

# Research on the Current Situation and Development Strategy of Cheerleading Teaching in College

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**ABSTRACT.** *cheerleading teaching in Colleges can significantly promote the healthy development of college students, in recent years, cheerleading has been flourishing in China's colleges. However, there are many problems in college cheerleading in China, such as unclear teaching objectives, obsolete teaching contents, single teaching methods and models. It has become a common problem for many colleges to objectively analyze these problems and explore solutions. This paper first expounds the current situation of cheerleading teaching in Colleges and universities, and then discusses the development strategies of cheerleading teaching in Colleges from specific issues.*

**KEYWORDS:** *Colleges; Cheerleading; Teaching status; Development strategy*

## 1. Current situation of cheerleading teaching in Colleges

In recent years, along with the popularization of the concept of quality education and the continuous advancement of the strategy of “national fitness”, the status of college physical education in the teaching system of colleges has been increasing. In this context, some sports, including cheerleading, that meet the aesthetic needs and physical education learning needs of contemporary college students, have been introduced into college physical education curriculum, effectively promoting the construction and development of campus sports culture.[1] In addition to its high fitness value, cheerleading sports also has the characteristics of flexible form, beautiful movement and strong sense of rhythm. Nowadays, many colleges in China have set up the course of cheerleading, which has been welcomed and loved by many college students. However, influenced by various subjective and objective factors, there are still some problems in the teaching of cheerleading in college in China, such as unclear teaching objectives, obsolete teaching contents, single teaching methods and models, etc. These problems restrict the healthy and sustainable development of college cheerleading teaching.

## **2. The outstanding problems existing in college cheerleading teaching**

### ***2.1 The unclear teaching objectives***

Clear teaching objectives have a crucial impact on the formation of teaching ideas, the selection of teaching content and teaching methods are important carriers for achieving teaching effectiveness. At present, in the cheerleading teaching of many colleges and universities in our country, there are still many ambiguity in the understanding of the teaching objectives of physical education teachers. Many PE teachers do not attach importance to the importance of Cheerleading teaching, for example, many PE teachers regard “enhancing students’ physical health” as the only teaching goal. Obviously, this teaching goal ignores the influence of cheerleading teaching on students’ psychological quality, team cooperation consciousness and cooperation spirit.[2] In addition, many physical education teachers are also accustomed to setting the same teaching goal for all students, regardless of individual differences of students.

### ***2.2 The antiquated teaching content***

In cheerleading teaching, many physical education teachers regard cheerleading teaching materials as the content of cheerleading teaching, emphasizing that teaching should be “centered on textbooks”. However, the knowledge contained in cheerleading textbooks is only a small part of the cheerleading knowledge system. For example, most of the current cheerleading textbooks are cheerleading sports skills, but not related to cheerleading sports psychology, cheerleading sports injury prevention, cheerleading sports nutrition, cheerleading sports talent training, etc. College students are the backbone of the country's economic and social development. The more knowledge they master, the better for their future development. The outdated teaching content of cheerleading in colleges cannot effectively promote the healthy development of college students.

### ***2.3 The single teaching method and mode***

At present, the teaching methods used in college Chinese cheerleading teaching are mostly traditional classroom teaching methods and action demonstration methods. Although these methods can enable students to master the knowledge of cheerleading in a short period of time, it is not conducive to the development of students’ initiative and creativity. At the same time, many physical education teachers in the cheerleading teaching also mostly use the single teaching mode of teachers’ speaking and students’ listening, which can not meet the individual needs of students. The single teaching method and teaching mode are easy to cause students’ aesthetic fatigue and reduce the enthusiasm of participating in cheerleading teaching.

#### ***2.4 Sports cheerleading teaching ability needs to be improved***

Compared with athletics such as track and field, basketball, and football, cheerleading started late in China's colleges. Many of the physical education teachers' cheerleading teaching ability can't meet the students' learning requirements. In addition, the physical education teachers' cheerleading teaching ability is uneven. Although some physical education teachers have higher teaching ability in cheerleading theory, the practical teaching ability of cheerleading is weak.

#### ***2.5 Lack of professional teaching venues, facilities and equipment***

Many college cheerleading teaching venues are the school playground, football or basketball court, there is no professional field and facilities. In addition, many colleges and universities are lack of cheerleading teaching equipment, which can only guarantee the needs of classroom teaching, but can not meet the needs of extra-curricular practice of cheerleading.

### **3. Development strategy of cheerleading teaching in Colleges**

#### ***3.1 Set clear teaching goals***

Colleges should make clear the teaching objectives of cheerleading according to the objectives of personnel training and physical education. At present, there are four goals in cheerleading teaching in Colleges: first, to strengthen students' physique and improve their health level; second, to cultivate students' psychological and moral quality; third, to cultivate students' positive attitude towards physical exercise and improve their enthusiasm and initiative in physical exercise; fourth, to cultivate students' good habit of physical exercise so that they can establish a lifelong physical education idea.

#### ***3.2 Enrich teaching content and increase student knowledge***

Under the guidance of the new curriculum concept, colleges and universities should, on the basis of effectively utilizing the teaching resources both inside and outside the campus, independently compile the teaching materials that are suitable for the teaching of cheerleading in our university. In the process of writing, teachers should consider such factors as the curriculum development plan of their own, the software and hardware conditions of their cheerleading teaching and the actual needs of students. The content of the textbook should include the outline of cheerleading exercise, basic skills of cheerleading, complete set of action learning, basic dance practice, difficult action learning, team culture learning, physical fitness practice, competition organization management, sports injury prevention, sports nutrition and health care, etc.[3] In the teaching practice, physical education teachers can also integrate the content of interest and frequent attention of

contemporary college students, such as pop songs, street dance and photography, into the cheerleading teaching content on the basis of the existing sports textbooks.[4] For example, use the popular songs as an accompaniment to cheerleading sports; incorporate the street dance movements into the cheerleading technique.

When defining teaching objectives, colleges should respect students' physical and mental development regular pattern and learning regular pattern, at the same time, focus on the new requirements of social enterprises for college students' talents, and formulate clear teaching objectives in a targeted way.

### ***3.3 Adopt a variety of teaching methods and teaching models***

Physical education teachers should have the spirit of reform and innovation, be able to break the shackles of traditional physical education teaching ideas, and adopt a variety of teaching methods and teacher models to carry out cheerleading teaching. For example, physical education teachers can use the game teaching method, the competition teaching method, the situation teaching method, the layered teaching method, the multimedia teaching method, the network teaching method, etc. to conduct cheerleading teaching; using the "integration of inside and outside class" teaching mode, club teaching mode, flipped classroom teaching mode, group cooperation teaching mode to carry out cheerleading teaching.[5] It can be seen that the above teaching methods and teaching modes emphasize the students' main position in teaching and focus on cultivating students' learning initiative.

### ***3.4 Increase the construction of special venues and facilities for cheerleading, and add cheerleading equipment***

Colleges should incorporate the construction of special venues for cheerleading into the school infrastructure construction work program. Colleges with superior economic conditions should increase the construction of gymnasiums, provide a superior teaching environment for cheerleading classroom teaching, and provide conditions for the school to hold cheerleading competitions. Colleges with weak economic conditions can make full use of the playgrounds, basketball courts, and football fields in the school. In terms of equipment, colleges must purchase sufficient cheerleading sports equipment, not only to meet the needs of cheerleading classroom teaching, but also to meet the needs of students' cheerleading practice.

## **4. Conclusion**

Cheerleading is a sport that is very popular among contemporary college students. In order to promote the healthy development of college students, colleges and universities should face up to the problems of unclear teaching objectives,

outdated teaching methods, single teaching methods and models in the current cheerleading teaching, and formulate scientific solutions to achieve healthy and sustainable cheerleading teaching.

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