

# *A probe into the creation theory of national aerobics*

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**Keywords:** National aerobics, creation theory, inquiry, method.

**Abstract:** National aerobics is actually the product of the combination of national dance and fitness activities. In the atmosphere of continuous social renewal and development, the people not only have increasing demands for daily life and spiritual civilization, but also have a newer understanding of sports. Following that, folk dance is also deeply recognized and loved by the people. Folk dance can combine many characteristics of national culture, aerobics and so on, after innovation and change, national aerobics is presented to the people. And called on the people to learn national aerobics, so that the people have a deeper understanding and cognition of the history, culture, and social life of various national groups. Therefore, this paper will conduct in-depth research and analysis on the creation theory of national aerobics.

## 1. Introduction

With the continuous update and development of modern society, people's requirements for sports at this stage have been significantly improved compared with before. Therefore, in order to effectively promote the smooth development of mass sports education activities, more attention should be paid to the sports needs of national minority areas, and the sports resources in national minority areas in my country should be fully explored. To put it simply, the main core carrier of national aerobics is national minority dance, and it has been organically combined with the exercise methods, rhythm, and rhythm of aerobics to form a sport with more national culture. In this sport, not only the important resources and products of the combination of national culture and modern culture can be presented, but also the theoretical system of national fitness can be more solidly and effectively enriched. At the same time, it can also provide direction guidance for fitness education staff, as well as provide an important role and significance for promoting innovative national aerobics.

## 2. Theoretical Analysis on the Creation of National Aerobics

### 2.1 Creation Elements of National Aerobics

In the specific work of national aerobics creation and design, it will be affected by many different factors, including different elements such as movement, music, dance, time and space. Moreover, they can also play a role of mutual influence and mutual restriction, and fully integrate the role into the creation of national aerobics. First of all, movement is the main core element,

which can form single exercises, combined movements, complete sets of movements, etc. However, in the actual creation process, it is necessary to integrate innovative thinking and national characteristic dance culture into it; secondly, it is to select suitable music, which not only has a strong sense of rhythm and rhythm, but also is the best way to express emotions. At the same time, music can also better stimulate the creative thinking of design staff and generate more inspiration<sup>[1]</sup>. Finally, there are two elements of time and space. Time can better constrain the time for aerobics. In addition, scientific and reasonable fitness time is an important prerequisite for the creation of work. The spatial elements are mainly to highlight the changes in dance movements, routes, formations and other aspects. It can be seen that the overall beauty of national aerobics is inseparably related to the sense of space.

## **2.2 Creation Principles of National Aerobics**

In fact, the main core purpose of carrying out sports projects is to carry out national fitness, so that the people have always had a strong physique. First of all, when carrying out the creation of national aerobics, it is necessary to fully comply with the principle of comprehensiveness, and select the content suitable for the people to participate in the exercise. At the same time, it is necessary to fully ensure that the joints, muscles, and ligaments of the human body are exercised and improved, and to provide improvement assistance to various functional organs of the human body; secondly, the principle of rational design must be followed, and the relevant matching method to create fitness movements, which can effectively ensure the scientific integrity of aerobics; finally, it is necessary to integrate artistic characteristics and basic principles into it, because national aerobics is not only a way to present human body art, but also the best exercise ways and means. Therefore, it is necessary to fully follow the principles of nationality, rationality and artistry in the process of creating and editing national aerobics. Only in this way can the actual effect of national aerobics be effectively guaranteed.

## **2.3 The Creation Method of National Aerobics**

There are many ways of creating and compiling national aerobics, but due to the different creative methods of the design staff and the different forms of aerobics, there are also differences in the methods and methods used. Under normal circumstances, design staff can use a variety of creation methods when carrying out creation work, such as the more popular combination method, overall conception method, step-by-step method, progressive method, transplantation method, etc. Moreover, in the actual creation process, a variety of methods should be organically combined, and only in this way can the effect of creation be truly presented.

## **3. The Steps of Creating National Aerobics**

In the process of changing and innovating national aerobics, we can start from the following aspects.

On the first aspect, the first link is to design the framework according to the actual development. The framework needs to fully consider the length of exercise time, the amount of exercise, the actual content of the action and other factors. Before carrying out the design, it is necessary to conduct in-depth research on the actual situation and the situation of the practice range, and it is necessary to design the dance moves under the premise of ensuring safety. Secondly, the frame design also includes the name, purpose, requirements, basic movements, etc. of national aerobics, which must be determined before follow-up work is carried out.

Second, national aerobics should naturally integrate the culture and dance characteristics of different national groups, and also have distinctive characteristics [2]. At the same time, the design staff should also pay attention to the connection between the trunk and the movements between the upper and lower limbs. Mainly in this way, the flexibility and coordination of the body can be better highlighted, but attention should also be paid to the coordination of the design movements, and the problem of incoordination should be avoided to the greatest extent possible.

The third aspect is that after determining the overall style of national aerobics, choose music according to actual needs, and it is necessary to coordinate music and movements. However, according to the analysis of the actual development situation of national aerobics, some choose music first, and then the design staff complete the action design according to the rhythm, rhythm, style, etc. of the music; some design the action first, and then use the action as the Basic screening of music that matches it. In addition, there may also be situations in which the adjustment action occurs after the music selection work is completed. In view of this situation, it is necessary to pay more attention when selecting music, and to determine the music in combination with various factors, only in this way can the overall style and characteristics of national aerobics be better highlighted [3].

In the fourth aspect, the design staff need to carry out the sequence from easy to difficult in the process of determining the action. At the same time, it is necessary to conduct an in-depth analysis of the overall structure of the human body and the relationship between joint activities, most of the movements can be mainly based on stretching. In addition, coordination and coherence should be placed in the primary position of action design. If inappropriate actions are encountered, these should be eliminated in time [4].

In the fifth aspect, after completing the music and actions, it is to record and analyze the actual completion situation in depth. At this time, the design staff can make a preliminary sketch design first, so as to provide a basic guarantee for the follow-up practice exercise. The design staff can briefly explain and adjust the corresponding actions according to the schematic diagram, and finally effectively ensure the coordination and unity of the actual actions.

#### 4. Conclusions

All in all, national aerobics is actually formed after the integration of national culture and art with modern science, technology and culture. National dance can not only fully display the characteristics of national culture, but also better reflect people's daily production and lifestyle, as well as the development direction of people's spiritual pursuit. In the development process of modern fitness application, scientific and reasonable fitness methods are mainly used to effectively meet people's needs for sports. Therefore, in the process of creating and compiling national aerobics, we should fully uphold its compiling elements, compiling principles, and compiling methods. Only in this way can the overall creation level and quality of national aerobics be improved in a targeted manner, and then provide strong support for the development of national aerobics sports.

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