

Research on the Development and Utilization Of High-Quality Aerobics Course Resources in Colleges and Universities

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Abstract: With continued improvement of the living standard of human beings, people's desire and pursuit of aerobics is also increasing. It is a comprehensive rhythmic gymnastics that integrates music, freehand gymnastics and modern dance, pursuing artistic life as the theme has attracted the attention of school leaders and the majority of PE teachers, and has gradually been widely recognized in college physical education teaching. Therefore, based on the author's teaching experience for many years, this article analyzes the relevant ways for the development and utilization of high-quality aerobics course resources in colleges and universities, hoping to lay a basis for peers to carry out high-quality aerobics courses.

1. Introduction

In physical education, the role of aerobics has become increasingly prominent. The rich teaching resources determine that the goal of colleges and universities aerobics courses needs to reach a certain level and scope, and can develop and use high-quality aerobics course resources in a timely manner, so as to lay the basis for the society to transmit aerobics compound talents. The development and utilization of high-quality aerobics course resources in colleges and universities is also the necessary basis for the creation of aerobics textbooks and the reform of teaching ways, which in turn promotes the teaching effectiveness of colleges and universities aerobics courses.

2. The Role of the Development and Utilization of Colleges and Universities Aerobics Curriculum Resources

2.1 It can Effectively Solve the Developmental Problems Faced by Aerobics Teaching

At present, the teaching development of colleges and universities aerobics in my country is still facing some problems, such as insufficient curriculum resources and system imbalance. And strengthening the rational development and utilization of aerobics excellent course resources, can overcome this problem well. And according to the needs of current students in college, a new type of teaching content in aerobics system that meets the needs of college students can be established,

so as to solve the developmental problems faced by aerobics teaching.

2.2 It is the Basis for the Reform and Development of High-Quality Colleges and Universities Aerobics Courses

At present, the teaching content and teaching values of colleges and universities aerobics courses are closely related to the construction of the course itself. At the same time, the curriculum resources of colleges and universities aerobics in our country are very extensive, but in order to meet the needs of the majority students, teachers need to transform the existing teaching mode of aerobics courses, and innovate the teaching content, so as to effectively promote the reform and development of high-quality colleges and universities aerobics courses.

2.3 Contribute to the Development of the Construction of High-Quality Colleges and Universities Aerobics Courses

The teaching curriculum resources of colleges and universities aerobics are an indispensable internal element to improve the aerobics teaching effect, and it is also a key link to make sure that the teaching activities of aerobics can be carried out. In the actual teaching process of colleges and universities aerobics, it can be found that various factors such as the expansion degree, development degree, and use benefit of aerobics course resources will play an important role in the implementation of colleges and universities aerobics activities. Therefore, the correct development and utilization of colleges and universities aerobics curriculum resources can promote the stable development of basic aerobics course teaching in China, and improve the effective development of college physical education in aerobics ^[1].

3. Principles of Development and Utilization of Colleges and Universities Aerobics Course Resources

3.1 The Principle of Openness

The development and utilization of colleges and universities aerobics curriculum resources should adhere to the basic principles of openness, including: openness of implementation, openness of development and utilization, and openness of development ways. Therefore, under the guidance of the principle of openness, designers of high-quality colleges and universities aerobics curriculum resources should be able to design curriculum resources that meet the needs of different students.

3.2 The Principle of Economy

On the foundation of developing high-quality colleges and universities aerobics courses, the following four basic economic principles should be followed: economics at the teaching level; economics at the spatial perspective; economics at the research level; economics at the expenditure level. To put it simply, it is to maximize the best effect at the least cost, that is, to develop and utilize the resources of excellent aerobics courses according to factors such as the local economic and cultural level, local resources and teachers' level.

3.3 The Principle of Locality

The resource development and utilization of high-quality colleges and universities aerobics courses should follow the principle of locality, and also include uniqueness and richness, and then constitute three levels of course resources. In particular, it is necessary to take full advantage of

advantages and regional characteristics of the region, and build a high-quality aerobics course teaching resource with local characteristics, so that more students can participate in the aerobics learning process actively.

3.4 The Guiding Principle

The development and utilization of high-quality aerobics course resources in colleges and universities must comply with the guiding principle. This is because the knowledge contained in the course resources is not exactly the same, and the teaching objectives are also different. The purpose of following the guiding principle is to better promote aerobics implementation. Therefore, in the process of developing and utilizing the colleges and universities aerobics curriculum resources, we should base on the curriculum objectives and develop and utilize the curriculum resources in a targeted manner according to the teaching purposes.

4. Analysis on the Development and Utilization of High-Quality Colleges and Universities Aerobics Curriculum Resources

4.1 Construct and Complete the Teaching System of High-Quality Colleges and Universities Aerobics Courses

In contemporary fast development of modern information technology, aerobics education in colleges and universities needs to improve the leading thinking of quality education and modern teaching ways. Starting from the needs of social development, we must handle the relationship between the comprehensive development mechanism of students, the reformation of the education system and the needs of social development as a whole. When designing the teaching system of colleges and universities aerobics courses, schools at all levels should always implement the educational ideas of "health first" and "lifelong sports", and carry out the teaching of excellent aerobics courses scientifically, reasonably and systematically. Therefore, the first is to make the teaching content more fashionable, and then the teaching content of colleges and universities aerobics should keep pace with the times. The innovation of teaching content is carried out, so that students can seek knowledge from the heart, and then stimulate students to actively learn aerobics; the second is to enhance the entertainment and competitiveness of teaching content. Strengthen students' self-choreography performances and competitions, so that each student can show himself in the competition, and can mobilize the enthusiasm of the students to learn, so that the students can improve their confidence in aerobics learning through their own creation, so that they can learn from Build confidence in the victory of the competition, realize that the competition is the result of successful efforts, and actively guide students to join in various aerobics performances inside and outside the school, promote personal and social exchanges, and cultivate students' performance and social skills, so as to fully Give full play to the aerobics courses characteristics, and then organically combine the fashion, entertainment and competition of aerobics to make it more coordinated, more natural, and more suitable for the fitness and entertainment needs of today's college students and can better adapt to the fitness and entertainment needs of contemporary college students, thereby laying a good basis for the sustainable development of colleges and universities aerobics teaching.

4.2 Strengthen the Teaching Staff Construction and Improve the Aerobics Teachers' Professional Quality

The establishment and development of a college's teaching system is inseparable from the support of teachers, and the construction of a teaching team is a technique to effectively develop

and utilize the high-quality colleges and universities aerobics curriculum resources. First of all, the medium of aerobics teaching resources is mainly to understand and grasp the course materials. In addition, colleges and universities must have teachers who are willing to serve education, education management professionals, professional scholars in the field of aerobics, etc. Second, they must also provide teachers with corresponding learning data, and then let teachers clarify the key points of the development and utilization of high-quality colleges and universities aerobics curriculum resources. However, at this stage, some teachers who are engaged in colleges and universities aerobics teaching lack the ability to develop, identify and utilize related resources, which leads to the ineffective application of a large number of valuable resources, which affects the improvement of the teaching effect of colleges and universities aerobics. In addition, college aerobics teachers can also participate in some training at their own expense according to their own economic conditions, and then apply the various aerobics skills they have learned to the actual aerobics course teaching process, organize teaching content and teaching materials by themselves, so as to promote effective The development and utilization of colleges and universities aerobics curriculum resources has laid a solid basis^[2].

4.3 Fully Develop and Utilize the Teaching Resources of Excellent Aerobics Courses

4.3.1 The Application of Internet Platform in Aerobics Course Resources

With the development of the times, "Internet +" has penetrated into our daily life, but the network cannot be called "Internet +" simply by combining the Internet and aerobics, it must have cloud, Only basic elements such as big data and the Internet of Things can be called "Internet +". In this way, there will be more types of aerobics teaching resource platforms in colleges and universities, which will lead to the rapid development of aerobics, there will be new teaching contradictions^[3]. In addition, the sports industry development needs to rely on science and technology, and the development of aerobics also requires technology, so that teachers can teach colleges and universities aerobics through Internet +, MOOCs, micro-classes, and videos, and they can also use modern CPAVD information software can upload a large number of video materials to the network, and then can enrich the content of classroom teaching.

4.3.2 Give Full Use of the Online Education Function of School Blackboard

One is to open a complete set of online educational resources for the majority of college students. The colleges and universities aerobics course is two hours a week, and due to time constraints, many theoretical knowledge related to teaching cannot be explained in detail in the classroom. Therefore, we can build an online aerobics platform for students through the BB platform established by the school's academic affairs department. Excellent course resource learning platform, and provide students with teaching videos of excellent course teachers. On the one hand, it can enable college students to learn the knowledge and skills of aerobics online, and make up for their shortcomings in daily classroom learning; Build an independent learning environment, and then play a good guiding role in cultivating students' intelligence and creativity. The second is to use the discussion board of the teaching platform for teaching guidance and answering questions. This section can effectively promote the effect of teacher-student and student-student interaction, and achieve the purpose of effectively developing and utilizing high-quality colleges and universities aerobics course resources. In addition, teachers and students can effectively exchange ideas and understand each other in a variety of communication ways, mutual improvement.

4.4 Establish a Teaching Evaluation System for Multiple Comprehensive Aerobics Excellent Courses

Curriculum evaluation is the further implementation of curriculum objectives and curriculum design. In aerobics teaching, how to build a diversified teaching evaluation mechanism has always been an important subject of the reform of aerobics teaching in my country. The comprehensive weighted scoring method can comprehensively and reasonably reflect the physical performance of each student, so that students can have different psychological emotions, and to some extent, it can meet college students' psychological and emotional needs, and let them use a positive attitude. Attitude towards yourself, leading students to measure their success by their own progress, ability and classroom performance. In this way, students can see the improvement of their physical quality and learning ability, which can promote students to play a higher learning enthusiasm in aerobics sports learning^[4].

5. Conclusions

To sum up, with the development of China's modernization and the profound changes in the quality of colleges and universities physical education, the colleges and universities physical education has gradually become diversified. Due to the fitness characteristics, high artistic sentiments, strong sports dynamics, and active and extensive adaptability of aerobics itself, the development of aerobics can meet the psychological characteristics of college students. Therefore, college aerobics teachers should deeply research and analyze the development and utilization of high-quality colleges and universities aerobics course resources, and determine the teaching goals, thereby promoting sustainable development development of aerobics.

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