

The Influence of Fashion Aerobics on the Universities Aerobics Teaching Reform

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ABSTRACT

With the development of society, more and more people begin to like and accept fashion calisthenics, fashion aerobics has become an important part of the national fitness movement. According to the personality of college students in colleges and universities, and the pursuit of fashion psychological and social needs, fashionable aerobics also gradually recognition and acceptance by colleges and universities, to have a correct understanding of the advantages of fashionable aerobics in colleges and universities must carry on the reasonable introduction and use.

KEYWORDS

Fashion aerobics; Colleges and universities; Teaching reform; influence

INTRODUCTION

With the development of society, fashion aerobics gradually became the first choice for people to pursue health. Fashion sports have a certain time nature, which brings people health and happiness. Fashion aerobics mainly has the characteristics of fast-paced, varied, dynamic and simple action, so it attracts a lot of young people and occupies a large proportion in the college student market. Because of the great influence on people in fashion and fitness, it is necessary to reform the curriculum of aerobics in colleges and universities.

THE MAIN CHARACTERISTICS OF FASHION AEROBICS

Fashionable aerobics mainly including yoga, Latin aerobics, aerobic fight and street dance, etc., it basically is the effective combination of dance, music and sports together, simple, easy to form lively, full of the social, ornamental, performing, athletics, keeping fit and fashion model. Fashion calisthenics mainly has several fashionable features:

Novelty

The commonality of modern young people is to strive for avant-garde, lead tide, pursue vogue and advocate novel. Only a relatively unique eye-catching might have good shock waves and charisma, attract people continue to try, to realize self-value and the pursuit of self, also because of fashion, strong and handsome novelty, fashion popular calisthenics, form the trend and scale.

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Casual

People's work atmosphere is generally more intense, the work pressure is also very big, resulting in people's body and mind have the greater pressure and the burden. Therefore, people often release their emotions and decompression in their leisure time and holidays. Fashionable aerobics is the first choice of people, because of its attractive leisure method, and its maneuverability is strong, can surmount people's physical and mental, to the different needs of interests and hobbies, special skill, level, age and gender groups bring satisfaction. This is an ideal way to release pressure for people who are physically and mentally tired and often in high tension.

Commercial

The development of sports industry has become the pillar industry of the growth economy and sunrise industries of individual cities. Huge market demand for fashion sports, it mainly white-collar youth market, has the strong ability of consumption, can bring some profit to merchants, so new projects are still out of it, this for the development and promotion of fashion sports laid a good foundation and created the objective conditions. The property of commercial in fashion sports is more special. Modern people often participate in fashion sports with a consumption mentality. So, it's for operating fashion sports has created a huge profit margins, and huge profits at the same time also prompted the development of fashionable aerobics, thus make fashionable aerobics has formed a good cycle track.

THE INFLUENCE OF TEACHING REFORM OF COLLEGE AEROBICS

Aerobics is one of the means of physical education in colleges and universities in extracurricular activities and main courses. According to the current situation, many colleges and universities take fashion aerobics as elective courses and elective courses. With the continuous development and progress of the society, the knowledge is constantly updated, and the otherwise monotonous knowledge organization cannot meet the needs of the students. Traditionally, aerobics belongs to a branch of gymnastics, is in the development of gymnastics on the basis of the content, is according to the simple actions of dance and gymnastics by practitioners organized the development and characteristics of operation. The core of its movement is the instinct, to shape itself with its own strength, and on music, content and form are not the modern fashion aerobics. According to the survey, it is the most favorite of college students to make the fist fight, Latin calisthenics and hip-hop dance. Because the movement of the street dance is more fluid, generally is in the multi-tone clap to make the movement, and in the pause to do very few aerial photography, in the visual to bring the comparison of the comparison sharp contrast; And Latin aerobics is mainly on the hips, abdomen and waist circumference did a certain improvement, not only has good effect on the plastic body, but also can put the person's individual character fully reflected, to give people a positive attitude, youth and joy. However, the understanding of calisthenics is not comprehensive enough, and the teaching of calisthenics is relatively traditional, and does not combine with students' personality development and ability cultivation. So, there are some deficiencies in the teaching of aerobics.

The teaching content does not meet the needs of social development

Of calisthenics teaching in colleges and universities teaching material of most of them are formulated according to the national sports bureau of practice, and in a short time won't appear the new action, cannot follow the social aerobics footwork, at the same time, it can't meet all kinds of college students pursue psychology, to a large extent reduce the students' interest in learning. Most of the students are practicing and studying because of the need of the exam, and can't enjoy the fun of studying aerobics. Nowadays, textbooks can't keep up with the development of The Times. Only by gradually updating the concept and content of teaching can the teaching of aerobics in colleges and universities move towards the development of health and renewal.

Teaching methods should not be consistent with training objectives

Traditional teaching methods are usually taught to teach students aerobics in a "people style" teaching method, which can easily make students' personality development and subjective status ignored. Therefore, the calisthenics of colleges and universities must change the students' passive, not blindly follow the traditional methods to explain the demonstration. We should innovate on the basis of students and demonstration, and use new approaches and methods to make education, master new and the skills and means to meet the development of students.

Music and simple action, not high ornamental

The development purpose of calisthenics is the overall development of the body. In the choreography of the choreography, although it is said to be arranged in the order of the body, the movements are too symmetrical and repetitive, and there are few changes. On music, it is usually the rhythm of the monotonous disco drumming to practice calisthenics, without highlighting the distinct and penetrating characteristics and styles of the main melody. So, the audio-visual effect of calisthenics is not high, there is no more intense contrast contrast, with fashionable calisthenics still exists certain distance

SUGGESTIONS ON REFORM OF COLLEGE AEROBICS

Establish a good environment and atmosphere for learning aerobics

At present, part of fashionable aerobics course has become the university sports curriculum, added to the teaching material content, this to the development of fashionable aerobics in colleges and universities lay a good foundation, and has a certain role to the development of fashionable aerobics. Instructors should properly guide students learning calisthenics, cannot make students blindly pursue, to the function of aerobics, characteristics and content must have a certain understanding, science fitness, according to individual be fond of and interested in fitness, improve the students' interest in fitness, build good fitness atmosphere.

Innovative calisthenics content, consistent with the development of The Times

Nowadays, fashion aerobics is popular among teachers and students, and is a physical exercise and teaching content for teachers and students. Colleges and universities in the education aspect, constantly trend towards the zeitgeist. The pursuit of students is more personal, original and fashionable, so the school should combine the needs of students with The Times. In the teaching of fashionable aerobics, can be combined with modern popular yoga, dance and Latin aerobics, aerobic fight, put these into aerobics teaching, encourage students to achieve the effect of fitness, meet the students' thirst for knowledge.

Understand the meaning of fashion aerobics

Fashionable aerobics belong to the collection of beauty, entertainment, fitness, music, dance and gymnastics comprehensive sports, sports form is simple and casual, sports atmosphere and the environment is also very relaxed and active, the strength of the movement can be designed according to different people and different features. Music is also very public and lively. Modern college students pursue the form of new breath, new content and high-grade aerobics. The content and style of teaching must be lively and diversified, and follow the psychological characteristics of each student. It is the strong demand and way of sports tendency to socialize and realize happy sports.

Strengthen the training of college aerobics teachers to strengthen the awareness of innovation

Many colleges and universities aerobics teachers, although there is a certain foundation, but generally not professional, and set the course and content is too single, cannot satisfy the needs of college students and physical science. With the progress and development of the society, college students have the psychological characteristics of seeking for knowledge and seeking for new differences. The calisthenics teacher must learn fast, and learn new, the learning and the teaching must be consistent. In addition, the old curriculum of calisthenics should also be changed. Teachers should strengthen the innovation consciousness on the basis of calisthenics, and develop innovative requirements, methods, goals and content to cultivate college students. In the new phase, new requirements are put forward to give students different requirements and tasks, and encourage college students to innovate their actions. Focus on cultivating students' sports ability, aesthetic value and innovative consciousness.

CONCLUSION

The university promotes fashionable calisthenics while building on the student's physical reserve, the construction facilities of the university is closely related to the cultivation and development of students. So, colleges should diversify the school's teaching and scientific, promote the all-round development of fitness culture, improve the students' cultural life and cultural quality, promote the reform of physical education teaching, maximizes the function and significance of aerobics.

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