

# Research on the Development Trend of Cheerleading under the New Rules

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**Abstract:** This Paper Investigates the Current Situation of Technical Cheerleading Team Training, Competition Organization, Characteristics of Competitors, the Current Situation of Coach Team Construction and the Current Situation of Various University Sports Team Training. Please Analyze and Discuss the Dynamic Development Trend and Participation Mode of Cheerleaders.

## 1. Introduction

From the Literature, Compared with Other Countries, Especially the United States and Japan, China Does Not Pay Enough Attention to Cheerleaders, and Cheerleaders Are Less Popular in China. with the Support of Csara, More Schools Are Aware of the Charm of Cheerleaders Training[1]. through Several Consecutive University Cheerleading Competitions, This Project Has Been Well Implemented in Various Universities and Colleges in China. in Addition to Its Advantages in Economic Resources, It Also Has the Most Advanced Technical Information.

## 2. Investigation and Analysis of the Status of Cheerleaders in Universities and Colleges

Taking part in cheerleading can be learned through the investigation of comprehensive sports and improvement of various sports abilities. Skills[2]: boost, lift, pyramid and slow motion have the function of strength, speed and balance. Top sports have a great influence on the cultivation of students' comprehensive ability. The development of University cheerleaders not only enriches the campus sports culture, but also promotes the continuous improvement of the school sports culture. The most important thing is to meet the physical and spiritual development of students. It can be seen from table 1 that the largest proportion of technical cheerleaders in China is the source of technical cheerleaders, accounting for 25%. The order of players' gender and age, training motivation, and sports age were ranked. The minimum proportion is the influence of athlete training, accounting for 15%. Cheerleading's 2.1 concerns. As can be seen from table 2, about 40% of Chinese cheerleaders are practicing special aerobics. Investigate the current cheerleader. Most people choose to practice cheerleading like a cheerleader. The skills of cheerleaders are not professional training, but acquired through temporary training. All. Compared with professional cheerleaders, special dances are quite different in power, domination and explosiveness[3]. In this regard, in order to develop the skills of cheerleaders, it is necessary to strengthen the professional training of Chinese cheerleaders from a professional perspective.

Table 1 Ranking of The Proportion of College Technical Cheerleaders

The current situation of skilled Cheerleaders	Percentage	ranking
Source of athletes	25	1
Gender and age characteristics of athletes	23	2
Training motivation of athletes	20	3
Athlete's sports years	17	4
The influence of participating in skill cheerleading training on Athletes	15	5

### 2.1 Gender and Age Characteristics of Cheerleaders

In most university cheerleaders, girls are the main force, while boys' participation is not high. There are two reasons for this phenomenon: one is interest. Compared with girls, most of the boys

are not interested in cheerleaders' skills[4]; the other is that cheerleaders are held in the early stage of development, with various forms, mainly attended by girls. Formed a long-term understanding. Boys believe it's a girl's sport. Therefore, they lack the initiative to learn cheerleaders [5].

## 2.2 Cheerleaders

As can be seen from Figure 1, most of our skill cheerleaders have no training experience or competitive experience. The longest time to learn cheerleaders is more than 2 years. Only 10.1% of the cheerleaders who have learned more than years of skills are cheerleaders. At present, China's universities and University cheerleaders are basically lack of foundation. Before entering university, they had a low understanding of cheerleaders[6]. In front of competition, in order to improve their professional ability, they could only rely on temporary training. Such learning and training lacked systematicness and durability. After the game, practice often relaxes. Therefore, in order to improve the overall level of cheerleaders to a certain extent, it is necessary to formulate training plans, reasonably formulate training objectives, adjust training time, and start training from primary school. Cultivate their professionalism.

## 3. Current Situation of Cheerleading Training in Colleges and Universities in China

### 3.1 Formation of Sports Team and Target Orientation of Training

Considering the current situation in China, universities are the best schools to popularize cheerleading training. The main reasons are as follows. primary and secondary schools are the majority, which is difficult to popularize. it is more thorough than primary and secondary schools, which can provide stronger conditions for cheerleaders training[7]. Can grasp theory and professional knowledge faster. After the popularity of cheerleaders in universities and colleges, professional talents have been trained for teaching in primary and secondary schools.

Table 2 Original Special Statistics of Technical Cheerleaders in Colleges and Universities in China

Original special	Number	Percentage
Aerobics	34	40
Artistic Gymnastics	12	14
Skill	6	7
Dance	12	14
Sport Dance	7	8
Eurhythmics	10	11
Cheerleading	5	6
Total	85	100

### 3.2 Selection Methods and Conditions of Athletes

Because jumping requires the cooperation of four limbs, players need to have higher physical requirements, higher flexibility and coordination ability of four limbs. Therefore, the main selection criteria for athletes is their athletic ability[8]. Most of our cheerleaders in China practice bodybuilding at the same time, and they have great advantages in sports technology and flexibility. Therefore, in the process of selection, cheerleaders can be given priority.

### 3.3 Skill Cheerleading Training

Scientific and systematic daily training is one of the best ways to improve the skills of cheerleaders. the general skill cheerleaders training content is divided into physical training, technical training, sports training and team training. These contents need long-term and systematic training to maintain the athletes' sports state. According to the survey, most of the cheerleaders in Chinese universities and colleges come from different majors, classes and departments. Their time is tight, and their time together is short-lived, because they need to consider professional cheerleading training. Even in the early stages of the game, players have fewer opportunities to train continuously, and intermittent training has a great impact on the overall improvement of the team.

## **4. Factors Restricting the Development of Participation in Cheerleading**

### **4.1 The Safety Coefficient of Skill Cheerleading is Unstable**

The competitions held in China are divided into cheerleaders and cheerleaders. Judging from the competition, it is obvious that more sports teams participate in cheerleading team, not cheerleading team[9]. Through the investigation, we know that the reason why cheerleaders are less than dance cheerleaders is that the rules of complete sports supporting skills of cheerleaders require such difficult actions as falling, holding, throwing and so on. Moreover, these difficulties increase the risk of cheerleaders' sports skills, because ordinary athletes are difficult to complete in a short time.

### **4.2 Leaders of Colleges and Universities Don't Pay Enough Attention to Skill Cheerleading**

Among the 28 universities surveyed in China, 17.8% of them have well-equipped indoor venues, 28.6% only 50% of them have outdoor venues, and 3.5% of them have no fixed venues. In terms of audio, 64.3% of schools have audio recorders, and 35.7% of schools have CDs and VCDs like multimedia. According to the survey data, most universities and colleges in China are unable to provide sufficient technical support.

### **4.3 Lack of Backup Force for Skill Cheerleading**

Because of the lack of sports ability, some students are afraid to do a certain behavior or exercise. In the physical education of secondary specialized schools, because of the difficulty and dangerous sports to a certain extent, the fear and timidity of young people are not obvious, while that of women generally shows fear and timidity. There are many reasons for students' restlessness in sports, such as lack of sports ability, bad learning attitude, lack of self-confidence, weakness, shyness, etc.

## **5. The Strategy of Psychological Adjustment and Control of Physical Education in Secondary Vocational School**

### **5.1 Changes in Students' Attitude and Interest in Learning**

Sports can be divided into three stages: preparation, basic and end. In these three stages, reasonable setting and improving the charm of the course is an effective way to improve students' concern for sports learning and change their attitude towards sports learning. In the preparatory activities, the main focus is interesting games, and the content of the course is game penetration, so the basic knowledge between students' entertainment can be accessed online, so students naturally accept the basic input when learning. This is a phased process. By setting some interesting practical methods, we can find that the basic part of education is the curiosity and curiosity of students to the curriculum, thus forming a positive psychology for learning. When this psychology forms a capable community, you will become active, and the students of your sports study will have a positive attitude towards your study.

### **5.2 Improve Students' Attention**

In the process of physical education for the students majoring in secondary education, we should adopt positive guidance methods to focus their attention on physical education courses and cultivate their interests. In order to ignore the intention of the law, set a reasonable route, reduce the interference from the external environment, arrange the venue reasonably, change the learning conditions, improve the teaching method, and improve the interest of students in a specific route. Starting from the point of view of legal intention, we study the purpose and task conditions, make clear and reasonable arrangement of classroom teaching, strict discipline of classroom, emphasis on difficult points in lectures, indirect interests of students' use, teach their attention according to their specialties, in order to improve different treatment of students.

### **5.3 Cultivate Students' Will Quality**

Second vocational students also lack willpower when they study physical education. When they

bow their heads and avoid setbacks. Therefore, they need to use reasonable teaching methods to cultivate students' strong willpower. Competition method, restriction method, fatigue load improvement method, self reinforcement method, and setback challenge method are the wishes of all students, which can be very good, so students can eliminate difficulties, overcome difficulties and achieve success. In sports, it is a long-term and hard work to cultivate students' will. Physical education teachers must have professional quality and enough patience. Form the quality of firm will.

## 6. Conclusion

Among the students of the second profession, the fear and timidity of sports girls are more serious. Because of the influence of psychology on the learning of culture class, the secondary vocational students are generally afraid and timid in the study of various knowledge. This problem is especially serious in sports, especially with some difficulties. In the specific education process, we can improve students' sports ability, make the game guidance method, and use more humorous language. Teachers are the standard, use beautiful sports technology correctly, provide perfect site facilities, and use comprehensive protection and support. Methods or other methods can eliminate students' uneasiness and timidity, make students gradually try to learn, gradually develop a good learning psychology, and actively participate in the learning process.

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