

Research on the Methods of Training Aerobics Athletes' Expressive Power

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Abstract: Aerobics is a comprehensive sports project that integrates fitness, dance, entertainment and other elements. It stands out by virtue of its own advantages and is widely concerned and loved. In the competition, aerobics athletes use professional movements and music performances to show a combination of highly difficult movements that are ornamental and provide a visual feast for the audience. The performance of aerobics athletes depends on their performance. This article briefly discusses how to train the expressiveness of aerobics athletes, and conducts certain research on it.

1. Introduction

The expressive power of excellent aerobics athletes includes: their own technical level, body shape, and skills. Only when athletes fully utilize the above factors, can they show their outstanding performance in the eyes of the audience. Therefore, focusing on cultivating the performance of aerobics athletes can help athletes perform aerobics in the arena incisively and vividly, bringing a visual feast to the audience, infecting them, and ultimately achieving excellent results.

2. Factors Influencing the Methods of Cultivating Aerobics athletes' Expressiveness

2.1 The Influence of Athletes' Technical Movements on Performance

During the aerobics event, the athlete's technical movements account for a considerable proportion of the final score. The performance level of the entire game depends on the athlete's mastery of technical movements. If the athlete lacks the corresponding technical level, the athlete will be in the competition. Affected by movements, their self-confidence and overall performance are affected, which leads to unsatisfactory performance of athletes^[1]. In the "Analysis of the Performance of Excellent Aerobics Athletes", the article accurately pointed out that athletes should pay attention to the overall coordination and aesthetics of the movements when completing the movements. If the movements are carefully designed, the overall performance process will be perfect and smooth. The phenomenon of convergence.

2.2 The Influence of Athlete's Physical and Psychological Quality on Performance

As we all know, the display process of aerobics is more for players to vividly interpret skills, strength, and beauty. The above factors must be manifested during the competition, which invisibly increases the pressure on the athletes. Athletes' physical fitness includes physical function, stamina, agility and flexibility. Therefore, athletes with better physical fitness can bring the audience a vivid verse experience, which also requires athletes to have a certain degree of resistance to pressure, and by strengthening their ability to adapt to the environment, they can help them better stimulate their self-confidence and make them feel better. The movements are richer and more beautiful, helping to improve the performance of athletes^[2].

2.3 The Influence of Athletes' Sense of Music on Performance

In aerobics sports, music is the soul of its connotation, and the emotions displayed by different music are very different. In addition to being able to choose the right music, athletes should also choose songs that can infect the atmosphere of the scene to help athletes better Complete the action,

sublimate the athlete's appeal, bring a stronger visual impact to the audience, and allow the audience to understand the thoughts and emotions of aerobics. In view of this, aerobics athletes should have a certain degree of musical perception. By feeling the melody and rhythm of music, they can better integrate their movements and skills with music and improve their expressiveness. People with weak musical perception are prone to often fail to keep up with the rhythm during aerobics, resulting in a stiff scene, which will greatly affect the performance of the athletes.

3. Cultivating Methods to Improve the Meta-Expressiveness of Aerobics

3.1 Improvement of Training Methods for Athletes

In the actual training process, coaches should be able to focus on the effectiveness of training to help athletes better improve their performance capabilities. In the basic movement training, you must be steady and steady, and proceed step by step. The gradual manifestation of training means that the entry of training is carried out through the training content step by step. It is relatively difficult to quickly improve the performance of athletes in a short period of time. Coaches should always require the training process to be orderly and strictly in accordance with various rules and regulations. "Advance" is very important in the coach's main thought. We should not blind our eyes because of the limitations in front of us. We should formulate an advanced training plan so that athletes can fully develop their inherent potential. In the actual training process, coaches should choose advanced teaching resources and give full play to the role of teaching materials^[3]. Among them, multimedia technology can better exercise athletes. Coaches can use multimedia methods to record athletes' technical actions and send them to the Internet to obtain comments from all walks of life. While improving the training efficiency of athletes, they also set a considerable degree of standards. , So that athletes can see their position clearly, take the essence from it, and make progress.

3.2 Improvement of Athletes' Physical and Psychological Quality

The improvement of athletes' stage performance is inseparable from the comprehensive development of athletes' physical and mental quality. The overall beauty of aerobics requires athletes to be able to complete a variety of dance training. Through the training of different dance styles, it can effectively enhance the athletes' physical fitness, help athletes control different styles of music, and better use and perform. Therefore, the development of dance training activities is beneficial to comprehensively improve the athletes' physical flexibility, coordination, and performance. Create a sense of music and rhythm to the music, and strengthen the muscles. Through a variety of different styles of dance combinations, it can effectively expand the imagination of athletes and help improve their performance in aerobics. In the process of expressive training, the process should not be too random, and the coach should always pay attention to the athlete's physical state. If you go the other way, the athlete's body and mind are not paid attention to by the coach, because minor deviations may cause damage to the athlete's muscles or bones, which will seriously affect the efficiency of training. In view of this, coaches should not only focus on the completion of the action during the training process, but should actively formulate different training programs in accordance with the individual differences of the athletes. For the explanation of professional knowledge, the pre-training editing process should focus on one point of explanation^[4]. After the coaches have practiced the training content, they should summarize the problems and difficulties and correct them, and strive to find innovative training models. In the teaching process, coaches should always pay attention to the physical and mental state of the athletes, pay more attention to the body rhythm in the action design, improve the training methods, and continue to conduct independent research and practice before training, find and solve problems by themselves, so as to achieve optimized teaching The purpose of efficiency is to avoid influencing the performance of athletes in the game during the teaching process.

3.3 Cultivation of Athlete's Sense of Music

In order to better help athletes develop excellent musical perception, trainers should actively construct a training model that is more in line with the athlete's learning rhythm. If the athlete has a certain understanding of the rhythm, the athlete can truly understand the deep emotions of music. Effectively improve the performance of athletes, so that athletes can more accurately complete the complete set of aerobics movements, but also can make athletes become more confident through the influence of music. In the article "The Influencing Factors and Improving Methods of Competitive Aerobics Athletes' Performance", it is pointed out that the improvement of athletes' music literacy can effectively improve the athletes' performance in competitions. In the process of music training, coaches usually help athletes to experience the rhythm of music by tapping the beat, but this method is usually more mechanized. When tapping the beat, athletes are usually prone to distractions, and the music lacks fluency. No vitality. Coaches should actively guide athletes to feel the rhythm in music through subjective initiative, and try to deeply integrate dance moves with music beats, ponder the emotions expressed in music, and strengthen themselves in many ways. Music training, the active and boring training process will only get half the result with half the effort. Only through the guidance of subjective initiative can athletes understand music at a deeper level, mobilize athletes' emotional experience, and help athletes be precise and unmistakable in training and even in competitions. Complete dance moves and improve your performance.

4. Conclusion

Aerobics itself is an expression of beauty, and there is nothing more than the expressive power of stage emotions. Constantly infiltrate people's hearts in truth, goodness and beauty, and enhance people's moral cultivation. It allows people to better appreciate beauty in a pleasant environment, subtly influences people's senses and emotions to develop in a healthy direction, makes the inner world more beautiful, and makes behavior patterns more healthy. Analysis shows that the expressiveness of aerobics athletes is an important factor in gymnastics, and therefore should be highly valued by athletes. In the daily training phase, actively strengthen their own performance ability, improve the concept of performance, analyze its composition, and adopt Targeted training mode strengthens performance ability. All in all, aerobics is a sports item that requires higher athletes' comprehensive ability. In view of this, while improving their own technical level, athletes should also be able to strengthen their special, psychological, and musical literacy at the same time, so as to promote the improvement of athletes' performance capabilities.

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