

# Discussion on the Infiltration Path of Humanistic Quality Education in Aerobics Teaching in Colleges and Universities

Jin Li

Physical Education Department, Shanghai Maritime University, Shanghai, 201306, China

**Abstract:** Aerobics is deeply loved by college students in recent years. In the rhythm of dance and the beauty of gymnastics, students can not only gain a good sports experience, but also further achieve the goal of physical exercise. Under the background of the new situation of education, China's humanistic quality education is carried out in an all-round way. For the aerobics teaching in Colleges and universities, in order to deepen the reform of humanistic quality education and help students get better development, physical education teachers need to appropriately innovate the aerobics teaching model, So that students can more actively participate in aerobics.

**Keywords:** Humanistic quality education; Aerobics Teaching in Colleges and universities; Infiltration path

## 1. Introduction

Bodybuilding operation is a characteristic course, which perfectly integrates strength and beauty. College students are in their youth and are willing to show the beauty of their body lines. It is a popular course in college physical education. Humanistic quality usually expresses humanistic education, humanities and adult education. The teaching focus of humanistic education is to emphasize people's education. Once education leaves people. But without people's ideological quality, it can not be called education. The teaching of humanistic quality through the courses that students like can improve students' absorption efficiency, exercise students' interest and taste, and create youth and vitality, which is of great significance to college physical education.

### 1.1 The teaching concept is relatively backward

In aerobics teaching, teachers should implement the comprehensive educational ideas of humanistic quality education, happy sports, sunshine sports and lifelong sports at the same time. Only in this way can they guide students to achieve the macro goal of physical education in Colleges and universities as a whole. However, at present, most colleges and universities often pay too much attention to cultivating students' sports skills and sports ability when carrying out aerobics teaching, and fail to highlight the comprehensive educational function of Aerobics itself. At this time, humanistic quality education and physical education can not complement each other. The relative backwardness of this teaching concept undoubtedly seriously restricts the sustainable development of Aerobics Teaching in Colleges and universities.

### 1.2 The teaching task is not scientific enough

The unscientific teaching task mainly refers to the mismatch between the teaching task assigned by teachers and the actual physical quality, physical and mental status and sports ability of students. When arranging teaching tasks, some teachers fail to consider the basic skills of students and ignore the objective differences between students, which makes it difficult for students with poor basic skills to keep up with the teaching progress, while students with relatively good basic skills may gradually lose their confidence in learning Aerobics in this unscientific teaching task. Or some teachers pay too much attention to aerobics training, but fail to build a platform for students to show their ability level, which may also attack students' learning enthusiasm [2]. The teaching task is not scientific enough, and it is also difficult to provide positive effect support in cultivating students' creative and innovative ability.

## 2. The role of humanistic quality education in Aerobics Teaching in Colleges and Universities

### 2.1 Enhance students' aesthetic taste

College students are in the stage of youth and ignorance, and have the purest yearning for all good things. Aerobics is an activity that allows students to show their body beauty, which can show their body shape. Soft lines can let students find and feel the beauty, impress students, let students feel the music with beautiful melody, and express themselves with the rhythm of music, which can not only improve students' artistic aesthetics and music taste, It also helps students to relax wholeheartedly.

### 2.2 Cultivate students' strong willpower

Aerobics can not only reflect the beauty of the body, but also an activity with sports competitive spirit. In fact, aerobics seems simple. In fact, it has very high requirements for physical flexibility, physical strength and physical coordination. In teaching, it often

repeats training for one action for many times to deepen physical memory and physical flexibility, especially when they first contact this movement, it is very difficult for students, Physical pain and mental stress can easily make students give up. Therefore, the study at this stage helps to cultivate students' firm willpower and enable students to overcome difficulties and never give up their spiritual quality in their future study and work.

### **2.3 Help students develop team consciousness**

Aerobics is a sport that needs team cooperation and the joint efforts of a team. It is not only one person who can dance well that can improve the overall beauty. Aerobics requires that everyone's actions must be uniform, coordinated and in neat formation. Everyone may cause the overall performance of the team and let everyone's efforts go to waste. Therefore, teachers should let students understand that a team prospers and loses. You are a team. You should think of the overall situation, obey the needs of the team, help each other and work together to complete aerobics training, so that students can understand in the running in of the team that in the face of conflicts between teams and individuals, they should learn to take the overall situation into account and gain a collective sense of honor in the competition, Don't pass the buck to each other and assume the responsibilities they should bear.

### **2.4 Cultivate students' innovative will**

Aerobics is not a rigid sport. It has strong plasticity and great innovation space to let students give full play to it. Teachers can guide students to give full play to their imagination by guiding students to carry out the most basic movement training and the theoretical knowledge and creative principles of aerobics. They can follow the rhythm of music, design action frequency and formation conversion, so that students can show their personality and highlight their artistic taste through aerobics, so that students can understand the difficulty of original works, You can also get a sense of honor and achievement in the creation of aerobics.

## **3. Specific application methods of Infiltrating Humanistic quality into college physical Aerobics**

### **3.1 Promoting the effectiveness of humanistic cultivation teaching of Aerobics**

Aerobics is a popular sport among students, which contains rich humanistic qualities. Teachers need to reasonably develop and enlarge these qualities and embody them in students' teaching, help students better absorb and understand and promote the improvement of students' comprehensive qualities. Aerobics teaching is carried out separately from two parts, one is the part of basic theoretical knowledge and the other is the part of practical teaching. Teachers must pay attention to the rationality of the distribution between the two when teaching.

### **3.2 Choose teaching methods suitable for the infiltration of humanistic quality**

Teaching of theoretical knowledge, teachers can use the Internet to tell students, through the combination of video, pictures and music to deepen students' basic memory and let students master technical essentials skillfully.

For example, in practical teaching, teachers can highlight students' subjectivity in the classroom by allowing students to group freely. First of all, let the students divide into groups freely. The teacher is making simple adjustments to the group members, and let the group compete appropriately between the groups. Every action taught by the teacher will encourage, correct, know and learn from each other. It is known that the actions of the group members can be neat and uniform. Teachers can reward students according to the speed at which team members complete tasks. When the learning between students' aerobics is gradually deepened, teachers can provide students with a platform for development and give students more room for development.

### **3.3 Create a good atmosphere**

The effective penetration of humanistic quality education in Aerobics Teaching in Colleges and universities needs to create a good atmosphere for students, infect students through the atmosphere, and let students actively participate in the learning of aerobics.

For example, to create a good aerobics learning atmosphere for students, first of all, teachers should abandon the old Aerobics Teaching under the traditional teaching mode, but can combine Aerobics with music, art, dance and other art learning, attract students to learn dance movements through joyous dance music with a strong sense of rhythm, and guide them to pay attention to the beauty of movements in the learning process, At the same time, teachers can also conduct standardized action demonstration for them, so that students can practice relevant actions boldly and easily. In the specific teaching process, teachers should not only pay attention to the teaching of basic movements and sports essentials, but also pay attention to cultivating students' comprehensive quality and strengthening their mental health training. Only in this way can students reap the happiness brought by sports in aerobics teaching class and alleviate their boredom and fear of difficulties for sports to the greatest extent, So as to lay the foundation of a good sports mentality of adhering to exercise.

## **4. Conclusion**

To sum up, let students learn humanistic education is a long-term cumulative process, let students constantly think and insight, effectively integrate and develop physical education and humanistic quality, and improve teaching quality. Aerobics can change students' posture, adjust students' psychological activities, cultivate sentiment, improve nervous system function and develop physical quality. Teachers need to discover, extract, design and teach through the humanistic quality spirit contained in aerobics, so as to cultivate students' willpower, teamwork spirit and innovation spirit.

## **References:**

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