

Actively Implement Cheerleading on Campus to Promote Healthy Growth of Students

Yuanli Liu¹, Xinyuan Zhang²

1 Department of P.E Southwest Jiaotong University, Chengdu 611756, China

2 College of Physical Education, Chongqing University, Chongqing 401331, China

ABSTRACT. *By setting up a cheerleading course on campus, colleges and universities can effectively promote the physical and mental health of college students, enhance their social adaptability, and improve their overall quality. This article will outline cheerleading and analyze the role of campus cheerleading in colleges and universities, and put forward suggestions for colleges to implement campus cheerleading courses.*

KEYWORDS: *Campus cheerleading, Students, Healthy growth*

1. Introduction

The cheerleading movement originated in the United States, and cheerlaead vividly explained the expression form of cheerleading. The word cheer is meant to express inspiration and morale. The earliest manifestation of cheerleading was just the team's relatives and friends waving clothes at the side of the ball to shout and improve the team's momentum [1]. Later, a special organization was organized. The addition of female members and the integration of dance, exercise, and music formed the original dance performance of cheerleading. Items such as towels and clothing have evolved into colorful flower balls. The performances are becoming more and more regular. Later, more and more men gradually joined in the cheerleading performance team, which improved the performance of the team, especially the addition of various difficult movements such as holding and throwing, which made cheerleading gradually develop. Become a sport, not just a dance show.

2. Campus Cheerleading Performance

2.1 Cultivate Team Awareness among College Students

Cheerleading is a project that requires teamwork. In cheerleading training and teaching, it can effectively improve the team awareness of college students and cultivate a good sense of team honor for college students. University campus students are relatively complex, and individuals with different growth backgrounds have unique personalities [2], which easily breed bad personal heroism for college students. By carrying out cheerleading training and teaching, in the training and cooperation of the team, it can enhance the sense of collective honor of college students, enhance the collectivism of college students, help college students fully understand the relationship between the whole and the individual, and guide college students in the future. In university life and social life, follow the overall interests and learn to obey the whole. Especially for some special movements in cheerleading exercises, such as lifting, throwing, etc., it has a very important role in fostering the teamwork awareness of college students. In addition, the training and teaching of cheerleading exercises in colleges and universities will also help to cultivate good sports consciousness and spirit of college students, guide college students to cultivate a scientific patriotism, better serve the collective, and promote the healthy growth of college students.

2.2 Improve College Students' Physical Literacy

In the university campus physical fitness test, college students have serious physical fitness problems, some college students have insufficient endurance, and some college students have insufficient physical fitness [3], which confirms the reality of college students' lack of physical literacy. And cheerleading is a typical sport. It integrates physical fitness, skills, art, and dance. This feature improves the overall artistic beauty of cheerleading and makes cheerleading training softer. This in itself can meet the actual needs of college students. It can also

carry out cheerleading training and teaching work, which can fully mobilize the enthusiasm of students to participate, and can fully stimulate the enthusiasm of participation of college students, making college students willing to invest a lot of energy in cheerleading training and willing to use spare time Perform cheerleading training. This in itself helps to improve the comprehensive literacy and overall physical fitness of college students.

2.3 Improve the Aesthetic Ability of College Students

The aesthetic ability of college students is very critical. Only college students with good aesthetic ability can learn to appreciate the beautiful things around them, can cultivate a good life interest, and can also look at learning and future social life with a healthy and positive vision problem. Compared to fierce confrontation sports, [4] cheerleading is a sport that combines dance and art. In cheerleading training and teaching, the athlete's health beauty, clothing beauty, prop beauty, physical beauty, moral beauty are gathered. Generally speaking, this is a sport full of art and beauty. During the actual training process It can cultivate good aesthetic ability and healthy and positive attitude of college students invisibly, and more effectively promote the healthy growth of college students. and cheerleading can fully optimize the psychological quality of college students. Cheerleading needs to be carried out between competitions. In the face of a large number of audiences and a tense atmosphere, college students can help improve their psychological literacy through cheerleading demonstrations and performances, and at the same time be able to cultivate their performance in learning and performance. sentiment.

3. Colleges Open Campus Cheerleading Implementation Path

3.1 The Opening of College Cheerleading Meets the Characteristics of Contemporary College Students

College students are a dynamic group, the younger talents who build the motherland, and the backbone of the future to promote economic development. College students are very eager for happy and relaxed sports. They are willing to try challenges, they are willing to try new things, they are more willing to actively join the group, and enjoy the beauty and youthful vitality of the university era. The cheerleading exercise in colleges and universities meets the psychological and cognitive needs of college students. Cheerleading itself is a derivative sports form of sports competitions. It is not only a team sport, but also has very beautiful elements. These can effectively mobilize and stimulate the participation enthusiasm of college students. In this respect, this sport has a broad mass base, meets the needs of college students, and can meet the artistic feelings of college students [5]. At the same time, college students have a strong personality. In the training of sports, college students pursue fashion and trendy trends, and at the same time, they are eager to cheer up and cheer. The cheerleading teaching project on the campus of the university not only meets the aesthetic needs of college students, but also caters to the actual feelings of college students. It can meet the personalized needs of college students and meet the personalized pursuit of college students. In addition, cheerleading is also a challenging sport. Carrying out cheerleading training on college campuses can fully mobilize and stimulate the desire for exploration of college students, which is in line with the psychological characteristics of college students seeking novelty. Therefore, the development of cheerleading teaching projects on college campuses has a broad student base. This is the basis for cheerleading practice on college campuses and the key to cheerleading projects becoming popular on college campuses.

3.2 University Students' Organizational Discipline Helps to Open Cheerleading

Cheerleading is an activity that integrates sports, dance, and art. Although the development of cheerleading exercises is conducive to enhancing the creativity and enthusiasm of college students, cheerleading itself is a particularly disciplined organization. It requires Participants must have solid organizational literacy and good organizational discipline in the process of display and performance. Through the coordination of movements and the uniformity of dance, the charm of the cheerleading project can be demonstrated. College students are a well-organized group. At the same time, through the guidance of teachers and the standardization of seniors, college students can demonstrate good organizational literacy during the development of the cheerleading project, which in itself helps [6]. The orderly development of exercises. At the same time, in the development of cheerleading courses, the good sports culture atmosphere on the university campus, the learning mode of cheerleading bands, etc., will help the orderly development of cheerleading. On the campus of the university, because students gather together, they can use the school 's space to perform cheerleading exercises anytime,

anywhere, and at the same time, they can make full use of their spare time to conduct cheerleading exercises, which can greatly improve The organization of the cheerleading program can regulate the orderliness of the cheerleading program to a certain extent, so that the cheerleading course can be carried out in an orderly manner, which is an important prerequisite for the development of the cheerleading program.

3.3 Cheerleading Competition Venues Provided by Colorful College Sports Events

Cheerleading is a kind of project that is based on sports competitions. If it is separated from sports competitions, cheerleading exercises will be difficult to carry out. At the same time, college students need competitions to test and practice in the learning of cheerleading courses. Running cheerleading courses in colleges and universities can make full use of the diversity of college sports competitions and the wide range of student participation.[7] On the one hand, sports and cultural activities in colleges and universities are colorful. Large-scale sports competitions are held every year or every quarter. Coupled with spring games, autumn games, etc., these competitions can provide a broad practice platform for cheerleading and make college students Being able to gain practical experience and increase practical skills through multiple cheerleading exercises is the practical basis for cheerleading courses on college campuses. On the other hand, compared to the high ticket prices and high thresholds for off-campus sports competitions, the student base of competition events on college campuses is relatively broad, and there is no threshold limit. College students have a high enthusiasm for participation, and the atmosphere of the stadium is very strong. It can bring intuitive effects to the practice of cheerleading, thereby laying a good foundation for the smooth development of cheerleading courses in colleges. In actual training and learning, college students need to be complemented by perfect physical training to improve college students' physical literacy.

4. Conclusion

To sum up, the cheerleading option teaching in schools is a symbol of school physical education advancing with the times and in line with the goals of physical education and health education. Development has a teaching method that promotes development, and has high artistic, ornamental and fitness value.

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