

Application of hierarchical pedagogy in the teaching of aerobics in colleges

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Abstract: In the current education, the development of aerobics teaching in colleges is very important. Aerobics teaching is different from traditional theoretical knowledge education, this education can improve the comprehensive quality and physical quality of students, so that students can achieve all-round development. This paper mainly analyzes the relevant problems applied in the teaching process of aerobics in colleges. When teachers choose the layered teaching method, they should ensure that the content and requirements of their layered education are in line with the actual development of students, scientifically set teaching goals at the same time, constantly enrich the form of classroom education organization, and timely adjust the basic state of layered education.

1. Introduction

Judging from the specific situation of China's current education work, there is an imbalance in the existing level of education, there are differences in economic development and social development in different regions, and there are also certain differences in the overall educational development. In the process of development, colleges in China began to realize the importance of students' comprehensive quality training and carry out diversified aerobics education. If it is necessary to combine the actual situation of the current social development, we will continue to reform the education model, develop and adopt new education methods, and comprehensively improve the level of teaching.

1. Relevant Content of the Application of Hierarchical Pedagogy in the Teaching of Aerobics in Colleges

1.1. Value

From the specific situation of the current college aerobics education work, the use of hierarchical teaching method can improve the actual level of teaching work, aerobics education sports is a new type of sports project, in the whole education process has obvious application advantages, currently by most students love and push. From the teaching method is also a relatively new teaching method in the current field of education, this teaching method can educate and guide students according to

the actual situation of students, teachers can understand the basic learning demands of students in the process of teaching, observe students' basic learning situation and ability. After understanding the basic situation of the students, a detailed education plan is formulated based on the actual needs of the students. The use of hierarchical teaching methods can change some of the drawbacks of the traditional teaching process, in which many teachers adopt a generalized approach to education, using the same educational model for all students in the class and setting the same educational goals. The use of hierarchical teaching method can ensure that the goals set by teachers coincide with the actual needs of students, which can allow students to have more emotional experience in the process of participating in physical education, which can not only improve students' aerobics skills, but also improve and cultivate students' creative ability and performance ability.

1.2. Precautions

Teachers should correctly view the requirements and situations of the practical application of hierarchical teaching method, ensure that the application of various educational methods must meet the basic needs of students, and ensure that the content and proportion of education are in line with the basic requirements of current quality education. Analyze the situation of students' individual development, understand the actual characteristics of students, and find the best fit point. Holistic teaching through tiered education better respects students' actual learning interests and helps teachers identify differences in the education process. Targeted education can stimulate students' motivation, and can also stimulate students' enthusiasm and creativity, which is an important help to students' overall development. When adopting a hierarchical pedagogy, teachers should consider the situation of each student in the class and consider the development of students. Holistic education for most students, systematic treat the relationship between individual teaching and physical teaching. In the process of education, it is necessary to formulate educational goals in accordance with the requirements of quality education, promote effective cooperation and communication between groups, strengthen students' sense of responsibility and competition, and cultivate students' teamwork spirit and sense of team responsibility. Encourage students in a timely manner to truly achieve the goal of quality education.

2. Application Strategy of Hierarchical Pedagogy in the Teaching of Aerobics in Colleges

2.1. Meet the Actual Development Requirements of Students

In the current education of colleges, key school teaching is an important course that cannot be ignored, teachers should give full play to the role of hierarchical teaching method. When teachers apply this teaching method, it is necessary to understand the basic education requirements under the current quality education to cultivate students' learning thinking, and systematically analyze the development factors of students' aerobics intelligence and non-intelligence. In order to comprehensively improve the overall educational effect, it is necessary to combine the educational principle of teaching according to aptitude, observe the basic situation of students, consider the individual development needs of students, and combine students' ability level and acceptance ability in the process of aerobics learning to find the best educational fit. Before carrying out teaching, it is necessary to communicate with students in a timely manner, understand students' actual learning demands, respect students' interests, cultivate students' enthusiasm for learning, and enable students to actively participate in specific learning. The quality cultivation and spiritual cultivation of students truly achieve the fundamental purpose of aerobics education.

The hierarchical teaching method mainly involves teachers in the process of education, educating students at each level, using scientific education methods to effectively cultivate students'

development, and understanding the actual learning needs of students. Teachers need to combine with the actual teaching of aerobics to analyze, understand the contradictions in the process of individual and collective learning of students, start from the actual situation of students, and purposefully educate and guide students according to the basic situation of students. In order to help teachers better understand the basic situation of students, teachers need to carry out group experiments in groups before carrying out systematic education. According to the students' aerobics ability and interest in learning aerobics, the daily performance of students is observed, and various data collected by the survey are archived, classified and processed. Teachers should also carefully analyze the relevant results, divide students into different groups, so that students can correctly view aerobics learning in the process of learning, understand students' aerobics learning ability, and understand the basic knowledge ability. Help students flexibly apply this theoretical knowledge, improve students' actual learning level, so that students at different levels can make progress in the process of learning, and get comprehensive improvement on the original basis.

2.2. Set Teaching Objectives in Science

In the process of teaching, educators need to understand the basic situation of teaching work, and analyze the focus of teaching based on the characteristics of college students. Reasonable setting of educational goals and teaching plans, in the whole teaching process, teachers cannot adopt a one-size-fits-all education method, to analyze according to the situation of students at different levels, formulate a clear education plan, in the process of educating students, to follow the principle of easy to difficult. First lead students to learn some basic theoretical knowledge and actions, and then gradually increase the difficulty of education. In the whole education process, teachers should formulate a general learning goal, and then according to the teaching situation, formulate a series of gradient educational goals, combined with students' basic grasp of educational content analysis, step by step to achieve various educational goals and plans ^[1]. In the whole process of aerobics practical education, teachers must have absolute educational thinking, observe the basic situation of students, and conduct personalized education for students according to their basic level and basic learning situation. When setting goals, we cannot adopt a one-size-fits-all education model, but ensure that all educational goals are consistent with the actual needs of students, to ensure that the overall education plays a value.

Teachers should correctly view the application of the hierarchical teaching method, consider the psychological development of current college students, and the sensitive situation of all aspects, in addition to considering the basic learning situation and learning foundation of students, they should also respect the wishes of students. Teachers should use scientific and reasonable methods to allow students to correctly understand their current ability and level, and can independently analyze some difficulties encountered in the learning process, so that students can choose different learning levels. In the process of grading students to obtain learning, teachers can also adjust the level of students according to their recent learning performance. For example, for students who have made relatively large progress in the learning process and have a relatively high learning enthusiasm, they can raise their level, and for students whose level is reduced or their learning enthusiasm is stagnant, certain encouragement and reminders should be given, and if they are in a state of decline for a long time, the level can be appropriately reduced ^[2].

2.3. Enrich the Organizational Forms of Classroom Education

In the current social development, college education is attracting more attention, colleges need to understand the main goals of talent training in various industries in the process of development, comprehensively improve the actual quality and level of education work, and attach importance to

the construction and management of campus environment. From the specific situation of the current development of college education, many colleges have realized the importance of the construction of teaching place environment in the process of development, and truly provide students with a better learning environment through the investment and construction of funds and facilities. In a beautiful environment, some aerobics group activities should be held to enhance students' knowledge and understanding of driver's licenses and mobilize students' exercise.

The school should analyze the basic situation of college education, mobilize students' interest, and enhance students' knowledge and understanding of aerobics through interesting organizational activities. The development of aerobics activities is very important in relation to current education^[3]. The school should actively carry out some aerobics activities through classroom education, and there are also aerobics clubs to hold some interesting cultural and artistic performances. To enrich students' thinking and understand the school, students can be organized to participate in the study and exercise of aerobics through some interesting activities, hold interesting cultural and artistic performances in schools, and organize students to perform aerobics programs. In this process, aerobics teachers must strengthen their sense of responsibility, understand the basic situation of aerobics education, strengthen their professional ability, and master the main points of various training and education. In the process of educating students, it is necessary to give certain technical support, adopt a diversified tutoring mode, and help students develop better self-learning ability in the process of educational counseling. Carrying out interesting aerobics activities can truly make up for some deficiencies of students in the process of classroom learning, and the content of aerobics activities can be adjusted according to the form that students like, so as to truly achieve the role of educational guidance to find and fill gaps.

2.4. Timely Adjust the Status of Hierarchical Education

College aerobics teachers in the process of stratified teaching, to carefully observe the basic situation of students, timely adjustment, and optimization of the state of students' stratified learning, in the whole education process, extracurricular learning is a supplement to the development of educational work, teachers should correctly view the connection between extracurricular activities and classroom teaching, and focus on classroom teaching. Combined with the basic situation of aerobics teaching, the decentralized education method is reasonably selected, and students are divided into different practice groups according to the individual differences of students, so that students can train in small groups. In order to better mobilize students' interest, it is possible to set relevant learning goals for each group, to make students fundamentally aware of the importance of training, and teachers to adopt a dynamic management model. In the process of follow-up teaching, if the students' performance is better, the teacher should help the students improve their learning level, so that the overall development of the students can be consistent with their actual level. Teachers must have flexible educational thinking, in the process of learning according to the specific performance of students, in fact, the goals of hierarchical education and the form of education are adjusted, so that the teaching method can better mobilize the enthusiasm of students. For the whole education, the follow-up teaching evaluation link is also very important. Teachers should pay attention to the development of teaching evaluation link, according to the analysis of the situation of each group of students, for the overall situation of the group students and the comprehensive situation of the group to evaluate. In the evaluation process teachers need to consider the learning needs of students, as far as possible to use praise and encouraging language, to help students build self-confidence, improve students' aerobics ability.

3. Conclusions

Overall, in the process of carrying out aerobics teaching, colleges need to pay attention to the application of hierarchical teaching methods, observe the basic situation of current college students, and grasp the main characteristics and teaching rules of aerobics teaching. Colleges need to consider the learning interests and characteristics of current college students, reasonably create educational situations, and use scientific evaluation methods to improve the actual effect of aerobics teaching.

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