

Effective Strategies to Improve the Teaching Quality of Aerobics in College Physical Education

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ABSTRACT. *With the development of modern society, college students have higher and higher requirements for themselves. In order to meet the needs of society for high-quality talents, the overall shaping of College Students' healthy body-building puts forward new requirements for College Aerobics Class. This paper analyzes the problems existing in the teaching of Aerobics in Colleges and universities, and explores the ideas of teaching reform of aerobics, aiming at providing reference for senior PE teachers.*

KEYWORDS: *College, Aerobics, Problems, Countermeasures*

1. Introduction

As an important part of college physical education, aerobics teaching plays an irreplaceable role in the national fitness. It can not only enhance students' physique, but also increase knowledge, adjust the level of psychological development, improve physical culture literacy, cultivate good will quality, and promote the development of students' intelligence and aesthetic ability. As the main channel for students to accept and learn aerobics, aerobics class is the main channel for students to learn aerobics, It is favored by students. Through reasonable aerobics teaching, we can achieve the goal of promoting students' all-round development.

2. The Importance of Aerobics Teaching in Colleges and Universities

Aerobics Teaching in Colleges and universities is the basic Aerobics Teaching for students, aiming to cultivate their creativity and create a good aesthetic, so as to help students develop in an all-round way and maintain their physical and mental health. The significance of aerobics teaching is to cultivate all-round talents for the society to meet the needs of the contemporary society. As far as the current teaching in Colleges and universities is concerned, the purpose of curriculum learning is to help students establish the concept of lifelong learning and to help them become all-round talents. Aerobics belongs to aerobic sports, with strong flexibility, and most students are able to adapt to the training rhythm of aerobics. In addition, aerobics has a good role in shaping and fitness, which can help students gain good body posture and fitness effect, and also help students gain more self-confidence. The main purpose of setting up the course of Aerobics in Colleges and universities is not only to inherit the excellent sport of aerobics, but also to improve the physical quality of students. Aerobics attracts a large number of groups, both young and old, but it needs specific teaching according to different stages of learning. College Aerobics teachers need to combine the actual needs of students for curriculum design, appropriate arrangement of aerobics, according to the need to increase or reduce the intensity of training in order to better meet the requirements of students, to achieve the best training effect[1].

3. Problems in Aerobics Teaching in Colleges and Universities

3.1 Single Teaching Content

At present, the arrangement of aerobics teaching content in Colleges and universities is mainly to teach aerobics routine, that is to say, a set of routine with fixed music is used as the learning content and examination content of aerobics. Some schools take the specified routine of Public Aerobics Exercise Standard as the teaching content of aerobics. The teaching is organized, no innovation, students can't get correct guidance, and it is beneficial to health There is no unified practice standard and vague understanding of aerobics. Those with good skills can't eat enough and those with poor foundation can't. In the classroom teaching of Aerobics in Colleges

and universities, the teaching content is mainly a set of popular aerobics routines. In the whole learning process, the teacher simply teaches the method and route of action, but does not develop and use the deep teaching of aerobics. This is also one of the common problems in College Aerobics [2].

3.2 Teachers' Professional Level Needs to Be Improved

At present, in the teaching of Aerobics Course in Colleges and universities, the teacher only teaches the routine of aerobics, but neglects the importance of Aerobics itself, does not or less give the students guidance from fitness, aerobics and other aspects, the lack of fitness knowledge also makes the classroom teaching effect of Aerobics greatly reduced, and the teacher with lower learning interest in Aerobics classroom teaching It can't guide students effectively. In the physical education of colleges and universities, aerobics is a favorite sport for students. This is mainly determined by the psychological and physiological characteristics of students. College students are in the period of growth and development, which is the best stage of shaping body. They are eager to build the perfect body shape, but they are not willing to accept the monotonous and boring fitness methods. They are willing to seek a kind of fitness program that can exercise, build up body and make body and mind relaxed, free and happy. Therefore, the fitness exercise that integrates music, dance and gymnastics, with moderate intensity of exercise load, long duration and "work" of all muscle groups is favored. The school has little contact with other universities in the outside world and is in a lonely state. It can't keep up with the front information of aerobics. At the same time, non professional teachers also join in the teaching. Their professional theoretical knowledge is not systematic and their professional technical level is relatively poor. Their ideology and information can't catch up with the current development trend of aerobics, which greatly frustrates the students' desire for knowledge and innovation and the aerobics movement The movement is very unfavorable [3].

3.3 Limitations of Teaching Evaluation Methods

At this stage, the assessment method of the most college aerobics elective course is still to use the standard that students complete a set of operation independently as a score, so only the summative evaluation and personal ability evaluation are paid attention to, and the process evaluation is ignored.

4. How to Improve the Teaching of Aerobics in Colleges and Universities

4.1 Choose Flexible Teaching Forms and Methods

The goal of teaching should pay attention to the cultivation of ability, including self exercise ability, self-evaluation ability, self-learning ability, as well as interpersonal communication and social activity ability. In the teaching of aerobics, we should break the previous learning mode of mechanical imitation, and strive to realize the three combinations, namely, the combination of course teaching and practice creation, the combination of teacher teaching and student lectures, the combination of classroom focus and extracurricular self-study, and the use of modern teaching methods to focus on cultivating students' innovation ability. For example: when teaching left and right symmetrical combined movements, keep one side of the movements for students to learn by themselves, and cultivate students' self-learning ability; teach basic steps for students to create arm movements, and after learning the routine movements, create formation and shape in groups, so as to cultivate students' cooperation spirit and innovation ability[4].

4.2 Strengthen the Construction of Teaching Staff

It is very important to establish a sufficient, qualified and relatively stable teaching staff for improving the teaching quality of aerobics. Therefore, aerobics teachers should take effective measures to improve their professional level. At the same time, we should strengthen the ideological construction, cultivate the professionalism, and build an excellent team of teachers who represent the advanced ideological trend of the times, have a wide range of knowledge and are professional and excellent[5].

4.3 Create a Good Teaching Environment for Aerobics

In order to ensure and improve the teaching quality of aerobics, it is necessary to meet the requirements of the site and equipment of aerobics and meet the needs of the development of Aerobics situation. If there are

modern aerobics venues, advanced equipment and equipment, and students arrive at the venues, they will have eager requirements for knowledge-based exercise. With the concentration of attention, the excitement center of sports is easy to be mobilized. With the increase of equipment and equipment, aerobics The teaching content of calisthenics will be more colorful. They will not only learn the knowledge and skills of Calisthenics Exercise, but also feel the novelty of Calisthenics Exercise psychologically, so that they will have interest and nostalgia for calisthenics class, and mobilize the initiative and enthusiasm of students to learn calisthenics. Therefore, we should create a good calisthenics teaching environment [6].

4.4 Improve Students' Awareness of Exercise and Develop Exercise Habits

First of all, strengthen the study of Aerobics theory, let students master scientific aerobics exercise methods, take aerobics exercise as a need and a habit of daily life. Second, correct students' learning motivation, let students use the power of motivation and indomitable will to practice, develop good exercise habits. Interest and hobbies are the premise to adhere to exercise, no matter from the selection of teaching content In choosing or renewing teaching methods, we should stimulate and maintain students' interest in aerobics. According to students' age and psychological characteristics, we should make strict, scientific and practical training plans according to the needs of teaching and learning. By means of homework and self-designed exercise plans after class, we can make every student experience the pleasure of success in the process of scientific exercise, To stimulate students' consciousness of exercise, to liberate them from passive exercise, to change passive exercise into active exercise, to lay a good foundation for lifelong physical education. Only the close combination of in class and out of class can ensure a good teaching effect.

4.5 Improve Physical Quality and Musical Ability

In the classroom, we should try our best to use a variety of practice methods, so that students can enhance their endurance, speed and other qualities in games, competitions and repeated running and jumping exercises, enhance coordination and flexibility by increasing the number of exercises, and take corresponding targeted exercises for different quality differences, such as flexibility. We should let students do more rib and stick exercises, as well as pad exercises for their parts In order to enhance students' physical quality and improve the effect of aerobics, we should help students understand the characteristics of aerobics music, get familiar with the rhythm of aerobics music, and develop their ability of understanding music sense. Before each class, we should use 5-10 minutes to play relevant music according to the teaching content, and ask students to do something according to different music rhythm and rhythm.

5. Conclusion

To sum up, there is no doubt that students are welcome to aerobics, but if we do not pay attention to the reform and improvement of teaching content and teaching methods in the process of carrying out Aerobics Teaching in Colleges and universities, it will often affect students' interest and enthusiasm in learning aerobics, and affect the improvement of teaching quality of Aerobics in Colleges and universities. Therefore, in the process of Aerobics Teaching in Colleges and universities, teachers must pay attention to the reform of teaching content and teaching methods, and actively practice and explore the reform of teaching content and teaching methods in combination with the actual situation of our school.

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