Discussion on the Application Meaning of Imagery Training Method in College Aerobics Teaching

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Abstract: In the new era, the proportion of college students' physical education elective college aerobics course is increasing year by year. In order to further improve the level of aerobics teaching, this paper discusses the application stage of imagery training method in aerobics training, and analyzes the problems existing in the application of imagery training method in college aerobics teaching, and finally studies the application methods of imagery training method in aerobics training, so as to promote the quality of aerobics teaching in colleges and universities.

Keywords: Imagery Training Method; Aerobics Teaching; Application Meaning; Application Method

1. Application stage of imagery training method in aerobics training

At present, the imagery training method is regarded as the main way of psychological skills training by contemporary sports psychologists, and has been widely promoted and applied in aerobics training, showing great teaching advantages in the process of improving the training quality. The following are several stages of the application of imagery training method in college aerobics teaching:

1.1 Basic learning stage

The application of imagery training method in the basic learning stage of aerobics aims to prompt the trainers to master and consolidate the basic movement skills. Because in the beginning stage of aerobics, the inhibition in the cerebral cortex of students is weak and the excitation process is diffused, so it is in the generalization stage. At this stage, imagery training mainly plays videos of elite athletes to help learners develop correct action awareness. This is conducive to students' yearning for beautiful body movements, so as to further enhance their desire for training, learning and performance. For example, in aerobics training, students can complete a new set of movements imperceptibly, but soon forget. Therefore, coaches need to use supplementary memory as the main teaching method to guide students to activate deep brain action impression, so as to deepen the memory of correct actions.

1.2 Training process stage

If aerobics trainers want to improve their professional skills, the key is to pay attention to the training process, and carefully feel the charm of aerobics in the training process. The so-called imagery training method is to take the sense feeling of aerobics trainers as the leading factor, and through the mutual assistance of music and dance, the trainer is required to use imagination to feel the rhythm of dance in music, experience the rhythm of music in dance, and explore learning inspiration, in order to stimulate students' divergent thinking and innovation ability. Imagery training method can exercise many aspects

of body-building training, such as sense of rhythm, sense of space and sense of balance, and fully show the artistic charm of aerobics. For example, in the training, students can not only correct the wrong movements, but also improve their own body movements by cultivating dance consciousness, so that the body, music, and dance can be in perfect combination, fully showing the charm of art.

For the aerobics learners, the ultimate goal of their hard training is to stand out in the competition assessment. Everyone wants to play their best in the game, however, contrary to what they want, some students fail to perform because of their poor psychological quality or stage fright. Therefore, it is very important for aerobics trainers to learn imagery training method. On the one hand, imagery training method combines vision with hearing, and deepens training memory through multiple sensory feelings. On the other hand, imagery training method can also exercise learners' psychological quality in daily training, and can better deal with tense competition with ordinary mentality. Many students benefited from the imagery training method. They said that even in the face of multiple examiners, they could still recall the gymnastics movements clearly and play their normal level more confidently to achieve perfect competition effect.

2. Problems existing in the application of imagery training in aerobics training

Everything has its two sides, and imagery training is no exception. In the process of application, many experts and scholars found that the imagery training method also has shortcomings. Then, according to its potential disadvantages to explore and formulate corresponding effective measures, its purpose is to promote the better development of aerobics industry.

2.1 The traditional training mode is deeply rooted

Although imagery training method is gradually accepted and respected by people, its popularization and promotion scope is still limited. Many colleges and universities still use the traditional aerobics training mode, only pay attention to the theory, the coach will study the content of cramming teaching to students. On the one hand, this kind of boring training can not apply the imagery training method to the actual learning process, which will eliminate students' enthusiasm for aerobics. On the other hand, the traditional training is relatively simple, only learning theory without any innovation of multi-scene teaching is not conducive to the cultivation of students' innovative consciousness, but also reduces the training efficiency of aerobics.

2.2 The teaching process lacks interaction

Traditional aerobics training content and form is relatively single, only blindly teaching, ignoring the interaction with students, classroom learning atmosphere is more boring and boring. What's more, in order to complete teaching tasks quickly, coaches often ignore students' raising their hands. This often leads to students' difficulty in fully focusing on training, affecting the quality of training, creating resistance to aerobics learning, and then losing interest and love for aerobics. At the same time, it also hinders the improvement of students' learning ability and innovation ability, and leads to the slow development of aerobics industry.

2.3 The training environment of aerobics is relatively backward

Aerobics training requires students to listen to music and feel the rhythmic beauty of dance in a quiet atmosphere. It can be seen that the quality of training environment directly affects the training quality of trainees. However, in the actual training process, many coaches, even schools, did not pay attention to this point. The training ground is not professional, a classroom serves as a training ground for a variety of sports, such as boxing, weightlifting, aerobics, etc. This kind of chaotic training ground is not a good thing for aerobics trainers. On the one hand, it is difficult for students to concentrate on learning and training, which affects the teaching quality of aerobics. On the other hand, the advantage of imagery training method is difficult to play to the extreme, which affects the application value.

3. Specific measures to improve the application of imagery training method in aerobics training

3.1 Changing the traditional teaching concept

In view of the traditional teaching idea of aerobics, colleges and universities in China should take the essence and discard the dross. In the teaching process, we should combine the traditional training mode with the imagery training method, keep

pace with the times and innovate. First, teacher's inherent teaching mode and the previous formalism should be changed, combine theory with practice, combine physical training with skill training, so as to give full play to the advantages of imagery training method, and improve the teaching quality of aerobics. Second, stimulate students' understanding of beauty, expand students' cognition of calisthenics from textbooks to life, from life to art, and guide students' innovative consciousness and comprehensive ability.

3.2 Improving the quality of aerobics coach

The level of aerobics coach is different, which is one of the obstacles to the development of aerobics education in China. In order to improve the quality of teaching, on the one hand, colleges and universities should improve the recruitment threshold, strictly select the selection of aerobics coaches, as far as possible to select personnel with strong professional and comprehensive quality, so as to improve the overall quality of coaches and teaching. On the other hand, colleges and universities should improve the aerobics training venues, improve the training facilities, and strive for the uniqueness and professionalism of the venue, which also helps to create a good and orderly training atmosphere for students and coaches.

3.3 Increasing interaction in training

The new aerobics teaching method should change the dull and monotonous of the traditional classroom, and add more benign interaction between teachers and students, creating a new relationship between teachers and students and stimulating students' interest. First, the role of coaches and students changes, teachers from the classroom leader to guide, encourage students to actively and boldly express their views on aerobics. Students change from passive learners to active learners. They realize that they are the main body of learning and learn to be responsible for themselves. Second, the introduction of information-based teaching methods, the use of multimedia and network, increase learning channels, enhance students' cognition and understanding of beauty, and transform abstract theory into simple and concrete practice. This can increase the lively and interesting classroom, improve students' interest in gymnastics.

3.4 Perfecting imagery training mode

We should perfect the model of imagery training, clarify the teaching content, and reproduce the abstract scene through practical operation, so as to consolidate the learning points, and understand the meaning of imagery training in a real sense. Through the way of scene reproduction, students can understand and consolidate the content. In addition, teachers should transform criticism into praise, give student more encouragement, and teach them in accordance with their aptitude, to find out the shining point and special residence of each student, so as to promote the personalized development of students, increase students' self-identity, and also help to enhance students' pressure resistance ability and comprehensive quality. It ensures that they are not in disorder in the face of danger, and perfectly display their self-image in the arena, and achieve good results.

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