

A Brief Discussion on the Strategy for Carrying out Aerobics Teaching in the Colleges and Universities

Yan Wang

Northwest A&F University, Shaanxi, 712100, China

ABSTRACT. *With the economic growth, people's living standards have improved, but the physical quality of teenagers has dropped in recent 20 years in China. Faced with this reality, to let the college students actively participate in aerobics exercises not only responds to the national fitness campaign initiated by the state, but also meets the daily exercise needs of college students to radiate the vigor of youth. However, affected by the traditional teaching mode, currently the teaching effect of aerobics in the colleges and universities is not satisfactory, so the teachers must actively explore new modes and new approaches for aerobics and put forward new countermeasures to provide valuable reference for actively promoting the implementation of aerobics in the sports activities for college students.*

Keywords: *aerobics; national fitness campaign; strategy*

1. Meaning of aerobics

As the name suggests, the aerobics refers to a bodybuilding exercise featured by "aerobics". For the purpose of bodybuilding, it has very strong rhythmicity and needs to be accompanied by distinctively rhythmical music. It is a bodybuilding exercise for training the whole body. It enables the people to move the whole body to improve the aerobic metabolism, thereby enhancing one's physique, radiating one's spirit and cultivating one's moral character. Usually, the aerobics needs to be carried out about three times a week or every other day. The exercise time is 20 to 60 minutes, during which the time of 12 to 15 minutes is spent to adapt to the heart rate. The movements set for adjusting different somatic functions can be carried out for four to five times every minute, but the actual frequency is determined by the

exerciser's personal physical quality.

2. Necessity for Carrying out Aerobics Teaching in the Colleges and Universities

(1) Respond to the national fitness campaign initiated by the state

In recent years, with the development of national fitness activities, people's bodybuilding enthusiasm is growing. Bodybuilding exercise has become an important part in people's life, and bodybuilding consumption also becomes a fashion for improving people's life quality. Under the great background of carrying out national fitness campaign across the country, the development of new sporting event-aerobics in the colleges and universities just happens that way. Of course, it will also be favored by the majority of young students.

(2) Promote health, improve physique and shape the body

Now many parents only pay attention to children's examination scores but neglect their physical exercise. Since the childhood, the exercise skills and habits cannot be further developed, and the heavy schoolwork results in less time for exercise in the primary and secondary stages. During the college period, the schoolwork is relatively easy, so their physical quality also can be improved through the cultivation of exercise habits and long-term physical exercise.

The colleges and universities should help the students to form good living habits by reforming the school's physical education curriculum teaching system and urge them to actively participate in physical exercise to have a healthy body. If the college students gradually practice the aerobics, they not only can promote the physical health, enhance the physique and shape the body but also can cultivate the moral sentiment to make both body and mind enjoy the beauty.

3. Strategy for Carrying out Aerobics Teaching in the Colleges and Universities

(1) Strengthen the promotion and propaganda of aerobics

The colleges and universities should organize some aerobics activities on the basis of aerobics teaching. For example, related teaching instructors give lectures and training on aerobics; at some large opening ceremony or closing ceremony of

the school, the group performance is made for aerobics; the school irregularly organizes various aerobics competitions to create an aerobics atmosphere. This can improve the interest of students on aerobics and strengthen the teaching effect and also the promotion and propaganda of aerobics among the students.

(2) Strengthen the building of aerobics teaching team

① Update the teaching ideas

The key point for aerobics is aerobic. Various movement combinations are arranged according to people's different needs, and also each part of the human body can change the movement direction and range scientifically. In the actual practice, the teachers should deliberately combine the concepts of aerobic exercise and bodybuilding exercise so as to stimulate the students' enthusiasm on aerobics, enable the students to actively engage in aerobic exercise and complete the teaching objective of aerobics.

② Adjust the teaching content and sequence

As the movement of aerobics includes the movement change, range and direction, etc. of each part of the human body and the practicers are also required to have certain flexibility and coordination, the degree of difficulty is high and thus the students often encounter the phenomenon of considering one thing and losing the other in practice and some new practicers will lose interest or just give up. Therefore, the building of teaching team needs to be strengthened so as to make it master the basic principle of aerobics exercise and the methods for exercise effect evaluation and psychological guidance, scientifically adjust the teaching content and sequence and give exercise instructions effectively. When the students just begin to learn aerobics, the teachers mainly let the students practice the basic footwork without extra requirement for the movement of upper limbs so as to easily improve the students' enthusiasm of learning. After the students master the basic footwork, then the teachers teach the routine movement and standardize the movement of upper limbs. In this way, the students will not attend to one thing and lose another but continuously keep the enthusiasm. When teaching the routine movement, the teachers should deeply analyze the combined arrangement of routine movement so as to make the students easily master the routine movement.

③ Reasonably arrange the exercise load

The exercise of aerobics requires mastering the scientific theories and methods, so the teachers should first test the students' physical load and physical strength so as to have an accurate understanding of their physical quality and psychological change. Then the teachers should gradually arrange the students' movement load to avoid causing local muscle strain and excessive exercise load.

④ Reform the assessment mechanism

The assessment of students' learning condition cannot be only limited to the traditional personal assessment, but the combination mode of personal assessment and group assessment can be adopted. In case of group assessment, it objectively promotes the communication and mutual assistance between the group members and the group members can exchange what they need, exchange the learning experience and learn from others' strong points to offset the weakness. In this process, the students also form a good group consciousness, the overall learning effect and exercise atmosphere are improved and the teachers' teaching value is also fully manifested.

4. Conclusion

If the colleges and universities reform the aerobics teaching, strengthen the building of teaching team and the teaching level and make the teachers accurately master the students' physical strength and psychological state to conduct targeted teaching, the students' enthusiasm of learning aerobics can be improved so as to improve their physical quality and then further form the consciousness of lifelong exercise.

References

- [1] Zhang Wei(2015). Value and Method of Aerobics Exercise], *Examination Weekly*, vol.90, pp.12-19.
- [2] Zhang Ying(2011). Building of Aerobics Curriculum in Colleges and Universities: by taking Shandong University, Weihai Campus for an example], *Journal of Beijing Sport University*, no. 2, pp.313-319.
- [3] Du Zhihua(2011). Status Survey and Analysis of Aerobics Coach in Shanxi Province], *Fujian Sports Science and Technology*, no. 2, pp.239-242.