

# A Practical Study on the Integration of Artistic Gymnastics Elements into the Teaching of Aerobics in Colleges and Universities

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**Abstract:** At present, aerobics, as an important element in school physical education, is welcomed by the majority of teachers and students, but because of the relatively late start of the aerobics course, there has been some improvement in the teaching methods, physical aerobics class should give full play to the role of artistic gymnastics, so that aerobics can better play its teaching effect, teachers should strengthen their professional ability, and actively participate in learning and training, can be through the competition The way of aerobics activities, in physical aerobics should give full play to the function of artistic gymnastics.

**Keywords:** College aerobics; Artistic gymnastics; Teaching integration; Practical research

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## Introduction

Aerobics is a special sport combined with aerobics, which will enable it to achieve fitness and at the same time enrich its content and increase its interest in learning. Aerobics will be better integrated with artistic gymnastics and develop towards the diversification of sport and art.

### 1. Aesthetic features of aerobics

Aerobics is a comprehensive fitness and bodybuilding sport, which has a variety of aesthetic characteristics such as physical beauty, movement, performance and music. Firstly, the 'body beauty' in aerobics is mainly reflected in the athletes' body shape and physique beauty, congenital development and acquired training, in aerobics, the representative movements are based on the structure of the human body and the construction of the movement, and in the performance process, through the display of posture, can show the public beautiful posture; movement beauty The beauty of movement in aerobics includes body movements, encircling and rotating. It is expressed in many forms, making aerobics more artistic and bringing an aesthetic to the public; the beauty of movement, the beauty of aerobics, lies in the expression, temperament and physique of the athletes. In aerobics performances, the competitors show their confidence, vitality and dedication through music, and through natural, graceful facial expressions, they present a complete set of movements, so that the audience can appreciate the art of aerobics while appreciating the art; beauty of music, in aerobics performances, music is an essential element and plays a pivotal role in their performance. Aerobic gymnasts fully embody the beauty of movement and a deep athletic spirit in the beat of the music, enabling people to experience the passion of music and gymnastics in the process of movement.

### 2. The role of integrating artistic gymnastics elements into the teaching of aerobics in colleges and universities

#### 2.1 Promoting the development of an integrated workforce

In order to ensure that students have a certain level of expertise, professional knowledge and healthy physical qualities, aerobics is a special sport that combines with aerobics. It also enhances the students' professional skills and knowledge, and therefore provides an integrated education and training model that will enable more integrated talents to enter society.

## **2.2 Facilitating the individual development of students**

In the teaching of aerobics in colleges, because of its various forms, the teaching of aerobics can provide a good stage for the development of students' personalities, so that they can give full play to their creativity and imagination and apply them to the teaching of aerobics in colleges.

## **2.3 Raising students' aesthetic awareness**

The teaching of aerobics in higher education can bring good physical sensations to students. By incorporating elements of artistic gymnastics into the teaching of aerobics in colleges, it can create an aesthetic awareness, perceive beauty, appreciate beauty and thus promote the development of their creativity.

## **2.4 Strengthening campus culture**

The five aesthetic elements of artistic gymnastics, namely human beauty, costume beauty, music beauty, movement beauty and aesthetic beauty, are vital to use in the choreography of aerobics, which is not only related to the cultural construction of the school but also to the aesthetic cultivation of the students.

## **2.5 Developing students' interest in sport**

Students who place a high value on academic achievement and those who have little interest in sport are a detriment to their physical development. Aerobics is a sport and introducing elements of artistic gymnastics into the teaching of aerobics in colleges and universities can enrich and satisfy the interests of different types of students. The variety of activities can make students more active in physical activities, so that students' enthusiasm for exercise can be stimulated and have a positive effect on school sports.

# **3. Measures to integrate artistic gymnastics elements into the teaching of aerobics in colleges and universities**

## **3.1 Improve the quality of aerobics teaching**

To combine the content of artistic gymnastics with aerobics in colleges and universities, we must deepen the teaching reform of aerobics, which is also an important issue in the current reform of sports in colleges and universities in China. To improve the quality of teaching aerobics in colleges and universities, we must integrate it organically with artistic gymnastics in order for students to get exercise, grow physically and mentally, and improve their physical quality. For the students, this is very important. For this reason, the teaching of aerobics must be strengthened in order to promote the healthy growth of students.

## **3.2 Optimisation of the teaching content**

In optimizing and developing the teaching content of aerobics in colleges and universities, we should make full use of the teaching materials and physical education resources in colleges and universities, actively expand the teaching knowledge and learning content of aerobics, import relevant video materials and information into daily teaching, draw students' attention to them, and reasonably participate in creative teaching in college aerobics through self-learning and independent analysis to cultivate students' creative thinking. To make more physical education resources and learning materials available to students, teachers can work with students to establish an online teaching platform or resource bank for campus aerobics and regularly share the teaching content and knowledge of college aerobics through the online platform, thus achieving the aim of enriching students' learning resources and improving their creative abilities and qualities.

## **3.3 Change the traditional concept of education**

Firstly, creative education should be used in the teaching of aerobics in colleges and universities to break through traditional ways of thinking, cultivate students' subjectivity and create an equal and harmonious class atmosphere; secondly, teachers should strengthen their own athletic and teaching abilities in aerobics, be clear about the direction of aerobics in colleges and universities, change their traditional role as teachers, actively guide the cultivation of students' personal abilities and personalised guidance in order to improve students' learning abilities, and constantly play the practical role of creative education in aerobics teaching; finally, in the new period, teachers should establish modern educational concepts according to the psychological development characteristics and persecution tendencies of contemporary students, constantly enrich and accumulate their own scientific knowledge, strengthen students' creative thinking and creative thinking, create good educational conditions for students and improve their creative thinking.

## **3.4 Inspire students to learn**

Students' interest in aerobics will have a certain impact on their performance, so teachers should continue to motivate

students to learn on the basis of their interest. Firstly, they should gradually strengthen the teaching of students' basic physical education skills and develop their basic skills. In the teaching process, teachers should be fully aware of students' individual characteristics and develop a targeted educational programme and various educational behaviours to suit the needs of students with different personalities and levels, so as to motivate them to learn; secondly, they should actively carry out a variety of teaching activities to promote students' expressive skills. For example, in order to stimulate pupils' enthusiasm for learning, to motivate them and to enable them to obtain higher marks; finally, the teacher's concern is with the pupils' mental state. By creating various scenarios, on the one hand, they can enhance students' learning performance, relieve their tension and enhance their self-confidence; on the other hand, they enable students to fully recognise the special situation on stage, build up their self-awareness and develop their psychological regulation so as to maximise their performance talents.

### **3.5 Improve the quality of teachers in general**

Firstly, in terms of professional and technical skills, teachers should actively participate in various training activities in order to improve their professional quality, and in teaching, they should standardise dance movements and beats to music in order to enable students to truly master their skills, improve their confidence and give them courage in their performances; secondly, in terms of professional ethics, teachers should love their work, love education, set an example, motivate students, create a good learning environment, teach patiently and carefully, cultivate students' interest and foster their autonomy; finally, in terms of teaching methods, they should keep up with the times, be innovative, use modern technology and enhance the understanding of beauty and the cultivation of aesthetic skills.

### **3.6 Strengthen the innovation of aerobics teaching process**

The current aerobics class teachers generally adopt the traditional teaching methods and inherent teaching methods, which to a certain extent affect the students' motivation. On this basis, by carrying out aerobic exercises, students feel the beauty of aerobics, thus improving their motivation to learn, it also enhances teacher-student interaction, trust and relationship between teachers and students.

## **4. Concluding remarks**

To sum up, the integration of artistic gymnastics into college aerobics, it can not only improve the overall quality of the whole school, but also make the students' subjectivity to be fully developed. To improve the subjectivity of students, we must change the traditional concept of teaching, rather than being limited to the classroom, we need to pay attention to the autonomy of students and use a variety of methods to communicate with them. Aerobics instead of radio gymnastics can meet the needs of modern students to pursue fitness, pursue individuality and enjoy entertainment, thus achieving a better teaching effect and thus promoting the development of aerobics.

## **References**

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