

Analysis on the Effect of Calisthenics Cooperative Innovation Teaching on College Students' Mental Health

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ABSTRACT. *Calisthenics, as the main teaching content of college physical education, can have an important impact on students' mental health. In the new era with the rapid development of education cause in our country, on college students' psychological quality requirements are constantly improve, aerobics training can improve the college students of paranoia, tension and panic, anger and other negative emotions, better adjust the psychological state of college students, to promote college students' psychological health level enhances unceasingly. This paper analyzes the influence of the cooperative innovation teaching of aerobics on the psychological health of college students, and defines the main strategies of the cooperative innovation teaching method of aerobics, so as to ensure the continuous strengthening of the mental health level of college students.*

KEYWORDS: *Aerobics; Cooperative innovation; College students; Mental health; Effect*

1. Introduction

In the process of the rapid development of higher education in our country, the competitive pressure of college students is also gradually increasing, which has caused some negative effects on the mental health of college students. Calisthenics training can help students to get a comprehensive exercise of both physical and mental functions and promote the psychological function of college students to be more healthy. In the course of calisthenics teaching in colleges and universities, cooperative innovation can effectively help college students build a spirit of unity and mutual assistance, courage to explore and innovation, and comprehensively improve the mental health education level of college students. The physical exercise of college students, including psychological and physical health, in the process of health education, should let students develop a good spirit of cooperation, competition and self-control, promote the teaching of aerobics cooperation and innovation, to ensure that the psychological quality of college students get comprehensive development.

2. Analysis of influencing factors of college students' mental health

2.1 Family environment and growth environment

For contemporary college students, in the process of learning and growth, their family environment has a very important impact on students' mental health. Most college students belong to the only child, and have been excessively spoiled by their parents and elders since childhood, resulting in poor ability to live independently [1]. In the process of daily life, parents lack of correct education ideas, to the daily life of children all arranged, this leads to a lot of college students can't adapt to college life, for a variety of problems cannot handle alone, the lack of bear hardships and stand hard work, the arduous struggle the spirit, once encountered difficulties and setbacks can produce spirit fragile situation.

2.2 Employment pressure

At present, the scale of higher education in China continues to expand, and the number of graduates increases year by year. The increasingly fierce competition among college students seriously affects their mental health. Many social recruitment units on the college students' comprehensive quality requirements are very strict, resulting in college students in the face of employment is very helpless.

China is entering into an aging population society, and the burden of college students is increasingly serious, which is likely to cause college students to commit suicide and even commit crimes [2].

2.3 Emotions and the Internet

In the process of the rapid development of Internet information technology, interpersonal communication and exchanges are also increasing. But all kinds of invalid interpersonal, cause serious negative emotions to students, especially many college students due to the psychological development has not yet mature, in the emotional problems, also does not have to actively seek help from people around, instead thought their affection on the network, it is easy to appear addict network game or net, etc., ruined their own studies. After being addicted to the Internet for a long time, college students' personal interpersonal relationship will undergo significant changes, resulting in interpersonal tension and emotional fluctuation, which will adversely affect college students' mental health [3].

Secondly, calisthenics plays an important role in adjusting college students' mental health

(1) Calisthenics can help college students improve their physical quality in an all-round way

Calisthenics as aerobic exercise, regular exercise can help college students to improve the cardiopulmonary function, myocardial function, in the process of calisthenics training more pursuit of human body fitness, improve the art of sports.

Calisthenics training can form a good aesthetic concept, improve the aesthetic ability of college students, accompanied by gentle music in the calisthenics exercise process, so that college students get relaxed physically and mentally, temporarily forget a variety of troubles, effectively adjust the psychological health of college students.

In the process of calisthenics, in addition to the theoretical knowledge and skills to understand calisthenics, but also to help students exercise balance, sensitivity and flexibility. In the learning process of college students, because of a long time sitting and standing, do not get the proper exercise, it is easy to cause the problem of lumbar and cervical joint pain, and aerobics can be lumbar, knee, cervical spine and other parts of the appropriate adjustment, help college students to enhance the level of exercise.

(2) Calisthenics can effectively regulate college students' emotional thoughts

In the process of rapid social and economic development in our country, many students in employment face increasingly complex learning environment, will be very easy to produce a great pressure, and aerobics in the process of practice, with soft music and lively rhythm, can let the students forget the worry, to take part in physical exercise in the cheerful rhythm, elegant music to the role of the student's brain level unceasingly, let the brain to produce an exciting area, is advantageous to the transfer of all kinds of bad ideas, in aerobics teaching build at the same time. It can be divided into helping college students release depression, negative psychological emotions, complete relaxation in body and mind, effective relief of mental pressure, and help college students develop good mental health [4].

(3) To strengthen the will of college students

Many college students do not have a high ability to work under pressure, and it is easy to give up when they meet difficulties and problems in daily study and life.

In the process of calisthenics practice, due to a variety of difficult technical movements, students must continue to practice, master the skills in order to fully grasp calisthenics. To do so, great efforts must be made.

In the long-term exercise process, can effectively enhance the physique and frustration ability of college students, cultivate the college students brave and strong fortitude quality, constantly enhance the self-confidence of students, improve the students' indomitable will. In daily life can also actively face all kinds of difficulties, improve students' overall learning level, enhance students' sense of achievement.

Aerobics can promote the good team spirit of college students

Aerobics belongs to the group activity, must be coordination between each other, and jointly complete aerobics training, this method can provide college students the opportunity to communicate more communication, let the student active participation in group activities, effectively overcome loneliness autistic, aerobics training on college students, can let the students help each other understand each other, improve the students' ability to adapt, to avoid because of bad relationships and cause all kinds of psychological problems. In the calisthenics performance process, strengthen the cooperation between the team members, and finally complete the whole performance, calisthenics practice can also enhance the team spirit of college students, form a good sense of belonging and responsibility, establish a harmonious interpersonal relationship.

Third, the practice of cooperative innovation teaching in calisthenics classroom teaching

In the process of carrying out cooperative innovation teaching, it is necessary to ensure that students can have an in-depth understanding of the relevant knowledge of aerobics and let students freely choose the relevant teaching content. In the course arrangement stage of the first semester, it is necessary to analyze the basic knowledge of calisthenics, such as the pace and rhythm, so that students can have interest in calisthenics. Should be given priority to with students' practice in the second semester, through independent arrangement form of the performance of innovation, train the student to the aerobics understanding ability, let the students themselves to calisthenics movements of in-depth study, improve the ability of organization and participation enthusiasm of students, can make students better to calisthenics as an opportunity to develop the good habit of lifelong sports [5].

When the actual cooperative innovation teaching is carried out, students should be divided into different study groups. Under the leadership of teachers, a designated group leader should analyze the arrangement of the whole calisthenics, so as to help teachers complete the whole teaching plan smoothly. To improve students' physical flexibility, enhance students' interest in learning, and then by the integration of each group, finally the whole aerobics group performance to achieve unity.

In the process of carrying out cooperative and innovative teaching, it is necessary to optimize the distribution of different roles, ensure that members of the group are more active in the training of relevant knowledge of aerobics, and enhance students' interest in aerobics learning. After students complete the aerobics performance, it is more necessary to carry out the training on students. Reward to improve students' sense of achievement, encourage students to actively participate in the calisthenics competition, in calisthenics competition calm, should be the coordination of all students and the rationalization of the whole set of comparison, that is to say must pay attention to the effect of the whole calisthenics performance.

3. Conclusion

Through the aerobics teaching implementation of cooperative innovation, can let students under the way of free combination enables students to organic unifies in together, learn from each other, to correct the students help each other, and able to work together to help each other make progress together, provide more united and harmonious learning atmosphere for classroom teaching, improve the overall teaching quality of aerobics.

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