

Investigation on the Current Situation of Exercise Course of Yinghuang Fitness Club

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ABSTRACT. *In this paper, we use the methods of literature, questionnaire, and statistics to investigate and study the fitness instructors and fitness instructors of Yinghuang Health Club. Through the investigation to understand the fitness class participants, fitness motivation, the types of courses offered, the needs of fitness and fitness class teachers, and other aspects of fitness club fitness class to analyze the status quo. The survey found that the proportion of participants in the fitness of the Yinghuang Fitness Club was uneven. Some coaches were non-professional and had not been certified. The instructors were fluid, the service was poor, the courses were single, and the schedule of courses was not reasonable. In order to effectively carry out fitness club exercises, improve the coaching self-service ability, overall improve the coaching level; Encourage coaches to actively attend classes, prevent the loss of outstanding coaches, and health clubs are divided into levels of rewards in terms of salary and treatment; Increase publicity, according to the different conditions of the exercisers to carry out different courses, improve the interest of fitness exercisers, so that the fitness club fitness more effectively carried out, so that fitness exercised more benefits.*

KEYWORDS: *Yinghuang; Fitness Club; Aerobics Class*

1. Introduction

In 2016, the State Council issued a national fitness plan document, which stated that “enhancing the people's physical fitness and improving health” is the fundamental goal. Under the background of advocating national fitness for all, the fitness industry has developed rapidly. In a variety of fitness clubs, fitness members can choose from a wide range of fitness classes. Aerobics is one of them, because aerobics is very energetic and fun, activity is relatively appropriate, exercise is coordinated and easy to learn. Practice, which makes aerobics a popular sport in the fitness club. The development of aerobics courses has also become more diversified. As the variety of aerobics courses increases, the number of aerobics exercises increases, and various problems arise in the course of development. Therefore, this paper analyzes the current situation of the aerobics class of Yinghuang Fitness Club by investigating and researching the aerobics class of Yinghuang Fitness Club.

2. Research objects and research methods

2.1 Research object

The research object of this paper is the aerobics class of Yinghuang Fitness Club. The survey object is the fitness exerciser and aerobics trainer of Yinghuang Fitness Club.

2.2 Research Methods

(1) Documentary Law

I searched the Chinese Knowledge Network, the library to access the literature and other methods through the Internet to collect a variety of literature related to fitness and aerobics classes and fitness clubs.

(2) Questionnaire Method

Through the design of questionnaire survey, the investigation mainly focused on the exercise class and coach of Yinghuang Gymnastics, and distributed and recycled. A total of 75 aerobics exercisers and 75 valid questionnaires were collected. The valid questionnaires were analyzed and analyzed.

2.2.3 Mathematical statistics

The collected data was statistically analyzed through a Microsoft Excel table.

3. Research results and analysis

3.1 Survey of basic situation of aerobics exercisers in Yinghuang Fitness Club

(1) Investigation on the gender composition of aerobics exercisers in Yinghuang Fitness Club

Table 1 Aerobics exerciser gender composition table

Gender	Male	Female
Number of People	12	63
Percentage	16%	84%

Investigate the exercisers of Yinghuang Fitness Club, see Table 1: 84% of the total number of women in aerobics classes, and 16% of men in aerobics classes. It can be concluded that the Yinghuang Club aerobics class is mainly female exercisers, and the males are less, indicating that male exercisers are less interested in the aerobics course. Beauty is a woman's nature, indicating that modern women are paying more and more attention to healthy bodies and pursuing awkward bodies. Some men in the subconsciously think that aerobics is a sport that is suitable for

women to practice and is not willing to participate, so women exercise more and men exercise less.

(2) Investigation on the age composition of aerobics exercisers in Yinghuang Fitness Club

Table 2 Aerobics exerciser age composition table

Age	Under 18	18-25	26-30	30-40	40-50	Over 50
Number of People	0	25	37	9	3	1
Percentage	0%	33.3%	49.3%	12%	4%	1.4%

For the Yinghuang fitness club exercisers to investigate, see Table 2: Yinghuang fitness club exercisers ages 18 to 25 exercisers accounted for 33.3% of the total number of people, 26 to 30 years of aerobics exercisers accounted for the total number of people 49.3%, 30 to 50 years old exercisers accounted for 16% of the total number of people, 50 years of age or more exercisers only one person, under 18 years old exercisers did not, the results show that Yinghuang fitness club to carry out aerobics courses only more popular with young and middle-aged .

(3)Investigation of the academic composition of aerobics exercisers in Yinghuang Fitness Club

Table 3 Aerobics exerciser qualification table

Education	High School or Below	Technical Secondary School	Junior College	Undergraduate	Master	Doctor
Number of People	4	12	22	32	3	2
Percentage	5.3%	16%	29.3%	42.7%	4%	2.7%

For the For Yinghuang fitness club exercisers survey, see Table 3: college education or above accounted for 78.7%, college education or below accounted for 21.3%, the results show that people with higher education level pay more attention to aerobics exercise than those with low education level Each person's fitness awareness is different, and different levels of education also affect the importance of fitness. People's fitness awareness is generated through family education, school education and social environment. Different people have different preferences and decide what fitness courses to choose. The same level of education affects the economics of aerobics exercisers, leading to sufficient financial ability to exercise.

(4) Investigative motivation survey of aerobics exercisers in Yinghuang Fitness Club

Table 4 Aerobics exerciser participation motivation questionnaire

Motivation to Participate	Physical Fitness	Stress Relief	Shaping	Making Friends
Number of People	28	12	32	3
Percentage	37.3%	16%	42.7%	4%

For the Yinghuang fitness club exercisers to investigate, see Table 4: 42.7% of the people participate in the aerobics exercise is to achieve the effect of shaping the body, to relieve stress and friends as the motivation to participate in the aerobics exercise only accounted for the total 20% of the number indicates that most aerobics exercisers have less understanding of the fitness significance of aerobics classes, and the knowledge of aerobics classes is relatively narrow. Most people just stay on the surface.

3.2 Investigation on the aerobics class of Yinghuang Fitness Club

(1) Investigation on the participation of aerobics exercisers in aerobics courses

According to the investigation of the exercisers of Yinghuang Fitness Club, it shows that most of the exercise classes are more random in the aerobics class. See Table 5: The number of people who exercise 5-6 times a week only accounts for 8%, indicating that most exercise the aerobics class is not taken seriously. The proportion of people who never attended classes was 6.6%, indicating that the status of aerobics in the fitness club needs to be improved.

Table 5 Questionnaire of aerobics exercisers participating in aerobics courses

Frequency	1-2times	3-4times	5-6times	Never Class
Number of People	35	29	6	5
Percentage	46.7%	38.7%	8%	6.6%

(2) Aerobics exercisers' satisfaction with the time schedule of aerobics courses

Table 6 Aerobics exerciser's satisfaction timetable for aerobics class schedule

Degree	Very satisfied	satisfaction	Not satisfied
Number of People	12	51	12
Percentage	16%	68%	16%

For the Yinghuang fitness club exercisers survey, see Table 6: 68% of the exercisers who are satisfied with the aerobics schedule, 16% of the satisfied exercisers, but 16% of the unsatisfied exercisers. There are a lot of dissatisfied people, some problems in the schedule of the curriculum, considering whether the time is scientific and reasonable, and whether it is passed with the fitness exercisers.

(3) Aerobics exerciser satisfaction survey of the coach

Table 7 Aerobics exercisers satisfaction class coaching questionnaire

Degree	Very satisfied	satisfaction	Not satisfied
Number of People	14	50	11
Percentage	18.6%	66.7%	14.7%

Investigate the exercisers of Yinghuang Fitness Club, see Table 7: The proportion of aerobics trainers who are very satisfied with the aerobics coach is only 18.6%, and the attitude of the trainer is 66.7%, but the exercise the number of trainers who were dissatisfied with the class coach was 14.7%, and the number was over. The teaching level of the aerobics coach, the richness of the teaching method, the rationality of the teaching content arrangement, the richness of the teaching content and the intensity of the exercise meet the needs of the exerciser are all part of the satisfaction of the exerciser. This shows that there is still much room for improvement in the level of the aerobics instructors in the Yinghuang Fitness Club.

(4) Investigation on the selection of music styles by aerobics exercisers

Table 8 Questionnaire for the selection of music styles by aerobics exercisers

Category	Madden music	Soft music	DJ music	Skewered music	Other
Number of People	35	16	9	5	10
Percentage	46.7%	21.3%	12%	6.7%	13.3%

According to the survey of aerobics exercisers in Yinghuang Fitness Club, the data shows that most people prefer to enjoy the best music. See Table 8: 58.7% of the music and DJ music, so the coach should choose more music and aerobics. Trainers communicate and select more appropriate music for teaching based on member feedback. It's good to vote for it, but it also needs to choose music according to different courses, so that music and aerobics can be more harmonious.

4. Conclusion

4.1 The form of aerobics course is relatively simple

According to the survey, the aerobics exercisers are generally satisfied with the scores of the coaches. The fitness clubs have not planned the aerobics courses for each exerciser. The course format is relatively simple. . At present, the opening of the aerobics course by Yinghuang Fitness Club has not been carried out according to the characteristics of each exerciser's physical quality and acceptability.

4.2 Unequal proportion of people participating in aerobics

Some men in the subconsciously think that aerobics is a sport that is suitable for women to practice and is not willing to participate, so women exercise more and men exercise less. There are few people in the fitness club under the age of 18 and

over 50 years old. The traditional ideas and concepts prohibit the fitness concept of the masses.

5. Suggestions

5.1 Increase the course opening

To increase the opening of the aerobics course. The type, content and load of the aerobics class should be combined with the physiological adaptability and understanding ability of the aerobics exerciser. According to hobbies, physical fitness, time and other specific conditions, different courses are reasonably carried out.

5.2 Increase publicity

It is necessary to increase the propaganda and promotion of aerobics, popularize the fitness significance of aerobics, change the traditional concept of aerobics for most fitness groups, and attract more males and adolescents to join the aerobics course. Come. Let exercisers know that aerobics is an aerobic exercise for both men and women. It is not a complicated and boring exercise, expanding the influence of aerobics in fitness clubs.

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