

Analysis of the Complete Action of the Five-person Gymnastics Project of the Adult Gymnastics Team in the 2017 National Aerobics Championship

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ABSTRACT. *This article takes the six sets of the top six teams of the five-person gymnastics team in the 2017 National Aerobics Championship as the research object, using the literature method, video observation method, comparative analysis method, mathematical statistics method and other research methods. In this year's adult health team, the five-person team's complete set of actions in the set of actions, difficult movements, operational actions and transitional connections and other actions were compared and analyzed.*

KEYWORDS: *aerobics championship; five-man exercises; set of actions*

1. Analysis of the scores of the top six in the five-person operation project of the adult health team

The score of the competitive aerobics competition in the competition cycle is the total score of the complete set of difficulty points, art points and completion points. The final score is subtracted from the total score of the set of points and the referee points of the senior referee group. The competition rules of the new cycle (FIG2017-2020) stipulate that "according to the difficulty score of the completion, the method of giving points of difficulty points plus points shall be evaluated from 0 points; the completion points shall be up to 10 points, and the quality and errors completed in complete sets shall be completed. The degree is deducted accordingly; the art score is evaluated from 5 points, and the corresponding points are added according to the performance of the set. The final score is subtracted from the total score by the art score, the completion score plus the score. The sight referee and the senior referee group deducted the points, which is the score of the competition. In the adult fitness group five-person competition project, some traditional competitive aerobics college teams that had earlier contact and established a complete training system predominate, such as: East China Normal University University, Beijing University of Chemical Technology and Jiangxi Normal University, etc. The total scores of each team are at a higher score, and the scores of difficulty, art and

completion are higher, and the scores between the players are smaller. The champion of East China Normal University, the five-member adult athletes in the art and the completion points are no better than the latter two teams, but they won the score with excellent difficulty and score. The champion. The current competitive aerobics championship has undergone the adjustment of the new rules. Under the condition that the scoring conditions are more demanding, the overall ability of the top three teams is more comprehensive than that of the last three teams. The development of the competitive level of the five-person program shows an increasing trend of comprehensive ability, and the competition level of the project is becoming more and more fierce.

2. Analysis of the difficulty of the top six in the five-person operation project of the adult health team

2.1 Comparative analysis of the selection of difficulty action scores

The difficulty score calculation method of the collective project is as follows: the total difficulty score is divided by 2. If there are female athletes in the collective project, the division is divided into difficulty points, and the score is retained to 3 decimal places. The top 6 players in the adult health team's five-person program have a higher starting point for difficulty scores, and the difficulty scores are mainly based on the upper-middle score points of 0.6-0.8. In this competition, the top three teams of the adult fitness team selected a 0.9-point action, and the total difficulty score reached 3 points or more. Therefore, it can be seen that the top three teams are very comprehensive in strength, flexibility and muscular endurance, and have very good resistance to stress and on-the-spot ability. In the difficult action, this piece has become masculine. The fifth place in the Zaozhuang Youth Sports School has a difficulty level of 3.277, which is the same as the second Beijing University of Chemical Technology, higher than the third place of Jiangxi Normal University and the fourth place of Tianjin University of Technology, but it is ranked The fifth place proves that the Zaozhuang Youth Sports School is not lagging behind the first-class athletes in terms of difficulty in stability, but needs to improve in artistic performance and complete set.

2.2 Comparative analysis of the selection of difficult action categories

FIG (2017-2020) stipulates that the difficulty of aerobics is divided into four categories: Group A dynamic power, Group B static strength, Group C jump and jump, Group D balance and flexibility, each group of difficulty for athletes Physical fitness has different requirements. The team of the six adult health team five-person operation project is more consistent in the selection of difficulty categories, and there is a widespread imbalance in distribution. Group C is the most difficult, Group A is the second most difficult, and Group B is the least difficult. Because there are mixed situations of men and women in the five groups of adult athletes, and female athletes are somewhat weaker than male athletes, there is less choice in the difficulty

of renting B. The C-group hopping class has more choices, mainly because the root group and root naming actions under the C group name are more diverse than other groups, and the number of choices is larger and the flexibility is greater. However, such movements have high requirements on all aspects of the player's physical ability, especially the strength of the muscles of the lower limbs and their fixed hip muscles. It can be seen that the promotion of female team members is still the main training direction in the future.

2.3 Comparative analysis of the quality selection of difficult action completion

The rules of the competitive aerobics competition clarify that the referee's completion of the evaluation should be based on the technical completion of all the actions (difficulty action, operational combination action, transitional connection, etc.) in the player's complete set. The quality of the completion of the difficult movements of the five-person team in today's high-level adult health team has a high standard. In addition to the first place, East China Normal University and the fifth-ranked Zaozhuang City Central Youth Sports School have achieved 100% quality, and other teams have basically experienced different levels of difficulty.

2.4 Comparative analysis of the selection of combination difficulty

The new rule of FIG (2017-2020) requires that the difficulty action connection in the set has the connection of group C and group C, the connection of group C and group A, and the skill movement can be connected with the difficulty of group C or group A. Directly and continuously, you can complete the combination of the difficulty points of 0.1 points, and you can link up to three difficulty actions. Each player can use up to 2 combinations of difficulty. Most of the sports teams in the adult fitness team's five-person sports finals used the difficulty action combination to connect points. A considerable number of sports teams used three connection points, and some sports teams chose the connection between skill movement and difficulty. The top three teams have made three difficulty combinations with a difficulty connection value of more than 2 points, indicating that the five-person athletes in the adult fitness team in China pursue a higher level of difficulty action, but they still have shortcomings, especially in the athletes' physical fitness. On the set and the arrangement, for the weak links of the five members of the adult health team, the physical training should be continuously strengthened in the future training process, and the difficulty combination value should be continuously improved.

3. The Artistic Analysis of the Complete Set of the Top Six Teams of the Five-person Gymnasium Project of the Adult Health Team

3.1 Analysis of the combination of operational actions

The combination of aerobics exercises is based on the basic steps of aerobics and

combined arm movements, and is accompanied by music. The complexity and diversity of the operation unit is the main content of demonstrating the athlete's special quality, and also an important factor in the score. A key factor in the diversity of manipulation is the use of as many limbs as possible to exhibit asymmetry. The performance of this third runner is the most outstanding. By watching the video, you can see that the player's operation is very strong, and the changes are many and fast. It is very distinctive and impressive. There are only 28 changes in the body direction of the five members of the adult health team in China, which exposes the problem of weaker lower limb strength in Chinese athletes.

3.2 Analysis of transition and connection actions

The transitional action in competitive aerobics is mainly used to connect the movements of two different parts of the set of movements, so that it can be expressed consistently, and the movement itself needs to change space. The number of transitions and connection actions can reflect the complexity of the athlete's set of movements and the diversity of movements. Among the top six players, the most transitional players are East China Normal University players, reaching 13 times. Under the new cycle rules, the top three teams use the transition connection more frequently, and the whole set of layouts are also remarkable. It is an inevitable trend to innovate the transition and connection movements and improve the ornamental and artistic nature of the complete set of movements.

3.3 Analysis of the use of space

The competitive aerobics competition rules (FIG2017-2020) stipulates that the competitive aerobics competition venue is a square of 10m×10m, and the set of movements should be evenly distributed in each spatial position. In the set creation, not only the reasonable use of the competition venue, but also the use of three spatial dimensions, namely A ground, B standing, C vacant, it is recommended not to use the extra 32 beats of the ground motion or stand without changing the sports space. Actions, ground movements and vacant movements should be interspersed in the operation and should be arranged at different locations on the site. The transitional connection movements of the five-person athletes in this adult fitness group are generally more type-converted by A-B. China's adult health team has only 13 space conversions, which is relatively poor. It once again proves that the problem of insufficient strength of the lower limbs of the five-person athletes in the adult fitness team in China must be strengthened in the future training.

3.4 Analysis of expressiveness

Competitive aerobics is a sports program that can express continuous, complex and high-intensity movements with music. Through the video of the 2017 National Aerobics Championship game, you can clearly feel that the stability and performance of East China Normal University players is stronger than that of other

college players. In contrast, other colleges and universities have certain mistakes. This has a certain relationship with the athlete's sports experience and mentality, but if it is not impressive in the game, it will be at a disadvantage.

3.5 Analysis of music usage

The rules of competitive aerobics (FIG2017-2020) stipulate that music should reflect the characteristics of this movement, and good music can promote the construction of the whole set of frameworks and the expression of emotions.

The art of the set of movements is divided into 10 points, and the music accounts for 2 points in the rules of the game. Among them, Jiangxi Normal University has the fastest music speed. East China Normal University and Zaozhuang Sports School are the slowest. Although the set time of East China Normal University is not short, the music speed is somewhat slow. The fast-paced operation can increase the dynamics of the limbs, stimulate the viewer's vision, and attract the attention of the referee. Therefore, the five-person adult fitness team in China can improve their physical fitness through future training, thus achieving faster speed.

4. Conclusions and Recommendations

4.1 Conclusion

Through the analysis of the video of the competition of the top six teams of the Adult Gymnastics Team of the 2017 National Aerobics Championship, it can be known that the competition in China's high-level competition is fierce, the quality is high, the set is difficult, and the artistry is strong. The complete set of actions have their own characteristics. Through the comparative analysis of the six sets of final team movements, the action characteristics of the finalists of the five-person finals of this adult athlete group are summarized from three aspects: difficulty, completion and art.

In terms of difficulty movements, the competition of the six teams is extremely fierce, but the difficulty of East China Normal University is relatively stable, with a difficulty of 3.722. Not only is the difficulty of selecting a higher score on the difficulty selection, but the success rate is 100%.

In terms of quality, the six teams have fewer difficulty levels and the quality of the complete set is high. East China Normal University's difficulty action is completed well, there is no big mistake, but when some difficulty is completed, pay attention to whether the body shape is accurate; some details in the operation action and transition connection need to attract attention, enhance the detail action Control ability, set of actions to leave a clean, smooth impression to the audience and the referee.

In this competition, the art scores of East China Normal University and Beijing

University of Chemical Technology reached 9.0 or above, reflecting the perfect set of movements, and the interpretation of music and themes by athletes is also in place. It can be seen that the artistic set of high-level team sets is relatively strong, mainly reflected in the change of the direction of operation; the arrangement of transitional connections is complex and innovative.

4.2 Suggestions

High difficulty is an important guarantee for athletes to achieve excellent results. Chinese athletes are more reasonable in terms of difficulty selection and difficulty order and should continue to be maintained. Through hard training, the athletes' strength and strength are enhanced, and the athletes have the ability to impact high-value difficulties. At the same time, we must pay attention to the arrangement and training of the difficulty combination. In the highly competitive international arena, the 0.1 connection bonus will play a vital role. Difficult connections are composed of Group C and Group A actions, most of which are initiated by the difficulty of Group C. During training, special attention should be paid to the practice of group C difficulty landing ground movements to develop the athlete's continuous take-off ability.

The perfect completion of the complete set of movements requires the athlete's comprehensive physical quality and super physical strength. Whether it is difficult movement or manipulation, transitional connection movement, if you want to display it perfectly, you need to work hard on basic training. The quality of the finishes of Chinese players is very high, but the control is insufficient in some details of the movements, and attention should be paid during the training and competition to strive for perfection. In addition, the high-quality completion of the action, not only can achieve high completion points, but also impress the referee, and the art points, difficulty points and final scores are closely related, the completion height, amplitude, rhythm, etc. of the action should further Strengthen and fully demonstrate the athlete's ability.

In the artistic aspect, we must create a highly innovative art whole, choose music to highlight its characteristics, strengthen the main body, especially pay attention to the combination of athletes' movement and music; pay attention to complexity and innovation in the process of the transitional connection and skill movements. Sexuality and fluency, avoiding the use of overly simple, less artistic movements; enhancing athletes' ability to understand and express art.

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