

# Cultivation of the Ability of Creating and Arranging Aerobics in Physical Education Majors

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## Abstract

For sports colleges and universities, establishing a good education and teaching system is the basis for improving the level of aerobics teaching. Based on the current social background of sustainable development, teaching needs to ensure the continuous improvement of students' practical and innovative abilities. Before students can clarify basic skills, they need to increase their self-training level to ensure the accumulation and training of students' student methods and theoretical knowledge. Combined with a large number of practical behaviors, the practical experience has been improved, and finally the student's ability to create and the relevant level has been improved.

## Keywords

Ability training; physical education; aerobics.

## 1. INTRODUCTION

When students are studying in the physical education majors, they first need to have the ability to create aerobics. This skill can reflect the students' comprehensive learning standards at a certain level. Since aerobics creation needs to effectively integrate gymnastics, dance, music and other elements, it is necessary to follow the relevant creation principles and characteristics, and at the same time enable students to fully integrate the knowledge and skills learned to ensure that they meet aerobics competition and exercise. Rules, the unity of multiple levels of arrangement, movement, music, etc. The discipline can use more effective ways to enhance the professional ability of physical education. It needs to use the means of ensuring the comprehensive characteristics of aerobics, such as creating and perfecting, so that the athletes can truly complete the physical exercise and at the same time devote themselves to the physical education process.

## 2. ANALYSIS OF THE CURRENT SITUATION OF THE ABILITY OF CREATING AEROBICS IN PHYSICAL EDUCATION MAJOR

At present, most college physical education majors have aerobics teaching courses, but they still carry out education according to traditional forms of education. Teachers only pass on the skills and knowledge that have already been formed to students, but ignore the improvement of students' level of creation, and students' The knowledge acquired is too satisfying and does not lead to creative thinking. After the end of the aerobics course, the students' enthusiasm for learning and fresh feelings disappeared, and the will to learn disappeared.

### **3. THE IMPORTANCE OF CULTIVATING THE ABILITY OF STUDENTS MAJORING IN PHYSICAL EDUCATION**

#### **3.1. Creation Helps to Develop Students' Interest in Aerobics Learning**

Since dance songs need to be chosen by themselves, they also need to arrange the arranged content, determine the style of aerobics, and organize their own team exercises, which can improve students' organizational ability and leadership ability, and also show students their opportunities. Therefore, the creation of aerobics will enable students to effectively obtain the joy and achievement of this behavior, and at the same time enable students to effectively enhance their learning confidence, in order to achieve students' increased interest in aerobics learning.

#### **3.2. Creation Helps to Develop Students' Creative Thinking**

Creative thinking is literally a creative activity with creative meaning. This activity can expand human thinking and learn more new fields and achievements. In a certain sense, the aerobics creation behavior is not simply a series of actions to show out, but for hard, complicated and even artistic creation. In this behavior, ensure that students combine their theoretical knowledge, professional skills, motor skills and orchestration skills to achieve comprehensive considerations, achieve creation through imaginary behavior, and arrange through a large number of dance movements to form a group. A combination of meaning and value to improve aerobics. In this way, students can achieve independent creation and training, and achieve lifelong physical education activities while continuing to develop.

#### **3.3. Creation Improves the Ability of Students to Practice**

If the teacher just gives the ready-made action to the student, the content of the test is also the same, so that the students will form a kind of inertia, they will not think and practice on their own. Therefore, in the classroom, teachers should actively guide students to create movements and provide students with practical opportunities. In addition, with the creation of students, they will be more thorough in grasping the theoretical knowledge they have learned, and truly apply what they have learned to ensure that their knowledge application and self-learning concepts are further improved, thereby enhancing students' practical ability and learning more new ones. Aerobics movements and knowledge.

#### **3.4. Creation is the Basic Teaching Ability That Aerobics Students Must Possess**

Aerobics is essentially a comprehensive art movement. It effectively combines dance, music and gymnastics. But because of this artistic significance, it needs to have a certain degree of innovation. . In addition, in the process of national and social development, innovative thinking is the basis for achieving sustainable development. In order to ensure the continuous improvement of the learning level of the professional students, as the students slowly master the relevant knowledge, teachers need to guide the students to improve the theoretical knowledge and level of creation. This process will enrich the students' aerobics knowledge and make the aerobics movement develop continuously. Only in this way, when aerobics students go to work, they can create a combination of movements with certain exercise value according to people of different ages and different exercise requirements.

### **4. FACTORS AFFECTING THE ABILITY OF CREATING AEROBICS**

#### **4.1. Learning and Accumulation of Basic Movement Elements of Aerobics**

For aerobics, the premise is basic movements, and an important basis for creating behavior is to memorize all movements. In this process, it is necessary to clarify the learning content, including the movements of the shoulders, steps, techniques, body shape, etc., and when the

body parts change, the movement combination changes into system actions. As far as aerobics is concerned, its related actions include nothing else, so the actual teaching behavior will enable students to gain more theoretical knowledge, so that students can get a solid theoretical research foundation in the creation. As the motion material continues to increase, the creation work is more abundant and active. As students learn a lot of aerobics movements, the impressions of related movements in the students' minds have gradually deepened. The aerobics creation work has also continuously promoted the students to gradually transform the basic movements involved into a combination of more features.

#### **4.2. Ability to Create Basic Actions**

Most of the aerobics basic movements can effectively evaluate the individual's creative strength. In the process of creating a new aerobics movement, in order to ensure its novelty and pertinence, it is necessary to grasp the basics of all aerobics. Actions and further optimization and processing; then in terms of creativity and imagination, this ability often needs to be based on the knowledge of aerobics theory, and with the guidance of teachers to enable students to develop their own thinking skills, clear students will Subjective initiative is fully demonstrated, prompting students to actively learn the knowledge and skills related to aerobics, and enhance their cognitive level to achieve an effective increase in creativity. If you want to create a performance in aerobics, you first need to make clear the formation change, while ensuring that the performance is clear.

#### **4.3. Understanding Music Elements**

The ability to create basic movements is also reflected in the understanding of music, especially the understanding of the type of music. As an important soul of aerobics, music is important in the creation of actual aerobics. At the same time, students' understanding of the type of music can promote their integration with movements, making the aerobics more attractive and enhancing the novelty of the whole dance. Artistic; in addition, students need to have extremely high-quality music perception ability. This level of ability can help the choreography, as well as the music melody, mood and rhythm. The difference in the degree of perception affects the individual's exertion of the action's appeal, which in turn affects the quality of the whole set of movements. Finally, the editing of music is also an important manifestation of the ability to create movements. For the choice of music, it is first necessary to clarify the clarity and integrity of the music. Situation, especially in the process of music editing, the first goal is to clarify the integrity of the music beat, the connection between the two pieces of music should be smooth, and the paragraphs that best express the style and mood of the whole song are preserved when the music passage is selected. .

### **5. MAIN MEASURES TO CULTIVATE CREATIVE ABILITY**

#### **5.1. Cultivate Students' Interest in Creating Movements**

From a personal point of view, the best teachers should be non-interested, and students can have more active learning. At the same time, the aerobics professor process is extremely important for the cultivation of students' interest in creating aerobics. It also enables students to lay an important foundation in the actual learning process. When students have ample interest in the process, they can spontaneously, actively learn, innovate and even create. When the aerobics teaching conditions are met, the teacher can appropriately guide the students to watch the videos related to the high-quality aerobics competitions, and improve the students' actual appreciation of the aerobics. As long as the students are willing to think hard and have new combinations, teachers will appear. It should be given affirmation and encouragement, thus enhancing the self-confidence and desire of students to practice, from the invisible point of view, let students generate certain aerobics creation interest and show a continuous

improvement trend; students can use the relevant competition to build what they say and create. In combination with the will of the students, the level of creation will be enhanced to enhance the interest in this area.

### **5.2. Strengthen the Teaching of Basic Knowledge of Aerobics, Accumulate Materials for Creation**

The teacher's actual teaching process is summarized, and it is necessary to realize the systematic learning of the students to ensure that the students can fully grasp the basic movements and gait movements related to aerobics, in addition to the aerobics dance music beat. In the premise of teaching students' basic skills, they need to have a typical and representative set of exercise exercises, so that students can master all the basic types of movements, including arm, pace and other sports, so that students can The high-quality technology has been learned, combined with the scientific guiding role to achieve the opposite. In this way, students need to apply all the basic actions that need to be mastered in a reasonable and flexible way in the creation of aerobics, and realize an innovation. With the increase of the types of basic movements that students have mastered, the thinking imagination in the creation work has also increased, and the number of reference materials has increased, and thus has become more smoothly. In addition, teachers should guide students to read more videos or data about aerobics, so that students can have a more intuitive experience and ensure the development of thinking and ideas. Students should have the ability to record and observe during the actual learning process, clarify the relationship between all aerobics movements, and review more after class. In the actual teaching process, the teacher must reasonably help the student to show the actions that have been created, and thus enhance the student information and promote the students to know more material.

### **5.3. Cultivate Students' Sensibility of Music and Selection of Music**

Musical sensibility directly affects the motives of aerobics creation and movement to a certain extent. When this sensibility is at a high level, it can well assist the improvement of the ability to create, and at the same time, with the deep understanding of the music level, The improvement of students' imagination and thinking leads to the promotion of inspiration and the creation of value and meaningful action behaviors. This is an important prerequisite for ensuring the accumulation of action materials. As the soul of aerobics, the style of music directly determines the characteristics of aerobics itself. At the same time, the correct choice of music can make the students' emotions truly reveal. In the process of performance, the atmosphere can be well established and the students' emotions can be fully Show it out. Firstly, strengthening students' musical sensibility is the premise to improve the basic movement training of aerobics. In addition, outside the classroom, teachers need to guide students to listen to music. At the same time, they need to have differences in rhythm and melody to maximize aerobics movements and music. The effective and the same, based on the premise of this music rhythm, its strength has differences, prompting students to master the rhythm of aerobics and enhance the ability of music; in terms of aerobics, there is diversity in its music choice, but good music can make students Enthusiasm is promoted to promote students' vitality and vitality. When choosing aerobics music, you should consider the age, gender and physical fitness of the exercise object, etc., and also consider whether the rhythm of the music is vivid and strong. The most important point is that no matter what type of music is selected, the content of the lyrics. It must be positive and positive, and it can play an incentive role for students. Reasonable music selection can produce extremely high-quality results. With the improvement of viewing degree, only the combination of aerobics movement and music type can be effectively combined to encourage students to understand and master the charm of aerobics.

#### **5.4. Pay Attention to and Strengthen the Practical Activities of Creation**

Composing practice is an activity that requires the teacher to guide and the student to complete. After the teacher teaches the students the theoretical knowledge of aerobics and masters them, they should guide the students to practice the creation. Through the process of creation and practice, the problems in the teaching can be found and the problems can be corrected in time, so that the students' understanding can be further improved. Upgrade. When students make their first creation, teachers should actively guide and inspire students to develop their creative thinking. The requirements for students should not be too high, so that they can experience the fun of aerobics creation and enjoy their own efforts. And the achievements of the creation. In the process of teaching, we must first cultivate the awareness of the combination of theoretical knowledge and practice, provide students with more appropriate practical opportunities, encourage students to actively participate, and accumulate experience to deepen known knowledge; secondly, in the teaching process should also Pay attention to timely adjustments, strengthen the training and training of practical teaching, and focus on improving students' ability in certain aspects. Finally, it is necessary to give students a correct ideology and a good attitude towards learning. From the heart, I want to improve myself, so that students will be willing to contact and create and be willing to participate. This is also the precondition and basis for the cultivation of aerobics practice ability. For students who are new to aerobics, their creative ability may not be good enough, but through the process of creating, the students' thinking can be developed, and new knowledge and new movements can be learned and learned. Methods. Through the specific practice, students' ability to create and develop can be further improved.

#### **5.5. Raise Awareness of Teamwork**

When the students slowly learn and clarify the related activities of the aerobics combination and foundation, they need to realize the effective combination of self and collective and use them in the creation behavior. A large whole can be divided into several groups. Group learning is one of the important forms of mutual communication between students. When multiple people participate in the creation at the same time, they can fully exert their imagination and enrich the action content of the creation. In order to improve students' awareness of unity and cooperation. In addition, the group learning contact behavior requires students to achieve self-learning, and at the same time ensure that students can talk and learn from each other throughout the process, so that students can have a relatively free and broad thinking space to achieve the creation of combined actions, effectively improve the skill level. When completing the combined action creation, the teacher should let each group display their creation results separately, so that the students can watch and discuss and learn from the better ideas and action combinations. Finally, the teachers should evaluate the results of each group. And encouragement. In actual evaluation, teachers need to pay attention to the incentive effect of students, to ensure that students can master the process of self-learning, to encourage students to improve their level of creation and association, so that students complement each other and learn from each other to achieve the cultivation and improvement of students' creative ability.

### **6. CONCLUSION**

It is extremely complicated to create a series and combination of movements, and at the same time demonstrates the level of students' self-comprehensive ability. For the cultivation of students' creative ability, the first step requires students to develop a high interest in learning, and then increase the storage of bodybuilding materials. Based on the current social background of sustainable development, teaching needs to ensure the continuous improvement of students' practical and innovative abilities. Before students can clarify basic skills, they need to increase their self-training level to ensure the accumulation and training of students' student

methods and theoretical knowledge. Combined with a large number of practical behaviors, the practical experience has been improved, and finally the student's ability to create and the relevant level has been improved.

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