

Research on the Distribution Pattern and Development Trend of Aerobics

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Abstract: Aerobics is a sport with both artistic beauty and skill. In the development environment of college competitive sports, this type of sport has also attracted the attention of teachers and students from all over the country. With the increasing frequency of cultural and economic exchanges at home and abroad, analyzing and examining the overall distribution pattern and development trend of aerobics sports has become a key consideration for participants in college sports work. First, it briefly analyzes the distribution pattern of aerobics sports, secondly analyzes the domestic development environment of aerobics sports, and finally analyzes the domestic development trend of aerobics sports, so as to provide references for people who are concerned about this topic.

1. Analysis of the Distribution Pattern of Aerobics Sports

A simple analysis of the data in the past year, it is not difficult to see that my country's competitive aerobics has relatively large numbers of participants and units in East China and North China, and the level is excellent; South China, Central China and Northeast China are in the "middle reaches", while the development of aerobics in the Southwest and Northwest is relatively backward. From the perspective of the number of contestants in this type of event, North China still occupies the first place, followed by East China and South China; From the perspective of the number of participants in such event championships and championships, except for the third place in the Northeast of the Championship, the remaining rankings are still occupied by the three regions of Central China, North China and East China^[1]. As for the ranking of regional competition skills in competitive aerobics leagues, championships and championships, you can still see the "figures" of Eastern China and North China. It can be seen that there is a certain correlation between the strength of regional aerobics sports and the strength of regional economic development. In addition, provinces and cities with better climates have a higher number of events held, and the strength of bodybuilders is also stronger.

2. Theoretical Analysis of Domestic Development of Aerobics

Aerobics is divided into competitive aerobics and fitness aerobics, which were introduced to our country in the 1980s. With the passage of time, the overall strength of my country's two types of aerobics sports has risen, and some excellent results have been obtained in world competitions. In 2008, my country formulated the norms and competition system of aerobics competitions, and increased attention to the training of aerobics talents. There are certain results in the teaching, training and theoretical exploration of competitive aerobics in my country, but there are relatively few related research results in terms of technological innovation. At the same time, the development of this kind of sports has also coordinated the expansion and exploration of knowledge in the fields of sports training, sports medicine and psychology in my country. However, there are still relatively few studies on the analysis of the mechanism of aerobics competitions in colleges and universities. From a practical perspective, if you want to achieve sustainable development of aerobics sports, you should explore the application of socialized and market-oriented operation methods to carry out tentative exploration. There is also room for enriching, optimizing and further improving the competition mechanism of various aerobics-related competitions in my country. It is more important to actively promote aerobics in the domestic youth competitions, coordinate the

promotion of the level mechanism of young aerobics athletes, and cooperate with the education department to promote at the same time, some relevant incentive policies have been introduced to enable athletes related to such sports to obtain basic treatment and advantages in further studies [2].

3. Analysis of the Domestic Development Trend of Aerobics

3.1 The Artistic Development Trend of Aerobics Sports

Aerobics has certain requirements for the artistic display in competitive events. In recent years, the analysis of the performance of the competitions cannot see that the arrangement of aerobics pays more and more attention to the coordination of music and the overall appreciation of students. Athletes' body language can further show the beauty of such sports. Knowing the rules of this type of sports in 2009 and 2013, we know that the innovation and complexity of the exercises and complete sets of movements need to be scored together. In the 17-year rule, the scores of the two have been separated and the innovative score has been improved. Among them, physical exercises pay more attention to the diversified integration of upper limb and lower limb movements, and it is necessary to show a higher level of coordination in this link. The complete set of actions focuses more on the display of artistic beauty and needs to give the viewer a sense of beauty. In the 13th edition of the rules, the aerobics venue has been changed to a unified 10m×10m standard venue, and athletes can make full use of the venue space for aerobics arrangement for greater physical application. The changes in the sports space have a certain impact on the position arrangement of the athletes. Correspondingly, the artistic score of the competition also pays more attention to the changes in the position of the corner space. The balance of the air posture, ground movement, and standing position settings in aerobics has an impact on the space display. The impact of this also needs to be fully considered. The choice of aerobics music is also very important. In the 17-year rule, the proportion of music scores in the art score has increased. Good music can fully drive the atmosphere of the scene and improve the level of sports performance of the athletes. Its importance is self-evident, and the selection of the music style should be consistent with the design style of aerobics movements to make the overall look and feel more harmonious [3].

3.2 The Development Trend of the Difficulty of Aerobics

In the 17-year rule, the number of difficult actions with high scores has increased, and the operation of lowering the scores of difficult actions has been performed simultaneously. It can be seen that in the future, the completion of difficult movements of athletes will become one of the important factors that determine their level of economic ability. Such changes require aerobics athletes to have better physical fitness in order to show a stronger level of competition. And in terms of the multi-form development of overall sports, 24 life groups have been re-defined in the new cycle rules. The complete set of aerobics exercises must not exceed the difficulty of 10 different life groups in multiplayer events, as well as single events. No more than 9. Difficulty movements gradually shifted from a single completion tendency to a combined development of complete sets of difficult movements. The display of difficulty combinations is to obtain high scores while ensuring high quality. Under such circumstances, it is necessary to comprehensively apply the game mode to obtain higher scores. Aerobics athletes need to strengthen their physical fitness and technical level in daily training, and adjust the difficulty combination of the overall arrangement to make it more scientific and reasonable. From the perspective of the type of difficulty discrimination, it mainly focuses on kicks, splits, jumps, push-ups, Thomas, and horizontal spins. It requires higher athletes' overall strength, flexibility and balance. The appearance of complete sets has also improved the overall the complexity of aerobics also shows the development trend of the difficulty of this type of exercise.

3.3 The Development Trend of the Completion of Aerobics Sports

Completion is not only the basis for judging the competitive level of aerobics, but also a factor to measure the competitive level of economic aerobics. The revision of the new rules has shortened the

competition time of the complete set of exercises, but the change of rules such as the application of the venue has made the level of completion of aerobics and the overall specifications show an upward trend. Therefore, more attention should be paid to the occurrence of errors in the display of complete sets of actions. The overall development trend of domestic competitive sports has to a certain extent enabled competitive aerobics to move forward in the direction of complexity, increasing difficulty and diversification. During training, athletes need to continuously improve their own sports skills to ensure the quality of the complete set of actions. During the planning period, it should be ensured that the complete set of actions meet the specifications.

4. Suggestions for the Development of Domestic Aerobics Sports

During the training period of aerobics sports, the overall aesthetics should be appropriately improved. Under the premise that the athletes can effectively complete the overall movement, the diversification of the arrangement elements and the difficulty of completion should be gradually increased, so that the athletes can demonstrate the mental outlook of my country's sports talents and improve While watching aerobics exercises, broaden your horizons and use the rules to change the situation as a lesson to further explore the development of this type of exercise.

5. Conclusion

In general, it is very necessary to analyze the distribution pattern and development trend of aerobics sports.my country has a vast territory and a large population. In the future, we must also pay attention to the uneven distribution of such sports, and strengthen the construction of related sports events and related talent training in various regions. The state should provide a certain amount of human and material support from the perspective of regulation and control to areas where the development of aerobics is weak. At the same time, regional leaders should also promulgate preferential policies for aerobics talents from the perspective of promoting the development of domestic aerobics, and strengthen sports-related coaching talents. The construction of the team has a long-term development vision in supporting the development of such sports, and will show the support to the actual situation, effectively showing the region's importance to the development of aerobics sports.

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