

Research on the Integration of Fitness Club and College Aerobics in Teaching Organization

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Abstract: College aerobics is a very important course. Actively integrating fitness club and college aerobics together and constructing the teaching mode of mutual integration between the two can further improve the teaching quality of college aerobics, which is of great significance to advocate the development of students' personality, build a positive campus culture and promote the reform of college aerobics teaching. This paper mainly analyzes the integration of fitness club and college aerobics in teaching organization, which is expressed as follows.

1. Introduction

Under the background of quality education, college aerobics teaching needs to actively integrate the concept of "health first" and "quality education" together to construct a new teaching mode, further promoting the reform of college aerobics teaching mode. Fitness club can be used as a teaching mode and brings better teaching effect if it is organically integrated with college aerobics. The integration of fitness club and college aerobics in teaching organization can let students exercise in rhythmic music, which is of great significance to further stimulate students' autonomy in aerobics learning.

2. Analysis of Teaching Advantages of College Aerobics Integrated into Fitness Club

2.1 Conducive to Promote the Construction of Campus Culture

Aerobics club teaching mode will hold a variety of aerobics performances and aerobics competitions. With the help of diversified sports activities, the campus culture construction in colleges and universities can be constantly enriched and a strong campus sports atmosphere can be created. In addition, aerobics club teaching mode can also help students expand sports humanities knowledge, which is of great significance for optimizing school management and enriching campus culture.

2.2 Cultivate Students' Consciousness of Participating in Physical Exercise for Life

Aerobics club teaching mode is more open, leaving more space for students, which can meet the needs of students' personality development. In this teaching mode, when listening to the rhythm of music, students can observe the movements of coaches and peers, which can effectively relieve the tension of classroom teaching. In addition, under the aerobics club teaching mode, students can flexibly choose the learning content according to their own interests, which can stimulate the enthusiasm of students to participate in the aerobics club learning and experience the fun brought by aerobics. Aerobics club teaching mode will hold a variety of activities, providing students with a stage to show themselves, which is of great significance to strengthen students' psychological quality and cultivate their team cooperation ability. Building students' interest in learning aerobics and making students deeply attracted by the positive role of aerobics teaching can promote them to develop lifelong sports consciousness.

2.3 Conducive to Improve the Whole Teaching Quality of Pe Teachers

Under the aerobics club teaching mode, students can choose their own teachers, which is a lot of pressure for PE teachers, but the pressure will generate motivation. PE teachers will whether constantly innovate their own teaching methods and improve their professional quality in aerobics teaching or not, which plays an important role in improving the teaching quality of the whole team of PE teachers [1].

3. Problems to Be Focused on in the Integration of Fitness Club and College Aerobics in Teaching Organization

3.1 Guide Students to Establish Lifelong Sports Consciousness

To promote the integration of fitness club and college aerobics in teaching organization, it is necessary to guide students to establish lifelong sports consciousness. Traditional physical education in colleges and universities is boring to some extent. Many teachers, in order to complete the teaching task, blindly instill sports skills into students, which leads to the lack of sports consciousness of most students. Therefore, in order to promote the organic integration of fitness club in the teaching organization of college aerobics, it is necessary to guide students to establish lifelong sports consciousness, so that students can completely change their understanding of physical education. For example, schools can improve students' attention in sports theoretical knowledge learning, actively invite sports experts to give lectures and regularly organize sports knowledge competitions, so as to change students' wrong cognition of “being strong in body but weak in brain” in physical education teaching. In addition, aerobics club teaching mode can promote the transformation of college aerobics to lifelong sports. This teaching mode pays more attention to the cultivation of students' team cooperation ability and creation ability, which can make students really like aerobics on the basis of their personality development, so as to establish lifelong sports consciousness.

3.2 Carry out Teaching by Means of Performance and Competition

Aerobics club teaching mode needs to carry out more teaching content and carrying out teaching tasks by means of competition or performance can make the campus cultural life more colorful, which is of great significant for strengthening the construction of campus culture and sports. Therefore, in order to effectively integrate fitness club into college aerobics teaching, it is necessary to actively carry out the aerobics competition between departments. The students with good physical fitness should build an aerobics training team and carry out professional training to participate in the provincial and municipal aerobics competitions on behalf of the school, which can enhance the competitive consciousness of students. In the long-term systematic training, we can select the excellent students in aerobics. Compared with the traditional teaching method, this teaching method is more effective [2].

3.3 Visit Commercial Fitness Clubs or Community Centers Regularly

It is necessary to change the traditional aerobics classroom teaching mode to promote the effective integration of fitness club into the teaching organization of college aerobics. Teachers can organize students to visit commercial aerobics or community centers, so that students can master more professional knowledge in the process of communication with fitness club professionals, which can strengthen students' self-confidence and enhance their social abilities. In addition, visiting a commercial fitness club or community center can bring students a sense of freshness in learning. It can let students apply their school knowledge to the guidance of specific fitness sports and also learn some management knowledge of fitness clubs, which is very beneficial to students.

4. Specific Plans of the Integration of Fitness Club and College Aerobics in Teaching Organization

4.1 Improve the Pre-Class Preparation

To promote the integration of fitness club and college aerobics in teaching organization, we need to do a good job of pre-class preparation. The pre-class preparation involves more contents, such as students' course selection, teaching staff setting, class time, site arrangement and so on. Aerobics club has strong fixity in teaching site, teaching staff and course type. Its teaching content can be combined with the teaching syllabus of college aerobics course, such as physique training, popularizing routine of mass aerobics, etc. Students can also have access to the relevant information of aerobics club teachers on the Internet to learn about their teaching modes and then choose the learning content that they are interested in, which can promote students' autonomy in selecting courses [3-4].

4.2 Teaching Organization and Implementation

Under the aerobics club teaching mode, the teaching organization and implementation need to reflect the scientificity and rationality. The selected teaching content should not only pay attention to the cultivation of students' ability, but also have a better fitness function, so that students can feel the significance of aerobics teaching in the process of class. In addition, aerobics club teaching mode also needs to actively reflect the dominant position of teachers and the subject of students, making the teaching content more innovative and interesting through combining with students' own learning situation and social demand for aerobics. There are obvious differences in organization form and implementation method between aerobics club teaching mode and traditional college aerobics teaching mode. To promote the further integration of fitness club and college aerobics in the teaching organization form, it is necessary to change the original teaching mode of explanation, demonstration and practice and then actively bring the rhythmic music into the aerobics teaching. Students can learn, correct and perfect the relevant actions continuously while listening to the music melody. This teaching mode can exercise students' cardiopulmonary ability and has a great significance on improving students' physical health. Compared with the traditional aerobics teaching content, that of aerobics club teaching mode is quite different, which is mainly manifested in the exercise of fitness movements. The traditional one needs students pay more attention to the theoretical knowledge of aerobics, such as the origin, development and characteristics of aerobics; the creation of different styles of aerobics; the appreciation of aerobics at home and abroad; aerobics and health care, fitness as well as medical knowledge, etc. Therefore, under the aerobics club teaching mode, the whole teaching should be divided into three parts. The preparation part needs to use slow music to guide students to practice basic footwork, which is mainly to help students warm up, generally lasting about 10 minutes; the basic part needs to use fast-paced music, combined with the corresponding teaching laws, to teach students coherent movements, with 1-2 combinations suitable; at the last part, students are asked to organize and reflect on the movements they have learned. However, no matter which part of the teaching, teachers should pay attention to imparting theoretical knowledge of aerobics to students. For example, aerobics medical health knowledge can be included in the last part; aerobics fitness principle knowledge can be included in the basic part.

4.3 Innovate Assessment Method

Under the aerobics club teaching mode, the original assessment method needs to be innovated. This teaching mode can divide teaching assessment into three parts, namely initial evaluation, process evaluation and final evaluation. Under the evaluation system, students can be more proficient in mastering aerobics skills and can also improve students' attention to aerobics learning. The assessment method under the aerobics club teaching mode is more in line with the teaching

concept of “health first”. The assessment method adopted always takes the enhancement of students' physique as the main teaching objective of aerobics in colleges and universities, so as to enable students to form the habits of lifelong sports [5].

5. Conclusion

To sum up, aerobics is a particularly important part of physical education. The PE course has strong comprehensiveness, which can integrate music, gymnastics and fitness together. It is of great significance to actively carry out aerobics course in college physical education for promoting the development of students' physical and mental health. The above is the analysis of the integration of fitness club and college aerobics in teaching organization form, hoping to further promote the reform of college aerobics teaching.

6. Acknowledgment

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