Study on the Needs of College Physical Aerobics Teaching in Colleges And Universities to Meet the Needs of the Social Market

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Abstract: The Method of Transporting Information, The Law of Investigation, The Law of Visiting, etc., the society needs to aerobic talent knowledge structure, skills Teaching ability, etc. Quality to explore and analyze, and to combine the problems existing in today's teaching, and to make some suggestions: to build a teaching body adapted to the social market Department; Focus on the knowledge structure and technical skills of students, the professional, extensive; To strengthen the training of students' ability to integrate.

1. Introduction

With the development of society and the use of high-tech, people's pace of life has increased rapidly, prompting the epidemic and spread of various "civilizational diseases" and "urban diseases". Thus, people Our health requirements are becoming stronger and their understanding of sports has changed, and the concept of "spending money for health" has gradually developed. Aerobics sports in many sports in the market competition has a good prospect, bodybuilding operation as a new sports items are not limited by the venue, equipment, number of people, not only has the overall effectiveness of fitness, fitness, and heart, but also helps to cultivate self-confidence, maintain a full of work and learning energy, Loved by people, the current generation of aerobics is my country's 20th century 08 generation of the beginning of the physical education items it once came out The general recognition of the vast number of sports workers and the masses and at the same time the colleges and universities also conform to the needs of the market to aerobics as one of the favorite compulsory courses in the sports majors, with the further development of aerobics theory and technology and improve aerobics teaching appeared a lag phenomenon from the survey situation before most of the Colleges' aerobics courses are still lacking in the teaching theory and practice of practical research in teaching Objective Teaching content There are still many problems in teaching methods, to some extent, affecting the effect of teaching. Therefore, not only are there a shortage of aerobics talents at all levels of schools at all levels, but the demand for aerobics talents in the social fitness market has also risen sharply [1]. However, the actual teaching ability of aerobics graduates is far from the needs of society - sports colleges (departments). There is still a certain gap between the development of teaching objectives, the selection and arrangement of teaching content and the actual needs of society. In June 2003, the Ministry of Education issued the "All-China General High School Physical Education and Education Course" /c14 , proposed a new to train competent school physical education, teaching, Training and competition work, and can engage in physical education scientific research, school physical education management and social sports guidance and other work of the training of composite sports education personnel Target. In order to meet this requirement, we must step forward to deepen the reform of physical education and teaching, and strengthen the integration of students ability to cultivate, to adapt to the needs of the social market [2].

2. The Existing Problems in the Teaching of Aerobics in Colleges and Universities

1) The value of the teaching objective is not suitable for the needs of society. Because of the long period to the physical education school's teaching standard one straight is the re-competition skills light general and This course structure is biased, paying too much attention to hierarchical
movement training or learning practices, ignoring the broadness and extension of all kinds of basic action learning. Lack of understanding of social market demand information and the positioning of teaching priorities, neglect ingress with practical skills training. Although students have learned many high-difficult actions, they encounter some practical questions in their work that promote and promote and be universal and sexual [3].

2) Some institutions teaching arrangements are not reasonable, aerobics students master the professional knowledge limited to the target The former department of physical education does not have a unified curriculum, mostly follow the gymnastics or artistic gymnastics syllabus, some departments pay too much attention to aerobics special teaching, and the technical level of students is mainly to meet the athlete seating standards to balance quantity, in order to complete the grade task will take up a lot of teaching time, which in a large degree affects the students' theoretical knowledge and the cultivation of various abilities [4]; Some departments of aerobics professional is the same as the false, only learn some gymnastics, artistic gymnastics, body and large body building and other people's gloves road, the professional knowledge and skills of aerobics know very little. The resulting aerobics special students will only complete a few sets of actions, and the special theoretical knowledge is very lacking, affecting the students after graduation special teaching ability [5], Table 1 is the content of the teaching theory knowledge system of the current syllabus of artistic gymnastics.

<table>
<thead>
<tr>
<th>Category</th>
<th>Content</th>
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<tbody>
<tr>
<td>Special theory</td>
<td>Overview, terminology, teaching and sports training methods, technical principles, competitions Organization and refereeing methods, action choreography, etc.</td>
</tr>
<tr>
<td>Background</td>
<td>Music theory and literacy, dance knowledge and quality, art knowledge and technology Energy, aesthetic knowledge and artistic aesthetics</td>
</tr>
<tr>
<td>Methods of scientific research</td>
<td>Methods and procedures, data compilation, paper writing, etc.</td>
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3. College Aerobics Adapts to Social Market Countermeasures

1) The establishment of the educational objectives of the School of Physical Education, which is required by the society and the city, must be based on the demand of the social market for talents. On the basis of ensuring the all-round development of professional theoretical knowledge, action technology, artistic expression and ability training. Focus on science, highlight effectiveness, relevance, leading sex and the times. We should consider both reality and the future [6].

2) Further strengthening the cultivation of students' comprehensive ability Pay attention to the cultivation of students' comprehensive energy is an important prerequisite to ensure that students are able to adapt to the changing needs of society after they go to work, therefore, the ability training of students should be further strengthened in the teaching process of artistic gymnastics [7].

3) Optimizing the teaching process, providing students with space for developing thinking, cultivating students' creative thinking and setting up a future-oriented teaching idea of "knowledge and innovation", which is the essence of mastering past and present sports knowledge skills in order to better explore the unknowing development of sports. Practice has proved that cultivating students' innovative ability, using rich and colorful teaching forms, using advanced teaching methods, making full use of modern teaching skills to watch videos, organizing students to participate in social practice activities, etc., can effectively cultivate creative thinking. At the same time, students should be fully mobilized and given full play to the initiative and polarity of their learning, provide students with theories, techniques, and cutting-edge knowledge and information related to the major in stages and phases, provide students with space for discussion and require students to write written reports. Open up ideas——— participate in social practice activities,
improve the ability to organize competitions and work [8].

4) The teaching and evaluation system of the multi-yuan evaluation system of the single, must lead to the learning content, methods, means of the poor, resulting in the students' knowledge structure thin. To this end, we should reform the current "results-based" evaluation method, teaching evaluation should be the test "results" and test "process" combination [9]. The special examination of artistic gymnastics should not only pay attention to the adoption of grade action, should be the theoretical knowledge of written test, method application of homework, technical level standards, teaching practice ability inspection, self-arranged sets of actions, etc. , to establish a diversified teaching evaluation system, from the teaching requirements to adapt to the needs of the future social market. Technical learning focuses on the correct mastery of basic technology, for some of the poorly-based students do not seek to master more high-difficult movements, but through watching the training of excellent sports teams, watching television, video and other hand-based teaching in conjunction with theory to classify movements, analysis, and the relationship between theory, technology, ability coordination so that students Limited teaching [10]. With the continuous development of China's socialist market economy, the social market for all kinds of talents and talent specifications have changed. The deepening of the educational objectives and contents of all kinds of schools at all levels in China, the emergence of various sports and fitness clubs, and the vigorous development of new types of community sports activities, have put forward new requirements for the training of artistic and physical fitness talents in sports professional colleges and universities [11]. From the social market demand, graduate sending feedback, and the actual teaching situation of the survey analysis shows that in our current artistic gymnastics teaching arrangements and personnel training, there exists the value of teaching objectives to meet the needs of society; The knowledge structure of the students is single, and the practical ability is insufficient.

4. Conclusions

In order to better adapt to the social market demand and promote the reform of art and physical education, we should pay attention to the establishment of a teaching target system to meet the needs of the social market; Pay attention to the professionalism, comprehensiveness and widerange of students' knowledge structure and skill mastery, step by step strengthen the cultivation of students' comprehensive abilities, improve the teaching process for students to develop space for thinking, cultivate students' creative thinking, establish a diversified teaching evaluation system, improve the quality of teachers in an all-round way, cultivate and establish professional ability and mastery Social market demand information of the teacher team.

References


