

Research on the Application of Imagery Based Training Method in the Teaching of Aerobics

Xu Yanping

School of Physical and Health Education of Longnan Teachers College, Chengxian, Gansu, China

Keywords: Image Training Method, Aerobics Teaching, College Physical Education, Applied Research

Abstract: In recent years, colleges and universities in china have been carrying out in-depth teaching reform in order to improve their comprehensive subject literacy through the requirements of quality education for students. Physical education in colleges and universities plays a very important role in the cultivation of students' comprehensive quality. Through physical education, not only can promote the improvement of students' physical quality, but also can exercise and train students to develop their own unique tough character and good temperament to a certain extent. Bodybuilding is an important subject in college physical education. Because of its beautiful and rich movements and dynamic rhythms, it is loved by current college students. In order to better promote the efficiency of aerobics teaching, teachers apply the new learning and practice method of image training in teaching for students to learn, so that students can more accurately grasp the essentials of aerobics.

1. Introduction

Bodybuilding is an aerobic exercise that is popular among the masses of people in china. This sport is a kind of fluid and fluid movement with the final combination of a variety of dances, different types of gymnastics, etc., with certain music as the accompaniment background. In the current college aerobics teaching process, the teaching content is usually the prescribed type of centralized aerobics, and there are many fixed routines in its learning. The characteristics of aerobics movements are: as the rhythm of a piece of music continues to increase, the difficulty of aerobics movements gradually increases, and its steps, arm movements, and directions all show a diverse trend. Obstructed by this typical characteristic, many students will gradually lose their enthusiasm for studying college aerobics, and the efficiency of classroom learning will continue to decrease. In order to better avoid the problem that students' enthusiasm for learning is reduced, universities should constantly reform and innovate more efficient teaching and practice modes, and improve students' enthusiasm for learning college physical aerobics in a more diversified way. Imagery training method should be born from the innovation of physical education teaching, as a way to train students to learn from the psychological level. It can be well applied to many kinds of sports, such as aerobics, gymnastics and so on, which have complex movements, high coordination of hand and foot movements, changeable directions, and higher requirements for movement completion. When the imagery training method is applied to the teaching of college physical aerobics course, the method is not only a psychological practice method, but also a learning mode of effective combination of mental and physical strength of students. Compared with other university sports training modes, imagery training method is more practical. This is because this method has no special restrictions on the place, time and equipment of students' training, and it can better improve students' subjective initiative in the process of practice, so as to effectively improve students' enthusiasm and efficiency for aerobics learning.

2. The Definition and Theoretical Basis of Imagery Training

Imagery refers to all kinds of motor actions that have been mastered before the brain reappears under the dual effects of sensation and perception through eye observation and brain memory.

Imagery training is a common method of psychological training to strengthen learning in college physical education. Especially in the teaching and practice of some gymnastics or dance sports with complex movements, it can be guided by the corresponding special language. For example, hints or body language, the students' minds are constantly repeated in the brain or various actions are corrected. Through this fully imaginative practice, students' ability to master relevant sports skills is improved.

In the learning process of college aerobics sports, the first thing to learn is the different decomposition movements of aerobics, and to effectively master various movement techniques to ensure that the completion of each movement is close to accuracy. Usually, after the completion of aerobics-related movement professors in universities, many students will inevitably forget or mix up some movements in a short period of time. Especially when new to the basic movements of aerobics movement, there is no music rhythm as a background guide. Too monotonous movement teaching will give students the illusion that the movements are very similar, and it is easier to forget and confuse. At the same time, for the physical education students in normal colleges, it often involves related aerobics competitions. It is more necessary to complete all kinds of Aerobics movements through the coordination of upper and lower limbs. In the process of exercise, it is necessary to ensure the standard and coherence of the movements. Therefore, in the teaching process of college physical aerobics, in order to improve the learning efficiency of students, teachers use imagery training method to carry out aerobics teaching. Through the use of this method, it can promote students to form a better image of aerobics movement in the brain, so as to strengthen the memory and standardization of various movement technologies, and promote the quality of memory and the efficiency of movement learning in the continuous repetition.

3. The Significance of Imagery Training Method in Aerobics Teaching

3.1 Helps Form the Correct Movement Pattern

The rapid formation of movement skills is the key module for students to learn through imagery training. During the teaching and practice of aerobics, students can obtain the corresponding visual and auditory images through the detailed demonstration and explanation of Aerobics by teachers, which plays an important role in strengthening the image of movement. Students can strengthen the memory of actions in the brain by repeating the actions taught by teachers. After forming a certain image of actions in the brain, they can consolidate various actions and form a deep memory through specific practice. In this way, students can master aerobics sports skills with higher quality. For the stereotyped memory of aerobics movements, teachers use group training and learning to teach. For example, if the students in group A are allowed to carry out the practice task, the students in group B will make detailed observations and correct judgments of the movements of group A students, and gradually form their own appearance. Then, the problems in the process of image memory are raised and solved to achieve the goal of promoting action stereotypes faster.

3.2 Helps Coordinate Music

A very important reason why aerobics is loved by the public is that during the development of aerobics sports, there must be corresponding music as a sports background, so as to better highlight the different styles of aerobics action. In fact, only the reasonable coordination of music and movement is the real soul of the sport of aerobics, and it is also a difficult content for normal colleges to develop aerobics teaching in colleges. Therefore, during teachers' teaching or training work, special attention should be paid to the effective cooperation of students with music and movement. After teaching the movement, encourage the students to use the movement image in groups to have a deep feeling, experience the rhythm change and connection between each movement and the corresponding music in aerobics, and form the coordination of music rhythm and movement rhythm in the brain. For the students who are learning aerobics, it is difficult to cooperate with music and movement effectively. They need to feel and analyze with the help of continuous imagery movement, and then make the connection between movement and music more

fluent in continuous practice.

3.3 Help to Enhance Students' Self-Confidence

When students are learning and training aerobics, the effective use of imagery training method can improve the overall self-confidence of students to a certain extent. This is because many students in Aerobics performance or competition, it is easy to be nervous and other emotional impact and lack of self-confidence, serious situation may also forget Aerobics in the performance. In order to effectively enhance their self-confidence, teachers can encourage students to make reasonable adjustments to their own mental and emotional states by means of image training before performing or before a competition to achieve a good mental state. Through the image training method, students can use their own reasonable imagination to construct a complete scene of the entire exercise. In this process, students can remind themselves to strengthen their strong convictions through psychological cues, perform aerobics in a more confident state, and ultimately exert their aerobics performance better.

4. Application of Imagery Training in College Aerobics Teaching

4.1 The Application of Imagery Training Before Learning Action Techniques in Aerobics Course

On the one hand, when students first come into contact with the aerobics sport, they will have a brief sense of excitement and freshness, but because the students have a weak inner self-control ability when facing new things. This kind of enthusiasm for learning aerobics lasts for a short time, and the overall understanding of aerobics is relatively superficial, so at this time the teacher in order to improve students' enthusiasm for aerobics learning. It is necessary to fully use the image training method in the teaching process to carry out teaching work: ① In the classroom, use multimedia teaching equipment to play a complete video about aerobics athletes. ② In the sports ground, the teacher will demonstrate and explain in detail the sending out and ending of each action for the students, and guide the students to master the essentials of each action. Promote the students to standardize the image concept of Aerobics gradually in the brain, and at the same time, through the corresponding language explanation, constantly promote the students' enthusiasm for learning aerobics. On the other hand, teachers need to pay close attention to the students' mastering of specific actions, pay attention to the gradualness of learning, and not be eager for success. In teaching, teachers need to fully combine the imagery training method, so that the students' imagery ability for aerobics is constantly enhanced. At the same time, guide the students to better understand the action branch, memorize the complete set of actions, and finally fully grasp all kinds of actions, and make good use of them.

4.2 Application of Imagery Training Method in Aerobics Practice

In the continuous learning process of aerobics, students will gradually get familiar with and master some of the standard movements and commonly used steps of aerobics, but in order to effectively improve the technology of aerobics, such simple learning is far from enough. The unitary teaching mode often causes many students to forget, incoherent, confused and so on. Therefore, before the class, the teacher can apply the image training method to the image training of the students. Under the guidance of the teacher, the students can gradually think of the various actions learned in the last lesson, and then achieve the goal of smooth performance in the repeated review process. The method of image training is obviously better than the method of letting students directly start action review. This image training before class provides a solid foundation for the effective development of this class.

In addition, for the teaching of college aerobics in the new era, schools should emphasize the promotion of students' autonomous learning ability. Through the teaching of college students' imagery training method, students are encouraged to study university aerobics independently, to discover problems and solve problems actively. We have made continuous progress in self practice

and self-test, and strengthened body coordination and standardized the professionalism and standardization of Aerobics movements. Whether it is for the teaching of college physical aerobics as a public course or for the students majoring in physical education, through the independent study of college physical aerobics, can effectively improve their comprehensive learning quality.

4.3 The Application of Imagery Training Method in the Course of Review after Aerobics Class

The classroom learning time of any course is limited, and there are many subjects for students to learn. If students want to better master various complex movements and learning routines related to aerobics, it is far from enough to rely on the limited classroom learning time. In the classroom, students can only form some overall memories of actions. Standardized analysis and understanding of different actions, coherence of a set of actions and coordination with music, etc. also require students to invest a lot of review time after class. However, blind repeated practice can not play a very good role in strengthening, so students need to find the best review methods to carry out efficient review. The use of the image training method only requires students to devote their own attention, and then recall in detail the various aerobics movements and the routes the movements take from completion to completion in the brain. After the student recalls all the movements as a whole, he then gradually recalls the core essentials of each movement in detail, how the pace or movement is fixed, and what the music rhythm corresponding to the movement is and how to effectively connect it. At the same time, students also need to pay attention to professional instructions for recalling various actions used by the teacher in the course of teaching, and use such professional language to prompt and imply that they accurately remember different actions. Through such a complete set of after-school review processes, not only can the students' review quality be maximized, but they can also effectively promote the high-quality improvement of students' self-representation ability.

5. Conclusion

Although the traditional teaching mode and method of aerobics course still play an important role in college education, it often requires students to strengthen the synchronous memory of body and brain with the help of their own repeated exercises, and finally achieve the purpose of smooth performance of various movements. However, if we can effectively carry out better quality teaching with the help of the emerging learning and training method of imagery training, we can pay more attention to the stimulation and training of students' psychological learning potential on the basis of traditional memory learning. It can guide students to form the representation of aerobics movement points, music rhythm, movement and music coordination speed through the classroom. In this way, students' experience of music and movement will be strengthened on a deeper level, and this experience will be fully integrated into the feelings of practical exercises. Through the effective combination of the two, students can think about their own learning situation from multiple aspects, and find their shortcomings faster, so as to improve the efficient use of aerobics movements through continuous training. Representation training can effectively promote the improvement of students' self-confidence. Therefore, during the learning process of this mode, students will continue to have an enthusiasm to continue learning during the improvement of the learning quality, and promote teachers to achieve the purpose of efficient teaching. The aerobics teaching mode, which combines the traditional teaching method with the image training method efficiently, can guide students to carry out review work independently after the classroom learning is completed. This can promote students to better master and understand the aerobics movements, music rhythms, etc., and can promote the students' in-depth understanding of the details of each aerobics movement.

References

[1] Chen Tian. Research on the influence of imagery training method on the mastery of College Students' Aerobics technical movements [J]. Contemporary sports science and technology, 2019,9

(15): 50 + 52

- [2] Huang Qi. Experimental research on the application of imagery training method in Aerobics Teaching [J]. New course, 2012 (10): 102-103
- [3] Cao Wei. Application of imagery training method in footwork teaching of University Badminton [D]. Yangzhou University, 2017
- [4] Li Ligang. Application of imagery training method in Table Tennis Teaching [J]. Science and technology horizon, 2011 (10): 62-63
- [5] Fan Xiaoxuan. Research on the application of micro course in the teaching of college physical aerobics [D]. Ningbo University, 2018
- [6] Li Nan. Experimental study on the application of imagery training method in the teaching of Gymnastics Technical Movements in Normal University [D]. Shanxi Normal University, 2017 (22): 182-183
- [7] Zhang Qingqing, Ma lulu. Experimental research on Instant Imagery Training in Aerobics Teaching of physical education major [J]. Hubei Sports Science and technology, 2014,33 (03): 276-277 + 220
- [8] Tian Xiaoli. An analysis of the teaching reform of Aerobics in Colleges and universities [J]. Contemporary sports science and technology, 2014,4 (15): 51 + 53