Application of computer technology in Aerobics Teaching and training

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Abstract. We know that aerobics exercise can have a good effect on our body function. Aerobics can improve the depth of our breathing. It can make the cells in every part of our body more active. Many experts believe that aerobics has gradually become people's health dance. Many countries also hold corresponding aerobics competitions[1]. With the rapid progress of computer technology, the application of Aerobics Teaching and training based on computer technology has become a hot topic. This paper describes the current situation of aerobics teaching. This paper finally puts forward the application of computer technology in aerobics teaching.

Keywords: Computer, Aerobics, Training, Application

1. Introduction

With the gradual improvement of people's living standards, people are constantly accelerating the construction of spiritual culture. Many people want to have attractive figure. Many girls want to have a symmetrical body. Experts found that aerobics exercise can make the proportion of the body more coordinated[2]. It can make people's body more plump. It is worth noting that aerobics is suitable for every age group. Aerobics can improve people's physical and mental health. It can cultivate people's good sentiment.

The effect of aerobics is also recognized internationally. Many countries also hold aerobics competitions. Aerobics is a popular sport. Many schools also encourage students to learn the art of aerobics (see Figure 1). However, people gradually found that the traditional aerobics teaching process is very boring. With the development of computer technology, people pay more attention to the application of computer-based aerobics teaching and training. On this basis, this paper puts forward the main problems of the application of computer technology in aerobics teaching.

2. Analysis of the current situation of aerobics teaching
2.1. Single teaching method

Indoor teaching is the main way of traditional aerobics teaching. Many schools only teach students the basic theory of aerobics. Students seldom have the opportunity to guide their study after class. Therefore, the author thinks that today's aerobics teaching method is very single[3]. Theoretical courses will only urge students to study mechanically. This kind of teaching method can not adapt to the study of sports. However, it is still difficult for many schools to correct this problem.

2.2. The renewal speed of theoretical learning is slow

We know that aerobics is also in constant development. Our country's aerobics training center's theory study project is gradually developing. The renewal of theory courses in many schools is very slow. Aerobics has a unique artistic thinking. The study of Aerobics must be guided by theory. If students lack theoretical study, their Aerobics movements will not be very standardized. This will also affect students' learning of sports knowledge.

Figure 1. Aerobics has become an important competition

2.3. The school does not pay attention to aerobics

Many schools do not attach importance to the study of physical education. They think that students' cultural achievement should be the first[4]. This also leads to the lack of sports network curriculum resources. This problem also reflects the negative impact of the concept of exam oriented education in China. This is a very worrying problem. This also leads to the physical quality of students can not reach the health standard of ordinary students. There is no doubt that it will delay students' study of sports.

2.4. The number of aerobics class hours is very small
Students in many schools can only have one PE class a week. A PE class lasts 45 minutes. Students have a 16 week course each semester. This shows that students' physical education courses only occupy 36 class hours. In the ordinary physical education curriculum, the probability of Aerobics learning is also very low. Many college students will not even choose bodybuilding as their own sports. It is not conducive to the development of Aerobics resources (see Table 1 and Figure 2).

3. Analysis of the main characteristics of computer network teaching based on Aerobics learning

3.1. Open Education Culture

Traditional aerobics learning is limited to indoor and outdoor environment. Teachers need to teach students some traditional theoretical knowledge. The teacher shows the related movements of Aerobics for the students[5]. These teaching models are very rigid. The network technology of computer equipment can provide an open learning mode for Aerobics Education. Students don't have to be limited to the study of theory indoors.

3.2. Extensive learning resources

With the gradual progress of network technology, people can find a variety of information resources in the network. We know that aerobics is suitable for a wide range of people. Adults can also learn the artistic movements of aerobics. People can use the Internet technology to log in some aerobics course resources website. The application of extensive learning resources can help us better find our own learning style.

3.3. Personalized teaching mode

Many students don't like the classroom style of some teachers. It is difficult for teachers' old educational ideas to be recognized by students. This also led to a lot of students tired of the classroom psychology. The electronic virtual classroom using network technology can provide personalized teaching services for students. Students no longer need to accept the teacher's forced learning. Students can also find the corresponding teaching services in the network.

| Content selection        | Number of people selected | Occupancy ratio |
|--------------------------|---------------------------|-----------------|
| Few class hours          | 46                        | 15.3%           |
| Less                     | 171                       | 57.0%           |
| Appropriate class hours  | 81                        | 27.0%           |
| Too many class hours     | 2                         | 0.6%            |

Table 1. A survey of students' views on the number of PE class hours in experimental schools
3.4. Automatic computer management

The study of aerobics is different from that of ordinary science subjects. Students not only need to understand the network aerobics course carefully. Students also need to complete self-study after class. The network course based on computer can realize automatic student management. Students need to shoot an aerobics action video offline[6]. This video should be submitted as an offline assignment. If the student does not submit the assignment, the computer will automatically deduct the student's credit.

4. The application of computer technology in Aerobics Teaching and training

4.1. Aerobics teaching courseware based on material library

Many schools have some Aerobics Education Courseware. Some colleges also have their own material library. Teachers can extract the courseware of aerobics teaching they want from the material library. Material library can even form the teaching courseware of Aerobics automatically under the operation of teachers. Moreover, the content of these courseware is very rich. The text and pictures of sports events are very clear.

4.2. Aerobics community based on campus network

Every school has its own sports organizations. Many students will spontaneously form these aerobics learning groups[7]. Every sports association has its own webpage and website. The website mainly includes the introduction of the association and the introduction of enrollment. In these websites, students can also find relevant aerobics teaching resources. Junior students will also find some dancing videos of seniors.

4.3. Campus Network Forum construction
People can express their opinions in various forms in online forums. Students who have studied aerobics will also share their learning experience in the forum. They also share their own learning videos. This is conducive to help other students smoothly break through the difficulties of Aerobics learning. Some students can also get to know each other in the forum. They can share their learning experience with each other. The forum has gradually become the main topic.

5. The establishment of Aerobics Teaching System Based on computer technology

5.1. Establishment of course selection module

The course selection module of Aerobics Teaching System in Colleges and universities should be divided into three parts. The first part is the information of the course. Personal information mainly includes class information, class location and teacher. The second part is the professional information of course selection. If the students don't meet the course selection conditions of the major, they can't choose the course. The third part is to modify the information. When students are not satisfied with the course they choose, they can modify the relevant information in the web page.

5.2. Establishment of teaching module

The teaching module mainly includes four parts. The first part is the notification of the message. The college will inform all students of the course changes. The second part is the courseware download notice[8]. Both students and teachers can download relevant courseware from the website. The third part is the theory database. Students can find relevant teaching resources in the database. The fourth part is video teaching course. It is also a part of teaching resource management.

5.3. Online interactive module

All physical education teachers in the school have relevant user names in the teaching system. If students encounter problems in the process of learning aerobics, they can put forward their own problems in the network. When teachers log in to the teaching system, they can see the specific content of the students' questions. Teachers can choose to answer questions online or offline. Teachers and students can talk to each other in the teaching system through the interactive module.

6. The application of computer technology in Aerobics Teaching and training should pay attention to the problems

6.1. Network conditions of campus network

We found that many school students think that their school's campus network is very poor. Many students want to log in to the school's information portal[9]. They take a long time. This shows that the login speed of the school's information portal is very slow. This also shows that the network condition of campus network is very poor. It is worth noting that the aerobics network learning can not use low-quality campus network.

6.2. Improvement of teachers' guidance role

In the traditional aerobics training process, teachers need to guide students to complete the study.
Teachers are disseminators of knowledge. They need to play a stronger guiding role. With the help of computer technology, students can complete their study independently. This leads to the decline of teachers' teaching status. Teachers need to give full play to the role of guidance. This shows that offline courses are more difficult for students to trust.

6.3. Potential safety hazards need to be on guard at all times

In the network, we can see that many people lost their health because of sports learning. The artistic movements of aerobics are really beautiful. However, if the sequence of actions is disordered, students' body will be hurt[10]. Therefore, in the process of aerobics teaching, we need to always be on guard against the emergence of security risks. There is no doubt that this is a very important issue.

7. Conclusion

Aerobics learning can not only help students keep healthy, it can also help students keep mental health. With the help of computer technology, we can improve the quality and efficiency of aerobics teaching. At the same time, we also found the efficiency of the application of computer technology in education.

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