

Research on Expressiveness of Excellent Aerobics Athletes Based on Resource-Based Learning

Xiaoyan Zhao

Faculty of physical education, Baotou Teachers College, Baotou, Inner Mongolia, 014030, China

Keywords: Resource-Based Learning, Aerobics Athletes, Expressiveness, Study.

Abstract: The so-called expressive force is the ability to express one's inner thoughts and emotions through one's conditioned organs and to infect others. Aerobics, as a unity of health and beauty, its expressive force has independent significance, which is a silent body language. Resource-based learning is a new educational thought and mode. Its teaching design should follow the basic principles of aerobics athletes' autonomous learning, teachers' help, cooperative learning and teaching objectives. Based on resource-based learning, this paper discusses the factors that affect the expressiveness of aerobics athletes, studies the training methods to improve the expressiveness of aerobics athletes in our country, and creates a composite training method for expressiveness of face, limbs, movements and personalities. The aim is to provide theoretical and practical basis for the performance training of aerobics athletes in China.

1. Introduction

Aerobics expressive force refers to the ability to express one's mind and emotions and infect others through various organs of the human body based on athletes' body movements and with the theme of health, strength and beauty. In competitive aerobics competitions, athletes' performance ability to beauty is very important. In resource-based learning, even the teachers who put forward the questions have no specific answers to the problems to be solved [2]. The rapid development of competitive calisthenics puts forward higher requirements for our athletes and coaches engaged in this project in the aspects of routine arrangement, music selection or athlete selection, athletes' technical level, skilled technical movements, especially athletes' expressive force [3]. No matter what type of aerobics competition, athletes must complete the whole set of movements perfectly within a certain period of time with the accompaniment of music, so as to demonstrate the athletes' ability to demonstrate higher intensity and more complicated movements continuously, and to show the athletes' vitality and enthusiasm. However, at present, there is a lack of discussion on the expressive force of aerobics athletes, so this paper has conducted a preliminary study on this topic, aiming to provide some references for training in these aspects.

2. The Concept and Approach of Expressiveness

The so-called aerobics expressive force refers to the ability of bodybuilders to express the artistic value of the whole set of aerobics through the use of various factors (such as facial expressions, movements, eyes, sports routes, posture, etc.) and the combination of music during the competition [4]. The organic unity of spiritual temperament and external movement performance is the embodiment of athletes' artistic level. Expressiveness is an important factor that infects the audience and improves performance. Aerobics refers to the process in which athletes show the audience the beauty and charm of gymnastics. This process is accompanied by music and various difficult and ornamental movements and performances.

Expressiveness is a kind of ability. To have good expressiveness, athletes must first have the following abilities: self-confidence, sensibility, comprehension, cognition, observation, etc. (Table 1).

Table 1 The precondition of expressive force

| Should have the ability | First place | Second place | Third place | Proportion//% |
|-------------------------|-------------|--------------|-------------|---------------|
| Self confidence | 17 | 8 | 10 | 26.33 |
| Feeling ability | 8 | 15 | 8 | 22.15 |
| Understanding ability | 7 | 6 | 9 | 18.96 |
| Cognitive ability | 7 | 5 | 6 | 14.28 |
| Observation | 3 | 7 | 4 | 10.16 |
| Other capabilities | 1 | 4 | 2 | 8.84 |

This kind of beauty should not only embody the beauty of softness, but also the strength of rigidity. Continuous movements combine hardness with softness. When scoring calisthenics, artistry is the first factor to be considered in its evaluation, followed by observing the athletes' movements and then judging the difficulty of their movements. Thus, artistry occupies an extremely important position in it. With these innate basic conditions, judges and spectators can be given a good impression, which is conducive to the normal play of the competition.

3. Factors Affecting Expressiveness

3.1. Special Quality

The foundation of a set of aerobics movements is the physical quality of athletes. The performance of athletes is affected by their special qualities. Quality not only affects the expression of emotional and personality characteristics, but also affects other psychological processes. From the perspective of sports psychology, the difference in temperament is the unity of the athletes' inner spiritual temperament and external movement performance, and the athletes' different temperament performance plays a vital role in their performance. Temperament difference is an essential feature of athletes' competition. Because expressiveness is the unity of the inner spiritual temperament and the outer movement performance of aerobics athletes, the performance of athletes with different temperaments on their expressiveness is different. There are very high requirements and standards for the physical quality of aerobics athletes, especially the sensitive quality, endurance quality and strength quality [5]. Psychological quality and intellectual factors are the basis of expressiveness. The ability to understand music and movements and the ability to convey facial expressions are the preconditions of expressiveness, while the level of technical movements is the decisive factor of expressiveness.

3.2. Skills and Techniques of Calisthenics

A complete set of calisthenics is formed by combining several individual movements according to a certain sequence. The skills of movements must be studied, consolidated, understood and reproduced. Coaches are the designers and organizers of the whole training, as well as the educators and guides of athletes. Coaches' knowledge and ability are crucial to the success or failure of sports training. It is this unique feature that determines that aerobics athletes should have full self-expression. Competitive calisthenics requires athletes to have good body power, body balance, coordination and flexibility under the conditions of oxygen and no oxygen respectively. Strength refers to the body language connotation embodied by athletes in various dynamic and static movements. Graceful movements refer to the unity of internal beauty and external beauty. Internal beauty includes self-cultivation that reflects one's own quality and the emotion of beauty from the heart. If there is no formation of better movement skills, then it can not be said that the performance of athletes. From this, we can see that the material basis of calisthenics expression is the skills and techniques of movements.

3.3. Psychological Quality

Any competition or performance is not only the physical activities of the participants, but also the psychological activities of the participants. It refers to the athlete's personal experience and

feeling of something. In aerobics, it refers specifically to the athlete's feeling of artistic beauty, music and movements. A fit and well-proportioned figure is the basic condition for physical beauty. In addition, it is characterized by regular facial features, well-proportioned figure, shiny and elastic skin, less fat layer, proper proportion of upper and lower limbs, wide shoulders, thin waist and long limbs. A good psychological quality helps athletes to perform their technical movements efficiently. On the contrary, if the psychological quality is poor, athletes will suffer from nervousness, anxiety and inferiority during the competition, thus affecting the normal performance of athletes' movements [6]. In general, aerobics players should have the following psychological qualities: extroversion, mental health, good control of their emotions, courage to express themselves and so on.

3.4. Music Accomplishment

Aerobics and music are closely related. If the soul of aerobics is music, then the only way to realize the soul of music is expressiveness, and expressiveness is also the only way to enhance the artistic value of aerobics. Aerobics has distinct music rhythm, beautiful melody and various styles. Can be selected from symphony, folk music, light music, rock music, disco, hip-hop dance, jazz and other music styles, through the characteristics of music rendering athletes' performance style [7]. In aerobics, good music rhythm can not only set off the atmosphere for aerobics performance, but also enable athletes to perform movements accurately through clear rhythm, and control and standardize the rhythm to perform aerobics art.

3.5. Coach Factor

Sports training is a two-way process between coaches and athletes. Athletes are the main body of training, while coaches play a guiding role in training. Coaches are the designers, organizers, educators and guides of the whole training. The knowledge and ability of coaches play a very important role in the success or failure of sports training. In sports training, athletes need not only the active efforts of athletes, but also the guidance and guidance of coaches. Only through effective cooperation between the two can athletes achieve better results. Therefore, the coach's skill level, training concept and training skills will have a direct impact on the athletes' competitive level. Table 2 below shows.

Table 2 The influence of coach factors on athletes' performance

| Coach factor | Very important | Important | General | Not too important | Unimportant |
|--------------------|----------------|-----------|---------|-------------------|-------------|
| Innovation level | 15 | 1 | 0 | 1 | 1 |
| Arrangement skills | 12 | 3 | 0 | 0 | 1 |
| Training technique | 11 | 8 | 1 | 0 | 0 |
| Music selection | 9 | 5 | 1 | 0 | 0 |
| Artistic quality | 8 | 12 | 2 | 0 | 0 |

After determining the above factors, the author invited the expert team to judge the importance of the above elements, and the results are shown in Table 3 below.

Table 3 Coaches rank the factors that affect athletes' performance

| Coach factor | Score |
|--------------------|-------|
| Artistic quality | 62 |
| Music selection | 60 |
| Training technique | 65 |
| Innovation level | 70 |

From the ranking results in the above table, we can see that in order to improve the athletes' competitive level and expressive force, we must first make great efforts from the coaches' innovation level and arrangement methods. Therefore, in the current competitive bodybuilding training, athletes should accept a set of training procedures with moderate technical content, novel modeling and performance techniques, and strong artistic beauty. Aerobics athletes can effectively control themselves in the competition, calmly face all kinds of situations in the competition, and can adapt to changes at random and freely use techniques to make full use of expressive force.

4. Exercise and Cultivation of Aerobics Athletes' Expressiveness

4.1. Training of Athletes' Special Qualities

4.1.1 Coordination Training

The so-called coordination refers to the ability of various parts of the human body to cooperate with each other in space and time so as to effectively realize various actions. For coordinated training of athletes, some routines or combinations with certain characteristics can be adopted to carry out training. If you look at a mirror and make more than ten exaggerated expressions of different styles, you can cry laughably, be surprised and resentful, and be angry and worried. After a certain stage of facial training, facial expression can be handled easily, cry as you like, smile happily, without showing stiff and strange facial expressions. Every sports event needs to be conceptually limited so as to be distinguished from other sports events. Resource-based learning has changed the face-to-face teaching process in traditional teaching, and the teaching process has become a learning process. Teaching aerobics athletes to learn is the theme of the whole teaching design. Therefore, the learning needs of aerobics athletes should be taken into account in the specific teaching design. To train a qualified bodybuilder, many targeted trainings are needed. Furthermore, the strength, flexibility and balance of nerves are effectively improved to enhance the muscle control ability of athletes, thus effectively enhancing the aesthetic feeling and rhythm of athletes' movements. Hand-to-eye movements in operation should be hand-to-eye and fully embody expressive force. For movements with inconsistent hand-to-eye directions, emphasis should be placed on drawing attention and signals should be used in training to avoid mistakes.

4.1.2 Strength Training

Effective exercise of strength can improve the strength of athletes to stand back and waist to a certain extent, and effectively improve the coordination level of feet supporting human body. At the same time, it can also improve the ability of athletes to control movement posture and make their movements more infectious and rhythmic. In the process of resource-based learning, cooperative learning can improve one's level of development. Strength training can be assisted by equipment, and equipment combination training can be carried out for imperfect parts of the body. Only in this way can we increase appropriate muscles, metabolize excess fat, sculpt muscle lines, improve the proportion of upper and lower limbs, and build a perfectly symmetrical body shape. At the same time, it can also strengthen the control ability of bodybuilders for physical strength. To make it not only have tension in strength, but also give consideration to texture and rhythm, thus enhancing its performance on the stage.

4.2. Training of Sports Skills

The quality of athletes' skills will directly affect the performance of expressive force. Therefore, in the daily training process, it is necessary to strengthen the basic skills of athletes' aerobics, to help them develop accurate sense of body movements, and then to start the training of complete sets of combined movements. Similarly, it imitates a group of movements, but produces different effects on individuals. The players with graceful movements will fully show the effect of beauty, while the players with slightly worse movements can only mechanically copy the movements. Therefore, action training is the most critical factor for the best expression. Based on resource-based learning,

on the one hand, aerobics athletes insist on autonomous learning, at the same time, we should also see that this learning method does not mean that teachers have no place in the teaching process. On the basis of continuously strengthening the physical quality and the ability to resist the intensity, it integrates the necessary artistic feeling, increases the difficulty and proficiency of movements, and pursues high-level aesthetic feeling and innovation while ensuring the rationality of movements. This is the central content and main means of athletes' action and tactics training.

4.3. The Training of Psychological Quality

Psychological quality training is to use various methods and means to consciously exert certain influence on athletes' personality characteristics and psychological process, so that athletes can master the methods of self-psychological adjustment, so as to better participate in the competition and obtain better results. A truly outstanding athlete is a person who combines all the strengths of his family. Only by watching more, imitating more and practicing more can he create his own distinctive style of expression. In calisthenics, psychological training generally refers to the training of sports psychological will, the adjustment of psychological emotions, the training of special techniques, the psychological training of mastering sports essentials and the training of psychological quality in the process of competitive matches. There are many ways to train psychological quality, for example, to effectively train athletes' muscular sensory ability; The ability to train athletes to enter a specific psychological environment and use mental methods and emotions to guide themselves to complete actions. There are many ways to cultivate self-confidence, such as changing the surrounding environment to enhance adaptability; Formulate slogans to encourage yourself and adjust your mental state; Organizing to participate in competitions to stabilize psychological quality and cultivate challenging psychology; Team training to cultivate sense of security and solidarity; Individual training to cultivate independent competitive ability and stable value, etc.

4.4. The Cultivation of Musical Feeling

Accompanied by music, the athletes completed the whole set of movements. Aerobics without music is difficult to stimulate the excitement of athletes, and it is also difficult to get the audience's acceptance and recognition. Therefore, music can not only enhance the temperament of aerobics, but also effectively enhance the appeal of aerobics [8]. We should learn from other arts related to aerobics, such as national dance, artistic gymnastics, modern dance, water ballet and other forms of artistic expression, and apply them to aerobics to improve athletes' comprehensive artistic level. Learning the theory of music, can understand the reasons for creating music, appreciate the music festival, can feel the music law, let oneself feel continuously strengthened. A large number of listening to different kinds of music, according to the music law heard imagine music brought about by the story or scene, athletes can better grasp the music to express feelings, to express works. The characteristics and style of calisthenics should be expressed through coordination with music. The melody and style of music should be integrated with the nature, rhythm, style and emotion of athletes' movements. Therefore, training athletes' sense of music is a very important part to ensure the expressive force of aerobics.

5. Conclusion

The form of expressive force is determined by many factors. Coaches can teach students in accordance with their aptitude and solve different problems in different ways. For example, some athletes have good movements but no facial expression, which can strengthen facial training. Some people have poor physique and can be trained by ballet and other related means. Resource-based learning mainly focuses on individual learning of learners, so its significance in teaching is mainly reflected in the design and development of teaching resources. The factors that affect the performance of athletes in competitions are physical quality, psychological quality, intelligence level, understanding of music, understanding of movements, conveying power of facial expressions and technical level. The expressive ways are good body posture, perfect technical movements,

infectious music and sincere facial expressions. Strengthening the cultivation of aerobics athletes' aesthetic consciousness, cultural background, special quality and movement specifications, dance expression, music accomplishment and interest are conducive to the continuous improvement of their expression. Therefore, athletes only need to clearly understand the key to restrict expression, they can find out the corresponding solutions. Moreover, as the expressiveness of athletes is a manifestation of their comprehensive abilities, training them is one of the purposes that must be fully implemented during aerobics training.

References

- [1] Wu, Qiong. (2018). Research on the Training Methods of Aerobics Athletes' Expressiveness in Beijing Sports University. *Sports Fashion*, no. 12, pp. 274-274.
- [2] Shi, Cuiying. (2019). Influencing Factors of Competitive Aerobics Athletes' Expressiveness and Improving Methods. *Contemporary Sports Science and Technology*, no. 17, pp. 221-222.
- [3] Jia, Wen. (2018). Explore the reasons that affect the performance of competitive aerobics athletes. *Sports Fashion*, no. 4, pp. 64-64.
- [4] Zhao, Li. (2017). Analysis of Influencing Factors on Performance of Competitive Aerobics Athletes. *Winning the Future*, no. 22, pp. 0305-0305.
- [5] Zou, Yan, Wei., Liu, Zhibin. (2019). Research on methods of physical fitness training for competitive aerobics athletes. *Examination Weekly*, no. 25, pp. 139-139.
- [6] Han, Yuchen. (2019). Research on the Influence of Aerobics Athletes' Core Strength on Jump Performance Quality. *Sports Fashion*, no. 3, pp. 40-40.
- [7] Lu, rujun. (2017). Analysis of influencing factors of aerobics expressive force of college students. *famous works*, no. 5, pp. 118-118.
- [8] Yang, Yunxia. (2017). Comparative analysis of the artistry of the women's singles events in the 14th World Aerobics Championship. *Fujian Sports Science and Technology*, no. 6, pp. 38-40.