

Research on the Current Situation and Countermeasures of Aerobics Teaching in Ordinary Universities

-- Take Shanghai Maritime University as an Example

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Abstract: Using literature data, questionnaire survey, interview method and mathematical statistics and other research methods to investigate and analyze the promotion of aerobics class "national aerobics grade regulation action" in colleges and universities. Research shows that the national aerobics level action is popular with college students, university physical education using multiple teaching methods, rich and colorful aerobics class competition and all kinds of aerobics display activities, can arouse the enthusiasm of students learning, stimulate students' potential power, to better promote the national aerobics level action in the popularization and promotion of colleges and universities.

Keywords: Aerobics; Teaching Status; Regular Institutions of Higher Learning.

1. Introduction

Aerobics is a collection of music, dance, gymnastics, aesthetics in one of the new physical exercise items, its content is rich, simple and easy to learn, many changes, not limited by age, gender, venue, equipment and other restrictions. It is in the music accompaniment, with the body exercise as the basic means, based on aerobic exercise, through exercise to achieve fitness, fitness and heart fitness for the purpose of a new entertainment, ornamental exercise.

In order to implement the "Regulations on National Fitness" of The State Council and promote the extensive development of national fitness activities, the General Administration of Sport of China has actively organized and promoted a series of national aerobics dance activities nationwide. National aerobics dance level prescribed movements according to the difficulty and intensity, a total of 6 sets of prescribed movements, rich content, loved by the public. So, the national aerobics dance level regulation action in the promotion of domestic colleges and universities how?

Through the promotion of Shanghai Maritime University aerobics special course "National aerobics dance level regulation action" investigation, aims to evaluate the effect of aerobics teaching, understand students' feedback and satisfaction with teaching, so as to optimize the teaching content and methods, to improve the quality of teaching service.

2. Study Subjects and Methods

2.1. Study Subjects

The research subjects are mainly 457 students from 12 majors in 2017,2018, School of Information Engineering, School of Logistics Engineering, School of Economics and Management, School of Transportation and School of Foreign Languages.

The research objects of teachers are mainly from Shanghai Maritime University, the national level of aerobics dance.

2.2. Study Methods

2.2.1. Literature and Data Method

The literature and data method were adopted, and the "aerobics", "college sports special course", "national aerobics dance level" and other contents were consulted, and the relevant content was studied and sorted out.

2.2.2. Questionnaire Survey Method

A questionnaire survey was conducted to the students who had participated in the aerobics special class in grade 2017 and 2018 of Shanghai Maritime University. A total of 457 questionnaires were distributed and 419 valid questionnaires were collected. The effective recovery rate was 91.7%.

2.2.3. Expert Interview Method

The teachers (1 professor, 2 associate professors and 2 lecturers) of the aerobics special class of Shanghai Maritime University were interviewed.

2.2.4. Mathematical and Statistical Method

SPSS and Excel statistical software.

3. Results and Analysis

3.1. Motivation Analysis of Students' Choice of Aerobics Projects

Calisthenics is a group exercise, dance, music, fitness, entertainment in one of the sports, it has the characteristics of fitness, health and fitness, has to enhance the constitution, improve the heart and lung function, relieve pressure and other functions.

The results of the survey (Table 1) show that students' motivation to participate in aerobics options is varied. The top four are fitness weight loss (37.9%), body building (27.9%), personality building (22.7%), and communication (11.5%). Through our case study, it is found that the research objects of college students first focus on fitness and weight loss, because the aerobics exercise can achieve the purpose of enhancing physical fitness, promoting health, weight control

and pleasing body and mind. Secondly, shaping the body is also a great concern of college students. Now the university aerobics special course using the "public fitness regulation action" is through the study of six sets of aerobic dance, can improve the state of body beauty, improve the human body to the body control ability and performance ability.

National aerobics dance level rules aerobic dance part, using scientific, effective aerobic training way can promote students body blood circulation, improve the students' cardiopulmonary function, improve students' muscle flexibility ductility, can let the students keep good body form, improve the students' inner temperament, let students in various activities of more confident, more intellectual elegant, to meet the aesthetic needs of college students. Social communication is also an important aspect of physical and

mental health. College students, who are always under the pressure of study, may form a shy personality who does not love to communicate with others, which is not conducive to the cultivation of healthy personality.

And aerobics teaching in colleges and universities is in the form of collective teaching, need interaction between teachers and students, interaction between students, sometimes use small group study, review or even group test teaching form, in the teaching process can cultivate the students' teamwork consciousness, through mutual error correction action memory together, to show the student enthusiasm, make public, energetic spirit, let the student in a more friendly love, help each other, further enhance communication ability can enhance the social interaction, let college students in the intense learning can fully release self, express themselves.

Table 1. Motivation of college students to take the special course of aerobics

purpose	number of people	Ratio
Fitness to lose weight	159	37.9
Shape the body	117	27.9
Cultivate personality	95	22.7
Enhance communication	48	11.5

3.2. Students' Love for Aerobics Projects

Research found that college students are generally interested in aerobics class, 58% of students think they are very interested in aerobics course, 29% of students think themselves interested in aerobics, and 13% of students think they have no interest in aerobics, because need to complete physical education class credits, so just chose a sport.

3.3. Students' Cognition and Teaching Status of Calisthenics and National Aerobics Dance Level Routines

The study found that the students contacted aerobics mainly through the first impression brought to the students through new media, middle school physical education and watching aerobics performance (Table 2), so they chose the special course of aerobics, hoping to master more knowledge and learn more content through the study of aerobics special

course. The application of new media technology in the teaching of aerobics in colleges and universities has been relatively popular, and its main application tools include PPT, video, music, WeChat and Weibo, etc. The author believes that new media technology can improve the teaching interest, interactive and learning effect, but there are also some problems, such as lack of professional technical support and guidance, improper use will affect the fitness effect, new media teaching resources and update; so students through new media, watching performances and other ways, often only a preliminary impression of aerobics. Real aerobics learning is a complete teaching process, in aerobics teaching, in addition to let the students master aerobics routines, also let the students understand the aerobics basic theory, basic technology, basic skills, competition rules, knowledge and skills, understand through aerobics exercise to promote human body health, shape form, edify sentiment, show themselves.

Table 2. Channels that students can learn about the aerobics program

channels	number of people	ratio
New media, watch the show	169	40.3
Middle school physical education	121	28.9
Watch the performance	86	20.5
else	43	10.3

3.4. Students' Liking Degree for the Prescribed Routine Movements

In a survey of 419 students who have learned the National

Exercise Level Action (see Table 3), 36.3% of students liked the aerobics level routine, 30.5 students liked it, 19.3% were average, and 13.8% did not. Research shows that the level of aerobics routine is still more popular with college students.

Table 3. Students like the grade specified action

channels	number of people	ratio
like very much	152	36.3
More like	128	30.5
same as	81	19.3
dislike	58	13.8

3.5. Analysis of the Reasons Why Some Students do not Like the Prescribed Routines

In a further questionnaire survey of students who do not like the national aerobics exercise, it was found that 37.9% of the students were too complex to remember; 25.9% thought the routine movements are too monotonous and boring; 24.1%

were afraid of high scores; and 12.1% disliked the national aerobics dance for other reasons.

Understand the reason why students do not like the routine, but also help the teacher in the future teaching, such as the action is difficult to remember, teachers can use the segmented teaching method, the whole set of actions can be divided into many times to learn, each time to strengthen the review, so that students really master.

Table 4. Analysis of the reasons why the students do not like

channels	number of people	ratio
The movement is complex and difficult to remember	22	37.9
The movement is monotonous and the music is ugly	15	25.9
Fear of exams	14	24.1
else	7	12.1

3.6. Determine the Arrangement Difficulty and Exercise Intensity of the Routine

The study and promotion of aerobics, the difficulty of its arrangement and the intensity of exercise are very important factors. The arrangement is too simple, repetitive and less intense, and the students will feel boring, monotonous, and have no enthusiasm to learn. On the other hand, if the movement arrangement is too complex and the difficulty is too high, students will lose confidence and be unwilling to practice actively. "National national aerobics dance level regulation action" a total of six levels of (set) action, choreography difficulty and exercise intensity are different: usually aerobics special class students between the dance skills, physical quality have a large gap, a class at the same time to teach a set of action is still a gap. Usually like aerobics, good physical quality of the students feels to learn quickly, very simple, and even feel the exercise intensity is not enough; and the poor physical quality of the students feel too complex, the intensity is too big, accept the difficulty, practice is not interested, no classroom should have passion, so the teaching content is difficult to implement, affect the national aerobics dance level of action promotion. According to the interviews of experts and those of students' survey, most teachers and students think that the first and second level movements of the prescribed routine are relatively simple, more suitable for grade one students to learn; the third and fourth levels is more suitable for grade 2 students to learn; grade 5 and grade 6 movements, mainly instruments, are not suitable for teaching. The author thinks that we can divide the "national aerobics dance level regulation action" into several stages: level one, two level action for the first stage (primary stage); level three, four for the second stage (intermediate stage), five, six for the third stage (advanced stage). Different schools, different classes, can according to their own students 'situation (physical quality, interests and acceptance ability) to arrange students' teaching tasks.

3.7. Diversified Teaching and the Cultivation of Students' Innovation Ability

The teaching of aerobics routine can use a variety of teaching forms, such as demonstration explanation method, teacher teaching method, complete and segmented teaching, repeated teaching method, and action prompt method and other multiple teaching methods. Can also use multimedia

teaching, watch the complete routine of aerobics routines and segmented teaching video, so as to achieve the ideal teaching objectives. The teaching of aerobics prescribed routines is not only a simple action learning, but also a process of students'-learning and re-creation of the prescribed routines. In aerobics teaching, students not only learn and master a set of prescribed routines, but also let students learn to design the formation change of aerobics, to cultivate students' innovative consciousness, practical ability, cooperation ability, social ability, aesthetic ability and so on. Through learning, make students interested in aerobics, so as to love this sport more, and has laid a good foundation for lifelong sports. Therefore, as a professional aerobics teacher, we must have a clearer understanding of the national aerobics dance level regulation action, know its fitness value, arrangement principle, exercise intensity, so as to effectively guide students to carry out scientific arrangement. At the same time, strengthening the learning, professional exercise and retraining of professional teachers is also conducive to the further promotion and popularization of the national aerobics dance level regulation action.

3.8. The Importance of the Relevant Department Leaders of the School

To ensure the good implementation of action, in addition to the joint efforts of teachers and students, the attention and support: Shanghai Maritime University is one of the few test sites in the Shanghai area, and a lot of manpower and material resources, school leaders at all levels give green light and strong support; and the performance and competition is an effective way to promote it, and also one of the effective means to promote extensive development. Taking the "National Fitness Dance Level Action" organized in 2016 as an example, our students enthusiastically signed up, 498 students took the exam, accounting for 98.2% of the total number; 483 students passed the corresponding level, and the pass rate was 97%, the exam can increase the enthusiasm and initiative, perform the skills learned in the classroom, increase their confidence, and get physical and psychological exercise. Therefore, in order to carry out the popularization and promotion of "prescribed action" in colleges and universities, we should first strengthen the innovative concept of school leaders at all levels, improve their understanding of sports work, establish the education view of morality, intelligence and body and the talent view to meet the needs of the future

society. Secondly, in the sports department and the educational administration and cooperation, the "prescribed action" extensive publicity, promote the popularization of the "prescribed action" in colleges and universities.

4. The Conclusion and Recommendations

4.1. Conclusion

Aerobics is a popular sports among college students, aerobics can strengthen the body, shape the shape, cultivate personality, enhance communication.

The new "National aerobics Dance Level prescribed action", according to different movement difficulty, exercise intensity for choreography, practice has proved that the "National aerobics Dance Level prescribed action" can be popularized and promoted in colleges and universities.

Through the study of the dance, the students' innovative consciousness, practical ability, cooperation ability, social ability, aesthetic ability and soon have a good training.

4.2. Suggestions

Through the teaching practice, "National national aerobics dance level regulation action" has been widely recognized by teachers and students, Colleges and universities can according on the specific situation of students, Let the students learn and understand the origin and development of aerobics and the current situation at home and abroad; Appreciate the big competitions and performances; Master the basic movements of aerobics, Learn and understand the level 1-6 public aerobics exercise standards; Learn to arrange aerobics combination movements, combined action choreography complete set of movements; Understand competitive aerobics, equipment aerobics, aerobic Latin, fight gymnastics, cheerleading, healthy hip-hop dance and other dance type

courses, Enhance and comprehensively develop the students' physical quality, And make them master more, more scientific fitness methods, Lay a good foundation for the promotion of the national fitness campaign.

To better promote the national aerobics dance level rules, not only need school leaders to attach importance to, school venues, facilities and equipment, but also need to strengthen the construction of aerobics teachers, improve teachers 'professional ability, using multiple teaching methods, at the same time can carry out rich and colorful aerobics dance general competition various aerobics performance activities, so as to further arouse the enthusiasm of students' learning, stimulate students' potential motivation, to better promote the national aerobics dance level action in the popularization and promotion of colleges and universities.

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