

Research on the Teaching Practice of National Aerobics Courses in Colleges and Universities

Yong Huang^{1,a}, Yiyuan Yang^{2,b,*}

¹*School of Physical Education and Health, Guzhou Minzu University, Guiyang, Guizhou, 550000, China*

²*School of Physical Education, Liupanshui Normal University, Liupanshui, Guizhou, 553004, China*

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Abstract: With the continuous updating and development of science and technology and the arrival of the information age, the frequency of using science and technology in the process of education and teaching has gradually increased. After the introduction of the new curriculum standards, it will also have a corresponding impact on the education and teaching of colleges and universities. While improving the basic physical quality of students, we must also pay attention to highlighting the national characteristics. It can be seen that the most affected is the national aerobics teaching in the physical education teaching in colleges and universities. In view of this situation, high attention should be paid to the national aerobics courses in colleges and universities. Based on this, this paper will conduct in-depth research and analysis on the teaching practice of national aerobics courses in colleges and universities.

1. Introduction

In national sports, national aerobics is not only an important part, but also the best way to highlight national characteristics and carry out education and teaching. With the continuous updating and development of physical education and teaching reform in colleges and universities, national aerobics should be given high priority in the process of physical education teaching in colleges and universities, and the promotion of publicity should be effectively increased. At the same time, we should also pay attention to infiltrating national culture, and fully take national content as the main guiding direction of physical education teaching. National aerobics not only has the essential characteristics of strengthening the body, but also has the advantages and characteristics of highlighting the national characteristic culture and charm. After integrating into the national culture, it can not only effectively enrich the content of physical education, but also enhance the interest and science of physical education. Therefore, corresponding solutions should be put forward according to the actual development in a timely manner, and only in this way can the teaching quality of national aerobics be fully promoted and significantly improved.

2. Analysis of the Current Situation of Teaching Practice of National Aerobics Courses in Colleges and Universities

2.1. Lack of Teachers in Colleges and Universities

Although the overall number of physical education teachers in most colleges and universities has increased significantly compared with before, it is still unable to meet the current teaching needs, and there will be an imbalance in the actual distribution of teachers. According to the survey and analysis, the current college physical education teachers are shifting to the teaching fields of tennis, basketball, volleyball and so on. As for the teaching of national aerobics with national characteristics, there is a serious shortage of teachers. In addition, due to the need to improve the teaching quality and level of national aerobics teachers in colleges and universities, they cannot meet the actual needs at this stage. Whether it is practical teaching experience, professional quality, teaching innovation and other aspects need to be improved, otherwise it will seriously affect the development of teaching^[1].

2.2. Lack of National Aerobics Teaching Materials

According to the survey and analysis, the content of textbooks screened by most colleges and universities is general but not precise and profound. Some colleges and universities do not use textbooks to teach at will in actual teaching. The above situation seriously affects the overall improvement and development of the teaching quality of national aerobics. In view of the above situation, it is necessary to select textbooks with national characteristics to carry out national aerobics teaching activities according to the actual situation. If the optimization and innovation are not carried out in time, it will seriously hinder the improvement of the actual teaching quality and level^[2].

2.3. The Teaching Method is Mechanical and Single

According to the survey and analysis, most colleges and universities of national aerobics, the actual teaching situation in the previous traditional aerobics as the main teaching content, teaching methods in the specific teaching process are also based on basic movements. Students have been learning a single movement with practice as the main foundation, without understanding what it actually entails. Before the actual teaching, it mainly focuses on warm-up, teaching basic movements, practice, review, etc., and does not innovate and optimize the actual teaching method, and then ignore the students' initiative in autonomous learning. In this way, not only will students gradually lose interest in learning, but also the actual teaching quality and efficiency will be greatly reduced.

3. Principles Analysis of the Teaching of National Aerobics Courses in Colleges and Universities

Life is very precious to everyone. If life no longer exists, how can we talk about it all? Nature, which is closely related to life, is inseparable from the word health. Health, as an eternal topic of discussion and analysis, should be given high attention and attention. Health as the main core idea in physical education in colleges and universities also endows health with more meaning and role. How to fully implement the idea of health in sports is the primary task of education and teaching at present. Therefore, in the specific teaching process, we can start from the teaching of national aerobics courses, and make full use of the culture and aerobics with national characteristics to

exercise students, so that students' psychology can be effectively nourished. At the same time, we should also focus on cultivating and guiding students' adaptability, moral quality and quality [3].

4. Strategies for Teaching Practice of National Aerobics Courses in Colleges and Universities

4.1. Strengthen the Construction of Teaching Staff

According to the investigation and analysis, due to the lack of national aerobics teachers in colleges and universities, the overall teaching quality and actual comprehensive quality cannot be better improved. Therefore, it is necessary to establish a team of teachers with rich professional knowledge, superb professional skills and rich teaching experience in order to effectively improve the quality and efficiency of national aerobics teaching in colleges and universities. When it is implemented, it can start from the following aspects. The first is to pay attention to the introduction of talents, and select folk artists to serve as national aerobics teachers. Because national artists have rich experience and professional quality, they will have teaching skills after appropriate training and guidance, enrich the teaching staff. In addition, excellent national aerobics teachers can also be introduced from all over the country. The second set up practical training activities, through short-term training activities to enrich teachers' understanding of national aerobics, as well as practical teaching skills, experience and so on. Thirdly, it is necessary to pay attention to the training of talents, and it is necessary to carry out systematic and professional national aerobics training activities for the existing teachers in colleges and universities, so as to provide help for the construction of a more complete teaching team [4].

4.2. Optimizing Teaching Materials and Curriculum

In order to keep pace with the development of the times in time with the national fitness curriculum in colleges and universities, it is necessary to start with innovation and optimization of teaching materials. First, colleges and universities need to select suitable national sports teaching materials according to the actual development situation. To put it simply, in fact, the main purpose of the textbook is to provide direction guidance. Only after clear goals and directions can private-funded aerobics teaching be more orderly, standardized, and efficient. Therefore, in the process of selecting national textbooks, we should also pay attention to the degree of difficulty. When it comes to integrating the content of the materials, we should also conduct in-depth research and analysis to find textbooks with local national characteristics. Only in this way can not only attract students' attention better, but also improve students' interest in participation, and provide help for the development of education and teaching. Second, colleges and universities can also independently compile teaching materials according to the actual situation, take national characteristics as the main core support, and appropriately combine dances and movements with national characteristics with the content of the teaching materials, and pay attention to highlighting the characteristics of nationality and region. This method can not only effectively enhance the intimacy between students and national characteristics, but also better offset the strangeness and implement the teaching task of inheriting national culture. Secondly, it is necessary to fully place national aerobics and physical education in the same important position in setting up courses, which cannot be ignored. In addition, it is necessary to continuously expand the practice venues of national aerobics according to the actual situation, and pay attention to improving the required practice equipment and facilities, for example, sound, body teachers, dance props and other resources [5].

4.3. Innovative National Aerobics Teaching Method

To innovate the teaching methods of national aerobics is the primary task of developing national aerobics teaching at this stage. Innovative teaching methods can not only effectively change the previous classroom atmosphere and teaching mode, but also help enrich the content of classroom teaching and activate students' enthusiasm for participation. Therefore, teachers should focus on using diversified teaching methods to improve the actual situation, and then in order to effectively improve the actual teaching efficiency and quality of national aerobics. In the specific teaching process, teachers should also change their identities in a timely manner and focus on highlighting the dominant position of students in the classroom. Group cooperation inquiry method, multimedia teaching method, flipped classroom teaching method, interactive teaching method, etc. can be used to create an open and innovative sports atmosphere for students. For example, in the teaching process, in order to better stimulate students' interest in learning, teachers can use the group cooperative inquiry learning method. After guiding students to master the basic hand shape, hand position, foot position, etc. Cooperative exploration tasks can be arranged for students, so that students can use their creative imagination to compile more creative actions.

5. Conclusions

All in all, with the emphasis on the inheritance and development of national culture, the teaching of national aerobics has become an inevitable development trend of physical education in colleges and universities. However, it is undeniable that national aerobics in colleges and universities not only innovated the actual situation of physical education before, but also opened up and innovated a new development path according to the actual development. When it is implemented, it will also focus on the construction of teaching staff, optimize the curriculum of teaching materials, and innovate teaching methods to make changes, and then truly implement the task of innovating the development of national aerobics teaching in colleges and universities.

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