleges and universities. If the special support funds of the education department can not be put in place in time, then colleges and universities also try to seek the support of social idle funds, in order to solve the worries of the development of aerobics teaching in colleges and universities. After that, it is also necessary to strengthen the rational allocation of physical education and teaching resources in colleges and universities, and apply the limited resources or funds to new sports such as aerobics on the basis of accomplishing the task of conventional physical education, set up a professional aerobics classroom for students, provide sufficient activity space, and purchase the necessary activity equipment or teaching facilities, so as to lay a good foundation for the orderly promotion of follow-up teaching work.

3.2 Starting with the actual situation of teaching, enriching the teaching content

In order to improve the teaching effect of aerobics, physical education teachers in colleges and universities must enrich and improve the teaching content of aerobics, and be able to carry out hierarchical teaching from the actual situation and the receptive ability of students. At the same time, the teaching content should not be old-fashioned, but should follow the development trend of the times and endow the teaching of physical education with the color of the times. In daily teaching, aerobics teaching should not only meet the requirements of teaching materials, but also can not blindly adhere to the teaching materials, so teachers need to have innovative thinking and be able to deeply optimize the teaching content. For example, yoga, Latin dance and other elements can be added to aerobics teaching, so as to inject new vitality into aerobics teaching, which can not only mobilize students' learning enthusiasm and initiative, but also ensure the smooth development of aerobics teaching.

3.3 Innovate the teaching methods and promote the diversified reform of aerobics teaching in colleges and universities

At present, college aerobics teachers should also actively break the past teaching ideas and innovate teaching methods, and should no longer focus on simple action explanation or demonstration. Instead, we should try to use a variety of teaching means to stimulate students' interest in learning, so as to make them feel the happiness brought by this sport. For example, in teaching, we can try to let students practice independently according to the train of thought of two groups, observe the mistakes or shortcomings of each other's actions, and then step in to answer questions when both sides encounter problems that cannot be solved or uncertain. On this basis, when the students learn the complete set of movements, we can ask them to perform the competition in the form of groups. Teachers should set up a stage for them to show their learning results, and then guide students to explore the charm behind them.

4 Conclusion

Aerobics is a sports activity that integrates aesthetics, fitness and entertainment, which is deeply loved by college students because of its various forms and rich movements. Therefore, colleges and

universities should speed up the optimization and upgrading of aerobics teaching, strive to solve the problems existing in the current teaching process, and provide better learning conditions for students, so as to promote the promotion and development of aerobics in colleges and universities. In this paper, the author combined with personal practical experience to analyze and summarize this kind of problems, in order to help solve the related problems.

References

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