

The Optimization Trend of Aerobics Teaching in Colleges and Universities Under the Situation of National Fitness

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Abstract: Aerobics is a rhythmic, rhythmic aerobic exercise performed to the accompaniment of music, which achieves the purpose of exercise and fitness through the coordination of the upper and lower limbs and all joint parts, and its movements combine the characteristics of various types of dance and gymnastics, through the unarmed or use of equipment to exercise, to achieve the purpose of fitness, beauty and heart. Through the exercise of aerobics can not only make the body fit, improve health can also be achieved through the long-term musical rhythm of the accompaniment, the development of the perception of music and the cultivation of sentiment, physical and mental health and other benefits of aesthetic value. The reason why the aerobics program is loved by the masses is also due to its simplicity, easy to learn, low requirements for the venue, easy to promote and other factors, occupying an important position in the promotion of national fitness. In this paper, the sport value of aerobics in colleges and universities and the way of teaching aerobics in colleges and universities are studied from the perspective of "National Fitness Program Outline". In order to conform to the development of the times and support the favorable implementation of the National Fitness Program, the aerobics curriculum in China's colleges and universities should strengthen the innovation and optimization in teaching. This paper discusses and analyzes 3 main aspects: the National Fitness Plan (2016-2020), the optimization of college aerobics curriculum, and teaching dilemmas, and explores the optimization of college aerobics teaching as a way to improve the overall physical quality of our nation.

Keywords: Fitness for all, Colleges and universities, Aerobics teaching.

1. The Outline of the National Fitness Program

National fitness is an important means and method to achieve the health of all people, and through the implementation of the National Fitness Implementation Plan (2011-2015), and the National Fitness Plan (2016-2020), the fitness awareness of all people in China has been brought to a new height, and during the implementation of the promulgation of the plan outline, the the national physical fitness as well as the importance of health has been greatly enhanced, is the foundation guarantee for all people to enhance their physical fitness and happy life, and is an important connotation of building a moderately prosperous society in all aspects. The National Fitness Plan (2016-2020) is a programmatic document, the significance of which is to advocate and promote the national fitness methods and approaches suitable for China's national conditions, and to give scientific and effective, simple and easy to implement physical exercise methods for different people of different ages and genders. Highlight the mass of sports and competition activities of the masses, fitness, ethnicity, fun and scientific. The aerobics sport is an important sport for the realization of the path of national fitness because of its versatile set style, diverse musical accompaniment, simple and easy to learn, low requirements for the venue and other factors that facilitate the promotion of national fitness, so through the study to improve the way and method of teaching aerobics in China's colleges and universities, the development of aerobics progresses and is more conducive to the promotion and application of national fitness.

2. The Optimization Influence of National Fitness On Aerobics Courses in Colleges and Universities

2.1. Improve the social value of aerobics courses

The promulgation of the national fitness program can improve the social value of aerobics. The "national fitness" refers to all people in China, regardless of age, gender, occupation and other factors, the publicity and implementation of China's national fitness program to achieve "household awareness, everyone participate". The implementation of the National Fitness Plan (2016-2020) and the diversity and popularity of aerobics provide a lot of support for the development of aerobics courses in colleges and universities in China, through the arrangement of courses from easy to difficult and the classification of teaching content according to the type of participants. For example, for college students and younger groups, teachers can choreograph more dance elements, such as street dance, jazz, pop dance, break dance, etc., to attract students' interest in learning and enhance the aesthetic awareness of young people. While facing older groups, teachers can add more elements of square dance on the basis of general mass aerobics to ensure the exercise style suitable for different groups and achieve the purpose of fitness.

2.2. Improve the fitness value of aerobics

The promulgation and implementation of the national fitness program has given a new definition to the development of aerobics in colleges and universities. In the past, in the aerobics courses in colleges and universities, the teaching

method is still teacher-led and students follow the teacher's arrangement; the teaching method is based on the teacher's demonstration and students imitate the exercises; in the classroom evaluation, the evaluation is based on the degree of standardization of the completed routines, techniques and skills. In the special teaching, it is too much to teach students the technical skills of aerobics, as well as the way of creation and other special class content, and the course format is too standardized. The focus direction of the aerobics curriculum should strengthen students' learning process experience, understand the fitness and fitness value of aerobic exercise, and improve the use of aerobics as an important means of physical exercise outside of class. And according to their own physical conditions, they can choose the right intensity of aerobics to practice, to achieve the purpose of physical fitness. Some students take aerobics classes only as a course for completing credits, and have low interest in it and not clear enough motivation to learn. The proposed national fitness system, however, has given a new definition to the college aerobics course, and it is of great practical importance to achieve national fitness by making aerobics suitable for national fitness characteristics and seeking active health through practice.

3. Current Teaching Dilemma of Aerobics Course in Colleges and Universities

3.1. Teaching method is relatively single

The teaching method will have a direct impact on the teaching effect and quality. Most of the physical education classes use the preparation, basic, end of the three-part teaching model, this traditional teaching model, although after many years of verification is effective and feasible, but the teacher in the classroom dominant position, is not conducive to the development of innovative and independent students to participate in the awareness of physical exercise. The teaching of aerobics courses in colleges and universities mainly use teachers to demonstrate, students to imitate the form of class, teaching methods taught a single, rigid, students repeat the action by following the teacher's demonstration to learn, so as to achieve muscle memory to complete the task, the whole process of teaching and learning to teach a single, passive learning aerobics courses, can not let students from itself to explore the value of learning aerobics, so that because of the love to stimulate interest in learning.

3.2. Teaching evaluation method is not comprehensive enough

The evaluation of the aerobics course is mainly based on

the technical level, whether the students master the movements of this class in a standardized, coherent and expressive way. The evaluation method should evaluate the course from different angles such as innovative perspective and choreographic style to stimulate the diversity of aerobics features and encourage students to express themselves and be innovative.

4. Conclusion

This paper has discussed and analyzed three main aspects of the National Fitness Plan (2016-2020), the optimization of the aerobics curriculum in colleges and universities, and teaching dilemmas to understand the development direction of the National Fitness Plan in China through the interpretation of the National Fitness Policy. Aerobics is loved by the masses because of its simplicity, easy to learn, low requirements for venues, easy to promote to adapt to a wide range of groups and other factors, from easy to difficult choreography and teaching content classification settings according to the type of participants, for example, for college students and younger groups, teachers can choreograph more dance elements, such as street dance, jazz, pop dance, break dance and other dances to attract students' interest in learning and enhance the youth's aesthetic awareness. While facing older groups, teachers can add more elements of square dance on the basis of general mass aerobics to ensure a suitable exercise style for different groups and achieve the purpose of fitness.

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