

# Discussion on the Content System and Strategy of Competitive Aerobics Sports Training

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**Abstract:** With the rapid development of China's economic level and scientific and technological level, sports teaching has become one of the main targets of the whole society. The so-called competitive aerobics, which mainly refers to a way to show the athlete's own movement level by relying on the relevant difficulty movements under the accompaniment of related music. Because such sports have a strong speciality, it is necessary to carry out a comprehensive study to improve the overall quality of classroom teaching, and then to train more outstanding talents with comprehensive qualities. This article will explain the main concepts of competitive aerobics, explore specific training content and related methods, and provide some reasonable insights on the content that needs attention.

## 1. Introduction

From the current stage of development, in the current sports teaching, competitive aerobics is an emerging form of exercise, which has many help and benefits for the improvement of students' physical literacy. In order to ensure that it can play its original role, it should be comprehensively researched, based on its content system itself, through the use of some targeted measures to complete the teaching optimization.

## 2. The main concepts and full set of competitive aerobics

### 2.1 The concept of competitive aerobics

For competitive aerobics, it has a very important connection with music. No matter which action, it needs to be done with the music. Tracing back to its history, it can be understood that competitive aerobics originated from the fitness itself. The form of the competition mainly includes five categories, namely, men's single, women's single, mixed men and women, mixed men and women, and mixed men and women. Based on the difference in the size of the game, the actual time and venue of the game is completely different. Generally speaking, for single-player competitions, the venue area is usually 7\*7 square meters, while the competition time is 1 minute and 30 seconds. For multiplayer games, the area will be expanded to 10\*10 square meters and the time will increase to 1 minute and 50 seconds. All athletes must wear the corresponding competition costumes, and in the course of the actual competition, they should abide by the requirements of the national competition regulations.

### 2.2 The full content of competitive aerobics

For competitive aerobics, the full set of movements needs to show the various movements of aerobics and ensure that their style has a strong unity. In actual competitions, the scores are more reflected in the athletes' movements, but when they are energetic or have strong creativity, they often score high. At the same time, for athletes, each type of difficulty must include at least one, and the referee will score according to the actual completion of each type of action. In order to reflect the beauty of sports, all kinds of difficult movements need to be combined, and the body must be straight, the shape is clear enough, and the performance must be crisp and neat.

In general, its content mainly includes one of the following difficulty actions:

- 1) Dynamic power
- 2) Static power
- 3) Explosive jump
- 4) Kicking action
- 5) Balanced action
- 6) Flexible action

### **3. The specific training content of competitive aerobics and related methods**

#### **3.1 Training in sports technology**

##### **3.1.1 Basic action training content**

Before the general athletes receive professional training, they often do not know the basic movements, postures and steps of action. Therefore, in the early training activities, the coach should focus on the training, the pace and posture. These contents are the most basic content and have a very important impact on the future personal development of athletes, and therefore are the most important stage. In order to improve the flexibility, flexibility and coordination of athletes, it is generally possible to exercise by jumping and training. Every action of the athlete needs to be strictly required to ensure that its movements are in place. However, if it is not corrected in time, it is easy to cause athletes to develop bad habits, which will affect their future personal development.

##### **3.1.2 Contents of the exercise training**

The so-called manipulation action usually refers to some transitional actions. After completing a large amount of basic training, the athlete needs to adjust his heart rate through the exercise action, and also can stimulate the muscles, thus helping himself to make a better transition. Go to the next action. Generally speaking, the operation actions mainly include two types, namely, a hip and a swing arm. In the course of the game, the actual action is the important content that determines the level of the score. At present, in the process of actual training, the general athletes have poor strength in their own exercises, and it is difficult to achieve the expected goals. To this end, some targeted strengthening measures must be taken.

##### **3.1.3 Difficult action training content**

Training activities for difficult movements tend to begin after the first two types of training activities are over. Difficult action is the focus of sports scores, and the overall difficulty is higher than the basic action. Therefore, only when the athletes have mastered all the basic actions, can the relevant training content be carried out in a timely manner, so as to promote their comprehensive level to be further improved.

##### **3.1.4 Training in action strength**

For competitive aerobics itself, the intensity of action is also a very important part of it, which is also a key part of determining the athlete's comprehensive ability. In the actual training, every movement of the athletes needs to be strong and powerful, and every part of the body must be perfectly coordinated, and at the same time, it can also show strong flexibility characteristics, so as to promote their own competitive ability.

##### **3.1.5 Comprehensive strength training**

When athletes do every movement, they need to have two different forms, which must reflect the dynamic power and the static power. It is also for this reason that there are high requirements for the normative and balanced aspects of athletes' own actions. To this end, in the actual training, we should ensure that each part of the training must be done in order to improve its comprehensive level.

## **3.2 Physical quality training**

For aerobics athletes, physical fitness training is mainly reflected in five aspects, namely endurance, coordination, flexibility, speed and strength, which are described in detail below.

### **3.2.1 Training in exercise endurance**

The so-called exercise endurance mainly refers to the basic ability of athletes to carry out a single activity for a long time in the process of actual training. For athletes, endurance is a very important foundational ability. Since aerobics itself belongs to a class of anaerobic exercise, athletes need to maintain a good personal attitude in the case of insufficient oxygen for a long time, and complete each action according to the requirements. In order to improve the athlete's own endurance, it is usually possible to try to improve the overall difficulty of the training after the basic training is over, and at the same time speed up the rhythm of the music playing, and encourage the athlete to complete the training under the high-intensity practice, so that they can gradually adapt to the fast pace and break through their own abilities. The limit, and thus improve their own level of exercise [1].

### **3.2.2 Physical coordination and flexibility training**

For the aspect of motor coordination, it is mainly reflected in the coordination of limbs, the coordination of expressions and movements, the coordination of muscles, and the coordination of movements and music. In the actual training, it is reasonable to adopt some targeted training methods. For all aspects, we must continue to practice. The muscle itself has the ability to remember, and the body will record it completely after repeating the same action for a long time. For different training content, it is reasonable to adopt different training methods to improve the overall level of athletes.

### **3.2.3 Training in sports strength**

From a certain point of view, when athletes do all kinds of movements, their speed is often more clearly related to their strength. Therefore, when carrying out strength training, it is necessary to start from three aspects, namely the upper limbs, the lower limbs and the trunk.

For the upper limbs, the part of the body is often on the shoulders and elbows. Therefore, it is possible to perform training by means of bench press, level push and push-up.

For the lower limbs, the actual force is usually mainly in the pith, knee and ankle joints. Therefore, training can be carried out in a manner of weight-bearing leapfrog, weight-bearing squat, and half-bounce.

For the trunk part, the actual position of the force is the rectus abdominis, the trapezius, and the intra-abdominal oblique muscle. Therefore, training can be performed by means of sit-ups, weight-bearing swivels, and pull-ups.

At the time of actual training, the training of the wrist joints and ankle joints should be given full attention. After all, in the process of performing aerobics, it is often necessary to complete the action in the air, and when it falls, it must use the power of the wrist to promote a smooth landing. If there is no intensive training on the wrist joints and ankles, it is easy to cause sports injuries, which will make it impossible for them to continue the game. If the situation is very serious, it may even cause you to continue to engage in this sport for life. It can be seen from this that strength training has a great influence on the athlete's sports life and must be paid more attention.

### **3.2.4 Training in speed of movement**

When performing speed training, it is generally mainly to improve the overall intensity of the training activities, and to do repeated exercises on the basis of, in order to improve the proficiency of their own exercise exercises. When the athlete is fully familiar, the speed of his own movement will naturally be greatly improved.

### **3.3 Training at the comprehensive quality level**

#### **3.3.1 Body shape training**

For athletic aerobics, aesthetics has always been one of the most important aspects. The form training mainly means that after a long training period, it is ensured that the athlete's own form can meet the requirements of modern aesthetics and meet the scoring requirements. Depending on the gender of the athlete, the requirements offered are completely different. For female athletes, they need to be displayed in terms of pace, size and demeanor to reflect the sporty beauty. For male athletes, they need to show their body and movements to show their masculinity [2].

#### **3.3.2 Musical and expressive training**

Competitive aerobics is a form of exercise accompanied by music. Therefore, athletes must have strong sensitivity. Only by being in the scene can they express all their emotions. The expressiveness mainly refers to the athletes' full use of their imaginations based on the musical background, which enables the music to be fully integrated with the movements, thus bringing an impact effect on the visual level. Through its powerful appeal, all the audiences are encouraged to be Influenced, but also achieve good personal results.

#### **3.3.3 Training in integration capabilities**

The so-called integration ability of aerobics sports mainly refers to the comprehensive combination of body language, expression language and emotional language. If the remote mobilizer is performing too hard, and the lack of proper beauty, the performance will lose its proper soul. To this end, athletes must think from a holistic perspective, and integrate all kinds of action performances as much as possible to pass on their emotions to the audience.

#### **3.3.4 Training in coding ability**

In the actual game, because the referee is used to the general movements, in order to bring a new visual experience, the athlete must carry out action innovation. Therefore, athletes need to keep pace with the times when making content layouts, and consider the melody, movement difficulty and form to ensure that the movements and themes are mutually reinforcing, and then the beauty and vitality of the aerobics movement are fully demonstrated. come out.

#### **3.3.5 Training in psychological quality**

When athletes are actually playing, they often have different kinds of situations. Therefore, they need to be calm and coping. They can't change their mentality because of the mistakes they made before, which will interfere with the subsequent performance. Athletes must improve their psychological quality by simulating the actual competition, and then achieve satisfactory results.

### **4. The need to pay attention to the development of competitive aerobics training**

#### **4.1 Training needs to reflect the characteristics that vary from person to person**

Different athletes have great differences in their own athletic ability. Therefore, when carrying out training activities, it is reasonable to combine some of its characteristics and adopt some targeted training methods to promote its comprehensive level. For example, for some athletes with relatively poor competitive levels, it is necessary to train their overall quality. For some athletes with relatively high economic levels, it is reasonable to train them in terms of their ability to arrange.

#### **4.2 Training needs to reflect coherence characteristics**

When conducting training activities, the coach needs to combine the athlete's recent actual training conditions to complete the phase plan. If there are special circumstances, you can temporarily adjust to ensure that each athlete can make progress in each day.

### **4.3 Training needs to pay attention to the basic action**

In the actual training, the basic action should be given full attention, so that the athlete's own endurance, speed, strength, coordination and flexibility can be improved, and at the same time meet the basic requirements of art teaching. Through a variety of different forms of dance, and to provide a variety of different styles of music, in order to promote the comprehensive quality of athletes can be comprehensively improved [3].

### **5. Conclusion**

In summary, for competitive aerobics sports, it belongs to a form of sports with skill as the core, so it has extremely high requirements for the athletes' comprehensive quality. To this end, in the actual training, the movement should reflect on all aspects of the content, and make enough efforts to make better performance programs, and then promote the comprehensive development of China's aerobics movement, and gradually move toward the world.

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