

## Research Article

# The Ordinary University Sports Education Specialized Aerobics Curriculum Goal and Construction

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**Abstract:** In general colleges and universities to implement the "National College of physical education curriculum", the ultimate goal is to foster compound talents, the training standard raised taller requirement. With the basic education curriculum reform, close with school sports new curriculum, this study uses the literature material method, questionnaire survey and mathematical statistics and so on. In the investigation of the current middle school aerobics teaching on the basis of the status quo, analysis of the physical education major in Colleges and Universities Aerobics Curriculum problems, put forward regular college course teaching to middle school sports and healthy curriculum and teaching countermeasures.

**Keywords:** Course objectives, ordinary university, reform in education

## INTRODUCTION

From 1999 the third national education conference put forward the concept of "quality education" and "health first" guiding ideology. In 2000, China launched the basic education curriculum reform; in 2001 the Ministry of education has also launched the "outline of basic education curriculum reform" and the primary school, junior middle school various disciplines" course standard" and in some schools have been trial; In 2002 September further expand the scope, then enacted a new high school various disciplines" curriculum standard" (Li, 2007). So far, China education meets the largest since the founding of new basic education curriculum reform (Zheng, 2002). The curriculum reform, from the guiding ideology and content framework and have undergone fundamental changes. In the face of the new course standard of sports and health, the ordinary college physical education curriculum goal setting in Physical Education in schools has undergone tremendous changes, but also the impact of higher pedagogical colleges and universities sports education specialized course teaching reform (Ling, 2004).

## THE OBJECT AND METHOD OF STUDY

**Study on subjects:** Taking Huanggang Normal University sports education 2002, 2003, 2004, 2005, 2006, 2007 grades of Aerobics students in all 133 subjects, to engage in teaching to graduate students of survey.

Table 1: The questionnaire statistics

The questionnaire number	Recovery	The effective questionnaire
N 133	125	115
Percentage (%)	Rate of recovery 94%	Effective rate 92%

**Research methods:** This study uses the history, questionnaire survey and interview, mathematical statistics to my school 6 grade graduates conducted interviews, telephone interviews, questionnaires and other methods of working condition for statistical analysis (Table 1).

**Results and analysis:** The colleges and universities of physical education professional training goal analysis "Physical education professional training objectives of sports education by specific types, levels, specifications and requirements", in 2003 June, the Ministry of Education issued the "National College of physical education curriculum", requiring students to become not only to meet the needs of modern society sports teacher, should also be adapted to modern society demand the sports workers, focus on the cultivation of compound talents, this goal orientation reflects the point of "high quality, wide range of knowledge, strong ability. Both social sports talented person's need, also with respect to broaden the students employment channels, to a great extent can enhance graduates social competitiveness", but this is a summary of very strong direction, directional file (Tan and Tong, 2006). Local colleges and universities should according to the local actual situation and their own history, teaching conditions, teaching staff and facilities' different, according to the new "Curriculum Plan" requirement, seek the positioning of talent training objective.

Table 2: Aerobics employment situation statistical table

Grade	number admitted to the graduate students	civil servants	teacher	Fitness coach	others
2002	22	2	11	2	7
2003	24	7	8	1	8
2004	22	5	6	2	9
2005	23	8	3	3	9
2006	22	6	5	2	9
2007	20	7	4	0	9

Table 3: Middle school aerobics teaching situation

Aerobics	Rhythmic	Gymnastics	Aerobic dance
School (N)	17	5	11
Open rate (%)	46	13.5	29.7

**Physical education aerobics student's employment situation analysis:**

According to Table 2 we can see, our school aerobics has 26.3% students admitted to graduate students or civil servants; 27.8% to school as the PE teachers; 7.5% after graduation to do fitness coach; 38.3% graduates to participate in other study . According to the survey, my school aerobics students in the study is active and serious, working ability strong, They can smoothly take school class-break setting-up exercise, the school sports team gymnastics arrangement and training work. And they can according to the actual situation, to create suitable for primary and middle school students' classroom teaching content of gymnastics shape; also they can according to the school staff needs, organize the school faculty use their spare time to participate in physical exercise.

**Middle school aerobics actual teaching situation:**

From Table 3 reflects in three problems: one is from the 37 schools, which are part of school offered elective aerobics course, so to carry out good; second is the part of primary and middle school founded the Aerobics Team, so the aerobics and aerobic dance, gymnastics course in art better; thirdly it is also part of the school as no suitable facilities and other reasons, not the creation of aerobics courses, but the school during the large-scale activities, also has a group gymnastics performance. Under the same conditions, the aerobics course in primary and secondary schools use rate is higher than other sports, it also gives the ordinary university sports education specialized aerobics classes curriculum put forward further requirements, worth about course setting in thorough investigation and study, more conducive to social needs.

**New curriculum standards of primary and middle school physical education requirements:**

Curriculum standard is a national curriculum basic programmatic document, is the state's basic course and the basic norms of quality requirements. Curriculum reform will be our long established syllabus to curriculum standard, reflecting the curriculum reform the basic concept. Basic education course standard for the basic education curriculum reform is the core work. Through the joint efforts of nearly 300 experts, 18 kinds of curriculum standard draft officially promulgated, marking China's basic education curriculum reform has entered a new phase. At the same time also put forward new demands

to the primary and middle school physical education teaching, for example: First: to enhance the physical, the mastery and application of the basic knowledge and sports skills; second: cultivate sports interest and hobbies, form the good habit of daily exercise; third: have a good psychological quality, has the ability of interpersonal interaction and the spirit of cooperation; Fourth: to enhance the personal health and community health in the sense of responsibility, the formation of health sports life style (Yu, 1998).

From the above course standard and graduate students forum cases can be summarized that in a middle school aerobics teaching has the following characteristics:

- To fully exercise the student body, enhance the physical fitness of students for the purpose of the task, it is almost all sports, school sports teaching common features
- In the middle school elective course girls choose aerobics more, boys rarely. Perhaps this age characteristics related to middle school students, middle school students are in the growth stage, some students feel aerobics class others joke, especially boys is more outstanding
- Aerobics class is not affected by the physical limitations, as well as the choice of content is rich, diverse forms, site equipment is simple, operation difficulty can adjust, both individual and collective training, choreography, formation changes in diversity, love by broad student
- In primary and middle schools in aerobics teaching, is helpful to cultivate students' unity, collective sense of honor and excellent quality
- Small student body is in rapid development period, opens the physique training curriculum and is conducive to the formation of good body posture, cultivating students' sense of beauty

**School aerobics students in professional course teaching present situation:**

My school aerobics course teaching pays attention to theory, technical knowledge, setting store by the cultivation of students' practical ability. For example, in the usual process of teaching, students made their own arrangement of movement combination and lead others in the warm-up, stretching the ligaments while all students were evaluated, in a period of time and cultivate students' ability of teaching organization. In the second round of warm-up exercise, pay attention to training the students' ability of explanation and demonstration, not only can arrange combination of actions, but also make use of the gymnastics term decomposition teaching and demonstration.

In competitive aerobics teaching process, with emphasis on students aerobics competition rules of

Table 4: Course percentage of class hour

Course type	Theory	Technique teaching	Experimental guidance
Class hour	32	92	92
Percentage (%)	14.8	42.6	42.6

difficulty action selection, selection and production of music, creating content, due to individual student body flexibility is relatively poor, so in the movement process, not too much emphasis on students must meet difficulty action requirements, as long as the master can. A lot of difficulty action, in the secondary application of modest, even without. Just ask the student to understand. Table 4 is the "My School Aerobics Course Syllabus" structure diagram. From the Table 4 visible, technology courses and experimental courses the same proportion accounted for 42.5%, accounting for 15% of theory class. That showed my school attaches great importance to the cultivation of students' practical ability. This contemporary school physical education thought fit, time proportion is relatively reasonable, followed by primary and middle school PE teaching reform and the pace of development of the times, to adapt to the new century physical education personnel training needs.

In addition, aerobics students often participate in the social various forms of activities. The organization forms are different; the students organize by themselves in the show, a school uniform in the provincial competition. Relatively speaking, my school aerobics course teaching on the students' social practice ability training, students are required to master more, update, more adapted to the social knowledge system, truly become the "application" talents.

**The set of Aerobics course in colleges and universities to adjust to the social demand:** "Physical education professional training objectives of sports education by specific types, levels, specifications and requirements", in 2003 June, the Ministry of Education issued the "National College of physical education curriculum", requiring students to become not only to meet the needs of modern society sports teacher, should also be adapted to modern society demand the sports workers, focus on the cultivation of compound talents, this goal orientation reflects the point of "high quality, wide range of knowledge, strong ability. Both social sports talented person's need, also with respect to broaden the students employment channels, to a great extent can enhance graduates social competitiveness", but this is a summary of very strong direction, directional file. Local colleges and universities should according to the local actual situation and their own history, teaching conditions, teaching staff and facilities' different, according to the new "Curriculum Plan" requirement, seek the positioning of talent training objective.

University curriculum objectives should always follow the social demand pace, according to the society's demand for qualified personnel curriculum, to ensure that students graduate employment rate.

**Improve the practice ability of students:** Aerobics is one of middle school physical education teaching contents in Physical Education in Colleges and universities, is also one of the major courses, it illustrates the "aerobics" sports education important status in China. Aerobics inclusion content is extensive; it is not just some limb gymnastics action by all sectors of the community of love. Now the national fitness exercise is used in Calisthenics content. Therefore, we should strengthen the physical education aerobics students practice ability, teaching ability, comprehensive ability to improve the level of performance.

**Pay attention to the choice of teaching content:** Knowledge updating at pick up the pace, the talent demand in improving the quality of college teaching reform, bugle already blow, physical education teaching must timely adjust the teaching contents, from set out actually, according to the actual needs of the community, considering teaching, comprehensive, aerobics teaching framework defined in theory teaching, experiment teaching, action technology and practice of teaching comprehensive ability teaching in four parts.

The main task of theoretical teaching is: basic gymnastics teaching basic concepts, terminology in teaching, master key to popularize group aerobics competition rules requirements.

The main content of part of the experiment teaching is: Master of middle school aerobics teaching method, community fitness guidance method, aerobics competition organization and referee.

The technical action learning content: Popular aerobics exercise routines, aerobics and aerobics.

The practice of comprehensive teaching ability is the main content of students to participate in various forms of performances, various regiment gymnastics arrangement and training, various provincial and municipal aerobics competition.

**Pay attention to the improvement of students' comprehensive ability:** Ability is an important aspect of quality, it is a kind of invisible, promote the continuous development of the potential quality. Modern school physical education already slam the door only teach PE skills narrow ideas, cultivate the ability of students has become one of the important goals of physical education. Comprehensive ability of students is mainly manifested in the process of teaching, plan writing ability, warm-up choreographing ability, leading ability, language ability, exercise, exercise training, demonstration ability, teaching ability, scientific research innovation ability etc.

## CONCLUSION

College students majoring in physical education guiding ideology must pay attention to the students' teaching practice ability training, physical education professional training objectives in order to cultivate sports teacher, radiation and other sports related fields, according to the guiding ideology of "health first" and the full implementation of the "national fitness regulations" need, should widen further professional training caliber, widen students' knowledge, arouse students' enthusiasm and initiative, improve their ability of social adaptation. College physical education specialty course setting the same closely linked to social needs, pay close attention to social development, keep pace with the times, meet the development needs of human life is the primary task of education. To a greater extent based on the students' "survive", training objectives focus on the student's occupation career education center, more inclined to the professional knowledge, technology, skills training and business needs, social needs.

## SUGGESTIONS

**Further improve the course teaching evaluation system:** Sports teaching evaluation in the process of teaching should be inspired, orientation and function of quality supervision. In the aerobics course teaching, it not only attaches importance to the aerobics class end performance evaluation, but also pay attention to process evaluation; the evaluation content, both in the physical quality and skills of evaluation, but also on students' teaching ability evaluation; the evaluation criteria, both to highlight the absolute unity, but also consider the area and students individual differences, evaluation method and result can objectively reflect the students' efforts and progress and to some extent affected students aerobics interest and attitude.

**Closely connected with society need:** Aerobics classes teaching should take the social demand for talents, pay attention to the cultivation of students' ability of social practice: in teaching, pay attention to the cultivation of students' creative ability, their presentation of action and teach other students, choose music to conform action style. Training students' teaching ability in classroom teaching other than the church movement, should pay attention to the demonstration process and explain the grouping teaching in the process of correcting errors and corrective action ability. Mass gymnastics choreography capabilities: the use of the school sports meeting, grassroots games, orchestrate tissue mass gymnastics, to design layout scheme and then practice, teachers teach students to master the side guide side analysis of specific situations. The gym ability of ribbon: gym ribbon and classroom teaching have certain distinction, gym ribbon relatively teaching casually, action is simple

and easy to learn, mainly active atmosphere to the fitness enthusiasts to move; classroom teaching requires strict teaching methods and means of rational use, action, action of normative terminology used, explanation and demonstration standardization, master the proper time to correct the error.

**Timely adjustment of the teaching content:** According to 2009-2012 new rules on difficulty action of specific requirements, now college students on difficulty action is not easy to complete, we in the teaching process should pay attention to the art of arrangement and performance ability of teaching and training, strengthen the cultivation of students' innovative ability and training. According to the new rules in the new universal group portion thereof, in teaching in Colleges and universities should focus on the cultivation of students' basic skills, basic quality. Strengthen the art of movement of change and innovation ability training, training students to use the limited conditions to create a reasonable teaching means and methods, how to use the light equipment in teaching and training, to carefully study the new rules in the popularization of group specific requirements, the popularization of group specific spirit falls to real point, in the teaching process teaching combined with training, to various provincial or primary contest as an opportunity to train students' creative ability, expressive ability, cultivating students and cultivate students' ability to adapt to the needs of society, compound talents.

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