

The Integration of College Aerobics Teaching and Happy Physical Education Teaching Mode

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Abstract: In college aerobics education and teaching, through the study of this course, students can not only master the basic knowledge and skills of aerobics, but also gradually develop the concept of lifelong sports with the help of teachers. On this basis, teachers can combine the concept of happy physical education with college aerobics courses to build a good teacher-student relationship, interesting teaching situations, and personalized teaching measures to truly mobilize students' interest and enthusiasm in sports. Let students relax their body and mind, relieve learning pressure, and strengthen students' sports skills and aesthetic ability when learning aerobics courses, so as to meet the actual requirements of my country's college physical education reform. In view of this, this paper first puts forward the university aerobics teaching objectives, and secondly from the clear teaching content, stimulate students' interest in participation, change the teaching concept, cultivate students' aerobics innovation ability, diversified teaching methods, multi-directional penetration of happy sports concepts and other aspects of the university aerobics teaching and happy sports teaching mode integration path and implementation measures, for reference.

Keywords: College sports; Aerobics; Happy sports

Introduction:

Aerobics is a new type of sports with the development of human society and culture. It originated from aerobic fitness, based on health, strength and beauty, integrating gymnastics, music, dance and ballet. This course permeates the love of teachers and students in college physical education and teaching. Because this course not only has the common functions of physical exercise, physical fitness, and health promotion, but also improves the body's posture, and improves the body's rhythm, aesthetic ability and body coordination ability.

1. College Aerobics Teaching Objectives

When reasonably carrying out aerobics physical education in colleges and universities, teachers should clarify the teaching objectives of aerobics courses after the reform of physical education in colleges and universities, so as to scientifically and reasonably formulate teaching plans and effectively integrate the concept of happy sports. The details are as follows:

Understand the manifestations and movement characteristics of aerobics, cultivate students' interest in learning; improve students' flexibility, coordination, strength and other comprehensive qualities; cultivate students' creativity and expressiveness.

Enhance students' understanding of rhythm and beat, and cultivate their musical accomplishment, so as to achieve the purpose of understanding beauty, appreciating beauty, displaying beauty and creating beauty.

Actively reduce students' physical and mental tension and form a good habit of lifelong physical exercise.

2. Integration Measures of College Aerobics Teaching and Happy Physical Education Teaching Mode

2.1 Clarify Teaching Contents and Stimulate Students' Interest in Participation

In the teaching of aerobics in colleges and universities, teachers should integrate into the happy physical education teaching mode and play the role of happy physical education teaching concept in promoting students with clear teaching objectives, so as to stimulate students to participate in aerobics teaching activities.

First of all, teachers should be based on scientific and reasonable teaching, based on the principles of planning and objectives, and design college physical aerobics teaching according to happy sports. In this process, teachers should consider the characteristics of aerobics itself. Aerobics is a new type of sports produced with the development of human society and culture. It originates from aerobic aerobics and is based on aerobic exercise. In this way, students design a teaching classroom that is interlocking and conforms to the learning situation and the physical and mental development of students.

For example, before classroom teaching, teachers should use the network platform to collect videos about aerobics for students so that students can finish the preview homework after watching them. Teachers can share teaching PPT, aerobics, music, etc. with teaching content to facilitate classroom teaching; sending preview tasks to students through WeChat group helps students stimulate their interest in aerobics before learning, and also increases Students' understanding of aerobics. Here, teachers can conduct online question and answer, and students can communicate through text or voice. Secondly, teachers need to clarify the course content of aerobics under the concept of happy physical education, including basic theoretical knowledge of aerobics, movement techniques, teaching and training methods, etc., which are roughly three aspects: theory, technology, and practice. Teachers can strengthen basic sports skills according to the requirements of the curriculum reform of "Physical Education and Health" to achieve the teaching effect of "diligent training. At this point, repeated exercises on teaching tasks are more critical, and it is also an important step to stimulate students' interest in learning and infiltrate the concept of happy physical education. Therefore, teachers should not rely too much on convenient teaching, should give full play to the concept of happy physical education teaching, so that it and aerobics teaching to achieve a combined effect, and then scientifically and reasonably formulate college aerobics teaching objectives, so that college aerobics courses to achieve progressive and complementary teaching effects ^[1].

2.2 Changing Teaching Ideas and Cultivating Students' Aerobics Innovation Ability

Based on the perspective of happy physical education, teachers should change the traditional teaching concept, adhere to the principle of people-oriented and coordinated linkage, clearly eliminate the previous ideological misunderstandings in accordance with the "Outline for Building a Strong Sports Country", and realize the integration and implementation methods of aerobics teaching and happy physical education teaching concepts in college physical education ^[2]. In this process, teachers need to clarify the happy physical education teaching ideas, and clarify the implementation direction of aerobics education and teaching in colleges and universities according to the penetration and guidance of sports health, humanities, competition, technology and other awareness; on the other hand, in the process of implementing aerobics In the process, we must treat the teaching attitude of aerobics correctly and clarify its teaching purpose from the perspective of lifelong sports. According to the survey results, students should be taught in different levels and respect differences. After changing the traditional teaching concept, it can not only enhance students' participation in aerobics courses, but also ensure the smooth implementation of aerobics teaching in colleges and universities and improve students' lifelong physical quality Prerequisites ^[3].

When colleges and universities carry out aerobics teaching, teachers should not only master basic movements, but also flexibly apply relevant knowledge to improve their creativity. From the perspective of happy sports, innovation is an important manifestation of "creating sports" and a source of motivation to ensure that students can have fun in sports. First of all, teachers should strengthen their mastery of basic knowledge. For example, on the basis of focusing on basic footwork, teachers can organize students to use the pace they have mastered to arrange their own aerobics, and teachers can guide this process. Secondly, under the concept of happy sports, teachers need to give full play to the subjectivity and initiative of students, so that they have the opportunity to actively play their role in the classroom ^[4]. For example, teachers can divide students into different groups for group discussions, which include aerobics creation methods, aerobics formation arrangement, etc. Finally, in aerobics teaching, teachers should carry out creative training. Teachers can choose the beat of music according to the movements they have learned, and creatively arrange the technical movements of aerobics, so as to cultivate students' aerobics innovation ability. Students also feel the fun of aerobics and the relaxation of body and mind in aerobics teaching courses.

2.3 Teaching methods are diversified and the concept of happy sports is infiltrated in many aspects

Happy sports is a brand-new way of physical education that meets the requirements of quality education. This method is an improvement and innovation of traditional physical education teaching. Based on this, in order to infiltrate the concept of happy sports in aerobics teaching in colleges and universities, teachers should ensure the diversification of teaching methods, change a single teaching method, and improve the effectiveness of teaching methods ^[5]. First of all, teachers can use "appearance" to teach.

For example, when teaching aerobics lower limb movements, teachers can let students watch relevant videos and pictures first, so that they can form perceptual impressions in their minds, and then organize students to consolidate and remember these impressions,

and finally make them in students' minds The action paradigm of aerobics items is depicted in the middle school. In actual practice, the memory of middle school students can extract these methods and excavate these appearances to achieve fast and efficient learning effects. Secondly, considering the differences of students, teachers need to carry out hierarchical teaching based on the concept of happy sports. Here, for students with poor physical education foundation, the "gamification" method can be used for teaching, and the "competitive" physical education teaching can be carried out for students with a certain foundation. Finally, teachers should ensure that under the concept of happy sports, they can highlight the dominant position of students, and ensure that students can comprehensively improve their overall quality under the fundamental task of Lide Shuren, and relax their psychology and body in their busy studies. Get exercise, with a healthy development of the whole body and mind, maximize the benefits of Senior high school physical education teaching, so that it can achieve the goal of aerobics teaching^[6].

Concluding remarks:

In summary, after the reform of physical education in colleges and universities, teachers need to pay attention to the combination of the concept of happy sports and sports teaching, and then dig out happy elements, and create aerobics and physical education classes that they are interested in for students In order to enable students to develop a good habit of aerobic fitness, it can be said that the integration of the concept of happy physical education teaching and college aerobics teaching, it is an important way to stimulate students' lifelong sports consciousness and lifelong sports ability.

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