

# *Study on the Current Situation and Development Strategy of Yoga Teaching in Colleges and Universities*

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**Keywords:** Universities, Yoga teaching, Situation, Development strategy

**Abstract:** Yoga can not only cultivate self-cultivation, but also regulate emotions and promote immunity. It can also play a good role in plasticity and temperament. The teaching of yoga course in colleges and universities is conducive to the healthy and comprehensive development of students and the implementation of quality education requirements, so attention should be paid to this course teaching. From the perspective of the current situation of yoga teaching, there are problems in curriculum arrangement, teaching methods, infrastructure construction, and faculty, which hinder the development of yoga teaching. Based on this, it is necessary to start with the problems of yoga teaching and seek solutions to promote the better development of yoga teaching. This paper takes yoga teaching in colleges and universities as the research object, and provides curriculum teaching development strategies when pointing out the current teaching situation.

## **1. Introduction**

Yoga teaching has many advantages, not only can make students in sports self-cultivation, relieve pressure, promote physical and mental health, but also can help students shape a good shape, so that people ' s temperament. Yoga teaching is helpful to students ' all-round development and embodies the people-oriented education principle. However, there are still many deficiencies in this course. In this situation, the function and role of yoga teaching are difficult to play, affecting the achievement of quality education goals. To change the current situation of yoga teaching and improve the quality of teaching, it is necessary to clarify teaching problems, and then study countermeasures to solve the factors that hinder the development of curriculum teaching with the goal of sustainable development of teaching. On this basis, yoga teaching will be optimized, which can not only promote the development of students, but also promote the development of curriculum teaching.

Current situation and problems of yoga teaching

### **1.1 Insufficiency of Teaching Staff**

Yoga teaching has many advantages, not only can make students in sports self-cultivation, relieve pressure, promote physical and mental health, but also can help students shape a good shape, so that people ' s temperament. Yoga teaching is helpful to students ' all-round development and embodies the people-oriented education principle. However, there are still many deficiencies in this

course. In this situation, the function and role of yoga teaching are difficult to play, affecting the achievement of quality education goals. To change the current situation of yoga teaching and improve the quality of teaching, it is necessary to clarify teaching problems, and then study countermeasures to solve the factors that hinder the development of curriculum teaching with the goal of sustainable development of teaching. On this basis, yoga teaching will be optimized, which can not only promote the development of students, but also promote the development of curriculum teaching.

## **1.2 Single Teaching Method**

Yoga has many advantages, so many universities have also set up yoga courses to promote the better development of students. However, it should be noted that the Yoga project fever is in its infancy in recent years. All aspects of construction is not perfect, curriculum teaching is still in constant exploration. The teaching of yoga courses in colleges and universities lacks innovative consciousness. Most of them adopt the knowledge related to yoga, and in practice, they use demonstration actions to guide them. Students imitate actions, and finally master actions through repeated exercises. Yoga teaching long-term use of a single way, college students will lose interest in this sport. In the absence of enthusiasm, yoga learning cannot naturally achieve the desired results.

## **1.3 Imperfect Construction of Related Facilities**

Yoga courses in colleges and universities are basically elective courses, so there is little investment in curriculum teaching and imperfect infrastructure construction. Yoga teaching needs to be carried out indoors. There are few teachers dedicated to yoga training in colleges and universities, or even no, sharing classrooms with dance indoor training. Yoga training classroom is tense, so the curriculum arrangement is difficult, and the classroom can not meet the needs of yoga training, and the related equipment is few, which seriously restricts the teaching of yoga.

## **1.4 Unreasonable Teaching Content**

In the teaching of yoga in colleges and universities, there are unreasonable teaching contents. Due to the lack of relevant teaching materials, teachers can only arrange teaching content according to the existing teaching materials and materials, which will inevitably be insufficient. There may be problems in training in practical teaching, mainly because there are problems in methods, and there are also imperfections in teaching that involve yoga culture and knowledge, as well as philosophical aspects, resulting in low effectiveness of yoga teaching.

# **2. Yoga Teaching Optimization and Development Strategy**

## **2.1 Statistical Methods Establishing High Quality Yoga Teaching Team**

Yoga teaching in colleges and universities is the responsibility of professional teachers. Yoga teachers' professional quality and education level directly affect the effectiveness of yoga teaching. Therefore, the primary task of universities in optimizing yoga teaching is to strengthen the construction of teaching staff. In the recruitment of yoga teachers, colleges and universities should try to choose those who have received professional yoga education and systematic training, and select yoga teachers with high professional quality and strong business ability and good professional ethics. It provides yoga teachers with further education or professional training

opportunities to guide them to relearn. Through these, solid theoretical basis of yoga teachers, as well as to enable them to grasp the culture contained therein, and contains philosophical knowledge. In addition, it is necessary to improve the technical action level of yoga teachers and ensure the standardization of action. The improvement of the comprehensive quality and professional level of yoga teachers can better organize yoga teaching and promote the quality of teaching. Yoga teachers should improve their personal charm, through good business skills and personal charm, as well as vivid and accurate language expression ability, enhance the attraction and appeal of teaching, promote students to actively carry out yoga.

## **2.2 Innovative Yoga Teaching Methods**

Students' interest in yoga has a direct impact on the quality of yoga learning, so the course teaching should improve the driving effect. Yoga teaching should innovate thinking and seek new teaching methods to activate interest, make students experience actively, feel the charm of yoga in participation, improve yoga learning and sports consciousness, cultivate self-cultivation in the process, and promote physical and mental health. Determine the overall goal before yoga teaching, and then combined with the teaching task, reasonable arrangement of yoga teaching. On this basis, research and explore new teaching methods. [ 4 ] It should be noted that not traditional teaching is useless, but through improving teaching methods, in addition to meeting sports interests, it is necessary to enhance the awareness of participants and ensure the effectiveness of yoga teaching. Yoga teaching combined with music, choose some can relax students, and edify sentiment music, and yoga action fit. On the one hand, it can stimulate interest ; on the other hand, it can promote more coordination of movements. In addition, yoga teaching should take hierarchical teaching methods according to students' personality characteristics. In the teaching of cultural knowledge of yoga course, the culture related to yoga is collected, including videos, pictures, and text introductions. It is made into pictures and texts, and students are allowed to watch and learn in teaching. Compared with explaining cultural and philosophical knowledge, this way can stimulate enthusiasm and interest in participation, and ultimately enable students to better understand and master yoga culture in experiential learning.

## **2.3 Perfecting the Construction of Infrastructure**

Universities should increase investment in yoga teaching and do a good job in infrastructure construction to ensure better development of yoga teaching. Colleges and universities should build special yoga training classrooms based on the needs of yoga teaching and decoration according to yoga training requirements and standards. Purchase necessary yoga training equipment, professional training classrooms open in leisure time, to meet the requirements of students' extracurricular training, promote yoga teaching development [ 6 ]. College resources do not allow the construction of specialized yoga classrooms, can make full use of some of the idle space, transformed into yoga training room.

## **2.4 Optimizing Yoga Teaching Content**

Yoga teaching in colleges and universities should reasonably determine the goal, on this basis, according to the needs of students' physical and mental health development, determine the course content. Yoga teaching should set different contents according to students' physical quality and sports interest to meet the requirements of yoga learning and training for different groups. Yoga teaching content should be comprehensive, including yoga-related culture, yoga knowledge, philosophy, history, etc., so that students can fully understand yoga. In addition, yoga training

should first carry out basic skills training, and then carry out continuous action skills training, so as to prevent students from being injured in training. Yoga training should be hierarchical, step by step to ensure that students can master. Yoga teaching is student-oriented. Teachers should arrange the content reasonably, guide and regulate actions to achieve good yoga teaching effect.

### 3. Acknowledgment

Research Fund Project of Philosophy and Social Sciences of Jiangsu Universities in 2018 (Project No.: 2018SJA1885)

### 4. Conclusion

In short, the problems of yoga teaching in colleges and universities seriously hinder the development of teaching. Based on this, yoga teaching should start from solving problems and improve teaching reform. By establishing high-quality yoga teachers, innovating teaching methods, improving infrastructure construction and optimizing teaching content, the quality of yoga teaching is promoted and the teaching objectives are implemented.

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