

Research on Network Practical Teaching Mode of National Aerobics in Colleges and Universities



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Abstract

Network practical teaching mode is a new teaching mode, which mainly shares education and teaching resources on the network platform, and allows students to choose different places to participate in practical teaching activities according to their actual situation, so as to meet the learning needs of students. In Colleges and universities, national aerobics is presented in the form of network practical teaching, and the corresponding teaching mode is built. The purpose is to change the physical education teaching form of national aerobics, expand the teaching service scope of national aerobics, and build a public sports service system. This paper briefly expounds the necessity of constructing the network teaching mode of National Aerobics in Colleges and universities, and analyzes the feasibility of constructing the network teaching mode of National Aerobics in Colleges and universities; This paper makes an in-depth study on the construction and implementation of the network teaching mode of National Aerobics in Colleges and universities.

Keywords

Colleges and Universities, National Aerobics, Network Teaching, Practical Teaching, Teaching Model

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1. Introduction

With the gradual deepening of the construction process of public sports service system in China's colleges and universities, the construction of national fitness gymnastics network practice teaching mode has become the main task of the new stage, both from the current development trend of education modernization and from the construction of national fitness gymnastics curriculum system, the construction of network practice teaching mode is the necessary way for the development of national fitness gymnastics curriculum. In the process of construction of national fitness gymnastics network practice teaching mode, it is suggested to take "the development of domestic high-quality video open class" as the basis, and after understanding "public sports service system", build the course mode, course content and course around national fitness gymnastics. After understanding the "public sports service system", we suggest that we

should further enrich the online teaching methods of national fitness gymnastics, expand the teaching scenes of fitness gymnastics, stimulate the participation enthusiasm of college students, and let students develop good exercise and fitness habits in the process of participating in online practice.

2. The necessity of constructing the network practice teaching mode of national fitness gymnastics in colleges and universities

On the one hand, the traditional national aerobics course resources have been unable to meet the current teaching needs of the college aerobics course, and the sharing of teaching resources has become a necessary path for the development of the course. In the process of modernization and development, various traditional teaching modes are gradually improved and optimized, and the modern teaching mode with network technology as the core has become the main direction of college education development. At the present stage, colleges and universities in various regions of China have carried out personalized network construction according to their actual situation, and the characteristics of fitness exercise courses in each school are different, so it is necessary to share course resources. After building the network practice teaching mode, the national fitness gymnastics courses of high quality colleges and universities can be shared to our network, drawing on the advantages of other schools to achieve the purpose of win-win education cooperation. In addition, the network has been deeply penetrated into the education and teaching of colleges and universities, becoming an essential element in the daily life of college students and one of the important channels for college students to participate in course learning. The networked teaching mode of national fitness gymnastics can not only further enrich the current college physical education course mode, but also promote the construction and development of physical education course resources, provide corresponding network resources for students according to their actual needs, and fully meet their diversified needs [1].

On the other hand, national gymnastics in colleges and universities belongs to the content of national traditional sports courses, and carrying out the network construction of national gymnastics courses is an inevitable choice to further promote regional national sports culture and inherit national sports spirit. According to the construction of national sports courses in China's colleges and universities in the past two years, although the colleges and universities are committed to building courses with regional and national characteristics, the influence of the courses is restricted within the campus, which can only play the role of exercising students' physical quality and developing students' national sports consciousness, and does not play the role of promoting traditional national sports spirit and inheriting national sports culture. Based on the realistic needs, colleges and universities should integrate network elements in the national gymnastics course, build network practice teaching mode, through this method to inherit sports culture in a wider range, and also can drive people from all walks of life to participate in the national gymnastics exercise, create an infectious gymnastics course learning atmosphere, and let the national sports culture be inherited and carried forward through the network.

3. The feasibility of constructing the online teaching mode of national fitness gymnastics in colleges and universities

The construction of national fitness gymnastics network teaching mode in colleges and universities has certain basic conditions in itself, which are reflected as follows.

First, in the past two years, domestic high-quality MOOCs have become the mainstream development trend of open class, providing rich resources and sufficient experience for the construction of national fitness gymnastics network teaching mode. High-quality MOOCs is the product of the integration of China's college education and modern education, and its development is influenced by the concept of western open education, which is an educational product conforming to the trend of development of the times. In the process of promoting a large number of high-quality MOOCs, various educational institutions and colleges and universities have used modern information technology to design high-quality MOOCs, taking students of colleges and universities as the main service subjects, while opening them to the whole society, providing people with videos on science and culture, quality education, sports, technological innovation, language, etc.; in the high-quality MOOCs, famous teachers and famous courses are the basis, taking social recognition as the course In the high-quality MOOCs, the famous teacher's class is the basis, and the social recognition is the basis of the course selection, and the advanced, scientific and vivid nature of the course is reflected by showing the teacher's personal charm and teaching level. The introduction and promotion of high-quality MOOCs provide a new way and channel of learning for college students and the public, and it can meet people's needs more. The promotion of this course provides a template for the construction and design of national fitness gymnastics network courses, and also provides a program to learn from in course selection, teaching activity designs, and teaching methods [2].

Second, the concept of public sports service system is increasingly promoted to lay the theoretical foundation for the

construction of national fitness gymnastics network practice teaching mode. In the context of rapid social and economic development, people's expectations for a better life are increasing, and building a service-oriented government and meeting people's needs for a better life are the core ideas of building a public service system. According to the requirements put forward by the National Sports Bureau, it is necessary to strengthen the construction of public sports service system and lead the public to participate in fitness exercises and activities through the promotion of public sports service activities. From the perspective of national fitness gymnastics network practice teaching mode, the purpose and form of its course construction are in line with the construction idea of public sports service system, which is under the policy regulation, according to the public sports service supply mode, providing public sports courses with service nature for the public, allowing people to gradually improve their body flexibility, control, rhythm and balance in the process of participating in the course, so that the body can relaxation, thus achieving the purpose of physical and mental pleasure[3].

4. The construction of online teaching mode of national fitness gymnastics in colleges and universities

4.1. Popularize national gymnastics MOOCs

Compared with the original public physical education courses in colleges and universities, the national fitness gymnastics network practice class has strong sharing and publicness, which is not only spread within the school, but also needs to be promoted in a wide social scope, so that more people can understand and learn the fitness gymnastics network practice class, and only then can the utility of the national fitness gymnastics network teaching mode be brought into play. Therefore, it is necessary to make more efforts to popularize the national fitness gymnastics online public class, based on the public sports service function of colleges and universities, taking the principle of publicness and equalization as the basis, considering the differences in age and physical quality between students and other social groups, and strengthening the popularization of fitness gymnastics online practice class to meet the basic fitness needs of college students and the social public. Take the recent hot "Liu Jianhong Fitness Exercise" as an example, this exercise class has the characteristics of online practice class, colleges and universities can learn from this model and launch fitness exercise classes with ethnic cultural characteristics and ethnic movements on various platforms, and promote fitness exercise classes of different intensity considering the physical quality and age differences of different people, so that national fitness gymnastics online courses widely popularized to various groups [4].

4.2. Adjust the content of national gymnastics network courses according to the changing social environment

In the construction of the network practice teaching mode of national fitness gymnastics in colleges and universities, in order to complete the construction of the mode according to the expected goal, it is necessary to ensure the effectiveness and timeliness of the course mode, the former can assist in enhancing the teaching value, the latter can stimulate the students and the public to participate in the enthusiasm, catering to the taste of the public in different periods. In the actual process, the national fitness gymnastics network teaching needs to be closely focused on "enhancing physical health", integrating traditional sports movements such as TaiJi, Lion and Dragon Dance, Chinese Martial Arts and so on into the fitness gymnastics choreography, forming a fitness gymnastics with simple movements, easy to learn, easy to use and strong sense of rhythm; at the same time, it is necessary to adjust the content of the gymnastics class according to the social environment and public aesthetics in different periods. At the same time, we need to adjust the content of the exercise class according to the social environment and public aesthetics at different times to ensure that the exercise class is not outdated. For example, colleges and universities can learn the idea of choosing background music (Materia Medica and Dragon Fist) of "Liu Jianhong Fitness Exercise", choosing some Chinese pop songs of 90s and 00s as fitness exercise music, and giving vivid and interesting explanation and long time low intensity warm-up exercise, so as to meet the different needs of male and female groups. In order to let people enjoy the exercise in the process of participating in aerobics. In addition, according to the results of social survey reports in different periods, we can appropriately introduce movements for different "chronic diseases" and "office diseases", such as: shoulder shaking, head twisting, etc., to serve the public in a targeted manner and help the public to move their bodies and relieve the To help the public to move their bodies and relieve the stress of study and work.

4.3. The inheritance of the content of folk gymnastics MOOCs

Compared with ordinary gymnastics network practice teaching, the "base color" of ethnic gymnastics is sports movements with ethnic characteristics. Therefore, to record the online teaching video of national gymnastics, we need to emphasize the ethnicity of gymnastics movements and ensure that the movements and forms in gymnastics originate from the traditional national sports. In the actual process, colleges and universities can widely collect traditional sports

items in China, extract the corresponding movements according to the traditional sports forms and integrate them into the gymnastics, so that students and the public can feel the charm of traditional sports in China in the process of participating in gymnastics learning, and further highlight the sharing, inheritance, ethnicity and fitness of national gymnastics network teaching [5].

5. Implementation of national fitness gymnastics network teaching mode in colleges and universities

5.1. Building a resource sharing platform and laying the foundation of online teaching mode

To fully implement the national fitness gymnastics network teaching mode, it is suggested to build a sports course resource sharing platform to realize resource sharing while creating a good external environment for fitness gymnastics network practice teaching, so as to lay a good foundation for the promotion and improvement of the national fitness gymnastics network practice teaching mode. It is suggested to consider the situation that the teaching resources of national fitness gymnastics courses in colleges and universities in different regions are widely disparate and the differences in regional sports culture resources are obvious, and a network platform can be built to allow colleges and universities to build courses and transmit high-quality videos on the platform, and students of colleges and universities and the public can get videos and participate in course learning by logging on the platform. In this way, it can improve the problem that some colleges and universities cannot provide students with rich and interesting national fitness gymnastics videos, and also allow colleges and universities to communicate with each other, share and learn from each other, and promote colleges and universities to learn the implementation method of national fitness gymnastics network practice teaching through the network, and gradually improve their own national fitness gymnastics network teaching mode.

5.2. Utilize local government to strengthen policy and technical support

The construction and improvement of the network practice teaching mode of national fitness gymnastics in colleges and universities cannot be achieved without the support and help of regional governments. Therefore, when the network practice teaching mode of national fitness gymnastics is built, the role of regional government should be given full play, and according to the actual situation of each region and the situation of colleges and universities, the system about intellectual property rights allocation, construction gymnastics course design requirements, fitness gymnastics course resource sharing, paid course services, etc. should be formulated to ensure the implementation of national fitness gymnastics network practice teaching activities in an orderly, fair and standardized environment. At the same time, we can visit the colleges and universities in the region to understand the network used by them, provide technical help for some "disadvantaged colleges and universities", improve the network construction level and network technology application level of colleges and universities, so as to make colleges and universities more The students can also visit the colleges and universities in the region to understand the use of network in the colleges and universities.

5.3. Continuously optimize the content of fitness exercises to cultivate students' lifelong exercise habits

According to the actual situation of national gymnastics network practice teaching in some colleges and universities at this stage, the content of network practice teaching is mainly national gymnastics routines chosen by teachers according to their personal understanding, or the uniform gymnastics routines implemented nationwide, the form and content of gymnastics are relatively single, there is a homogenization problem, which is not easy to stimulate students' participation enthusiasm and easily cause students' boredom. It is suggested that colleges and universities should pay attention to social sports and culture news, grasp the latest sports and culture entertainment activities, integrate novel and interesting forms of fitness exercises and movements rich in national sports culture into fitness exercises, enrich the content of fitness exercises, stimulate students' interest and make them feel fun in the process of participation, so as to guide students and other public groups to gradually develop the habit of fitness and exercise. In addition, colleges and universities can also organize students to participate in the creation of fitness gymnastics, so that students can create fitness gymnastics according to their latest national sports items and national fitness forms that are popular on the Internet, and create fitness gymnastics that meet the development trend of the times and the interests of students and the public.

5.4. Flexible use of modern network platform to enrich national fitness gymnastics network teaching methods

The construction of national fitness gymnastics network practice teaching mode in colleges and universities is essentially the use of network technology and network platform to start fitness gymnastics teaching, which is the expansion

and extension of teaching methods. Therefore, in order to build the teaching mode in a deeper level, colleges and universities should flexibly apply different network platforms to expand the teaching channels and means of national fitness gymnastics courses. In the actual process, colleges and universities can build their own "national fitness gymnastics XX college website", so as to fight the battle of fitness gymnastics network course promotion with college brand, highlight the characteristics of certain aspects of our fitness gymnastics, and attract students and public groups to participate in fitness gymnastics. You can also connect to many media platforms at the same time, for example: open a live shake studio, while regularly updating the fitness exercise class in the website, regularly broadcast every week, real-time recording of fitness exercise lecture site, so that students and the public "follow the practice", leading the social fitness trend. You can also rely on the school's offline aerobics course, "leave homework" for students, let students record their own jumping video, posted on the school intranet, by the school's physical education teacher online "approved homework".

5.5. Expanding the ethnic gymnastics scene and strengthening the results of ethnic gymnastics network teaching

Classroom teaching and classroom extension are the two main scenes of national gymnastics. In classroom teaching, teachers collectively organize students to learn national gymnastics movements, instruct and correct the details of movements one-on-one, so that students can master the standardized dancing methods; classroom extension is to let students use the time outside of class to dance out the gymnastics learned in class, so as to increase students' contact time and meet their after-school exercise needs. Considering the "networked" nature of national gymnastics network practice teaching mode, teachers can further expand students' gymnastics participation scenarios, encourage students to practice gymnastics in evening study, during break time, and also broadcast gymnastics music in the evening, so that students with leisure time can spontaneously dance gymnastics in the playground. This can not only enrich students' spare time, but also create a good school exercise atmosphere, and enhance the results of the practical teaching of national fitness gymnastics network.

6. Conclusion

To sum up, the construction of online teaching mode of national fitness gymnastics in colleges and universities is essentially to build a networked public physical education course in colleges and universities, integrate offline physical education courses with online physical education activities and physical education resources, and provide college students with a more colorful and suitable platform for physical activities in students' lifestyles. In the future national fitness gymnastics network practice teaching, it is suggested to strengthen the construction of online course videos, serve students and the public with the help of video carriers, expand the service scope of national fitness gymnastics in colleges and universities, pass healthy lifestyle and reasonable fitness concept to more college students, and realize the sharing of fitness knowledge and general sports knowledge. The construction of national fitness gymnastics network practice teaching mode is a symbol of modernization of public physical education courses in colleges and universities, and one of the ways to build public physical education service system, which is of great significance to enhance the function of physical education service in colleges and universities and promote the development of college education mode.

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