

The Concept and Method Innovation of College Gymnastics Training Based on the Background of Chinese Higher Educational Reform

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ABSTRACT. Gymnastics as an important component of traditional university physical education, not only can improve students' physique, aesthetic ability and psychological quality, but also can cultivate the students' inner temperament. With the advancement of Chinese higher educational reform, traditional gymnastics teaching methods and ideas can't meet students' health education needs. This paper is going to research on the innovation of the concept and methods of gymnastics training in colleges and universities and then propose some corresponding measures for reference.

KEYWORDS: Gymnastics in colleges and universities, Training concept and method, Innovation research

1. Introduction

As the earliest sports for regulating body and mind, gymnastics is one of the 'precious treasure' in the world. It can exercise body coordination, comfort heart, and make people feel the positive and inspiration of gymnastic spirit. As a major course, gymnastics occupies a lot of module credit and teaching hours.

2. Present Situation of Chinese Gymnastics Teaching

Gymnastics as one of composition of the sports teaching system in colleges and universities, is beneficial to the physical and mental development for teenagers and promote the development of adolescent physical coordination. It can help students exercise consciously and develop good exercise habits, and also can promote the development of athletic gymnastics. But there are still some issues existing in gymnastics teaching process.

2.1 Lag in Gymnastics Teaching Concept

To the student's perspective, to realize and understand the concept of gymnastics teaching is only through the games of athletics gymnastics. The conception of gymnastics which it is a difficult and extremely dangerous athletics sports is only one-sided. Teachers only focus on the theory knowledge and ignore the combination of theory and practice. This will make students lack of initiative and learning enthusiasm, and then result in poor comprehensive quality. Physical education is restricted by the traditional teaching ideas and concepts, the test-orientated sports education severely limits the development of the students.

2.2 Problems Existing in Teaching Mode

In terms of teaching mode, teachers still use traditional "presentation" teaching mode which is not easy to stimulate learning interest, gymnastics skills improvement and students' comprehensive quality training. In traditional gymnastics teaching model, simplified, one-way and exemplary teaching mode is quite common. Through gymnastics moves demonstration, technical advice and correction of students' self-training, teachers will finally summarize the whole teaching process. In this way, students' initiative and learning autonomy can not be reflected.

2.3 Unreasonable Curriculum and Poor Infrastructure

Gymnastics is relatively difficult and technical movement is quite complex and the demands and standards for

student's physical quality, physical control, physical coordination and sensibility are quite high. For most college gymnastic teaching, the teaching hours and contents mismatch with gymnastics theory. The overall quality and level of gymnastics teaching is hard to improved. Gymnastics teaching has a strong dependence on teaching equipment, such as parallel bars and bars, the uneven bars, the balance beam, rings. etc.

2.4 Low Interest in Gymnastics Learning

With the advancement of college reform, more and more sports except gymnastics have been introduced into school in this stage, including football, basketball, skating, street dance and so on. Because of the popularity of these sports, colleges and universities are facing big challenges. With the multiple choice of sports activity, students' interest in gymnastics movement continues to decline and gradually shift to other sports. Though some students choose gymnastics, their participation and enthusiasm are low. Furthermore, its social effectiveness and social utility value is not high because of the strong equipment dependence and multiple solo events.

2.5 Inelastic Teaching Evaluation System

For traditional gymnastics teaching evaluation system, the content of the examination is only related to gymnastics movements quality, plus the test of basic skills and personal abilities. The traditional evaluation system has some drawbacks, such as the lack of evaluation index, cannot fully explore students 'inner potential which is testing for the sake of testing.

3. The Propose of New Concept of “Happy Gymnastics” and “Flipped Classrooms”

In order to change students' cognition of gymnastics and make them feel happy and actively in learning, the new concept of happy gymnastics was put forward. It refers to students can feel the enthusiasm and passion of body and mind through learning and practicing gymnastics. Students can set learning goals and achieve them during the entertainment. Besides, gymnastics can combine with other online popular dance types, such as hip-hop, folk dance, modern dance, aerobic and group radio gymnastic. These kind of “happy gymnastics” can change passive learning into active learning and help students overcome the fear of learning and training. “Flipped classrooms” can combine online and offline class together and explore the new ways of gymnastics teaching.

4. New Training Methods Which Based on the Concept of “Happy Gymnastics” and “Flipped Classrooms”

4.1 Innovative Teaching Content and Methods

4.1.1 Use Multimedia Teaching Methods

By means of multimedia teaching, students could have a preliminary idea of happy gymnastics, and then start to imitate the movements through online and offline teaching. There are good for the further learning of gymnastics teaching practice. After the practice teaching of gymnastics, students could recognize their mistakes through review the practicing video which can help them correct their wrong actions.

4.1.2 Innovation of Theory Teaching

On the one hand, students can recognize the instructions and secondary function of the equipment, the purpose of the training site and the hidden safety hazards through theoretical learning in “flipped classroom”. On the other hands, through online learning, students could better know how to protect themselves, and minimize sports injury and ensure the safety of gymnastics learning and training.

4.1.3 Use Words to Inspire Students

For students, they contact with their teachers at the most of the times during training, so the teachers' comments are vital to spur students. Only through system and professional training, students' gymnastics movement level could be improved. While when students fail to reach the gymnastics action standard, the teacher's strict criticism will lead to students' resistance and even cause learning-weariness. Therefore, teachers should encourage students more to build their confidence through compliments such as “You are awesome.”, “You did a great job and keep going.”

4.2 Build College Gymnastics Training New Model

4.2.1 Combine College Gymnastic with New Trends.

According to the new national gymnastics teaching standard and system, gymnastics training plan should combine with students' interest and happy gymnastics concept, combine with network trends, combine with popular contents and hotspots, combine with other dance types, such as dynamic gymnastics, fashion gymnastics, hip-hop gymnastics and group gymnastics, etc.

4.2.2 Set Up College Gymnastic Club

Based on the "happy gymnastics" new concept, it is significant to establish university gymnastics clubs. The clubs are responsible for promoting the value and meaning of gymnastics learning through employing experienced managers. Besides, it is imperative to set up college gymnastics community, students could gain a better understanding of gymnastics by joining in aerobics interest groups.

4.2.3 Increase Social Cohesion during Gymnastics Teaching

College gymnastics teaching should combine with social elements, such as organize national gymnastics competition. It can combine the theory learning with social reality which can strengthen the social cohesion and make college gymnastic learning content more practical.

4.2.4 Use Situational Teaching Approach

Through adding life scene elements, gymnastics teaching could be more interesting. Teachers could add actions in daily life into the gymnastics movements which can stimulate student's curiosity. During the communication in teaching process, students could obtain rich knowledge and upgrade their skills.

As an important component of college sports teaching system, the traditional gymnastics education not only could improve students' physique, aesthetic ability and psychological quality, but also could cultivate the students' inner temperament, exercise awareness and good habits, and also can promote the of development of the athletics gymnastics in the long run. To sum up, in order to adapt to the background of colleges reform, it is imperative to innovate college gymnastics training idea and the methods.

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