Research on the Application of the Function of Computer Management System in College Aerobics Teaching

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Abstract. The progress of society and technology cannot be separated from the support of computer science and technology. Computer science and technology have become an irreplaceable part of people's life, work and study and they play an important role in the daily development of the country. Computer science and technology have changed people's traditional way of life. Its appearance has improved people's lives, improved people's quality of life and greatly promoted human progress and historical development. Computer technology has brought great convenience to people's lifestyles and has also triggered major innovations in technology and methods in the field of manufacturing. Computer technology is occupying every corner of modern society with its absolute superiority and it also has an important influence on people's way of thinking. This article analyzes its application mode in college calisthenics teaching.

Keywords: Computer Management, Aerobics, Teaching

1. Introduction
Aerobics is popular among college students as a public physical education course in colleges and universities and has become one of the popular courses in general college physical education courses. Aerobics is of great significance for improving students' health, building self-confidence and improving personal quality[1]. Aerobics teaching not only plays a role in supporting the task of physical education, but also plays a role in enhancing students' physical fitness and increasing their enthusiasm for physical exercise. With the continuous changes in China's education model, the existing teaching concepts and methods of aerobics have been unable to meet the needs of public physical education in colleges and universities. Only continuous innovation can make the teaching effect of aerobics better and let more students love and participate in this project.

2. Computer management system

2.1. Multimedia management application
The combination of media and computer database management technology has become the main direction of multimedia development. The application of computer database management technology to multimedia management not only improves the management efficiency of computer databases, but
also promotes the application of multimedia technology to better display. For example, in the process of multimedia management in school libraries, staff can combine computing database management technology with multimedia management to achieve safe and effective management of library books and improve the security of the data management system. Borrowers can effectively select the books they need through the multimedia computer database and borrow them quickly, which greatly reduces the time to find books. The computer management system is shown in the figure below.

![Computer management system](image)

Figure 1. Computer management system.

2.2. **Practical application of information management**

In the process of information management, computer database management can effectively control information and enhance the security of information management\(^5\). In order to complete the protection of information data, computer data management will record and analyze the data and encrypt the information data. Complete the security protection of confidential information. The computer database establishes a special data model to process information data, which effectively improves the efficiency of information sending and receiving. For example, in the process of confidential management of business business information, computer database management can encrypt business secrets of enterprises, guarantee the security of customer files and materials and greatly reduce the risk of leakage of corporate secrets.

2.3. **Practical application of teaching management**

In the process of teaching management, computer database management technology can not only analyze the relevant data of the project, but also effectively realize the management and accounting of teaching data, which greatly improves the efficiency of the project and reduces the time waste of manual calculation. For example, in teaching, teachers and students need to be counted and the computer database management system can effectively count the materials according to their own technology.

3. **Analysis of the status quo of college calisthenics teaching**

The main teaching methods used in the teaching of aerobics include demonstration method, explanation method, password prompt method, complete teaching method, decomposition teaching method, practice method and other teaching methods. Each teaching method promotes students to master the teaching content and movement technology skills. At the same time, it is conducive to the teaching interaction between teachers and students in the classroom and enhances the learning effect. Traditional teaching methods are not particularly prominent in cultivating students' independent learning and innovation ability and developing students' comprehensive abilities. Traditional teaching methods are still teacher-led, the learning atmosphere is not active and students' practice in
accordance with the rules reduces students' enthusiasm for learning. Affect the actual teaching effect. According to the survey, there are almost no schools equipped with professional aerobics rooms in colleges and universities. The existing facilities of colleges and universities cannot meet the most basic requirements for classes. The serious shortage of school sports funds has brought great difficulties to the teaching of aerobics. An excellent teaching environment and advanced facilities play an important role in enhancing the status of the school, the quality of teaching and the enthusiasm of students in learning.

4. Advantages and disadvantages of computer management function in college aerobics teaching

4.1. The richness of educational information dissemination

Traditional education's information dissemination method is often based on blackboard writing and exercises. This information dissemination method is mainly a way of dissemination of abstract information from concept to concept. In this teaching method, teachers mainly focus on the explanation of concepts and the dissemination of knowledge is often realized through enumeration and noun interpretation. In this teaching method, it is often difficult for students to understand what some difficult concepts are saying. Because this method of knowledge dissemination wants students to realize the most essential connotation of knowledge at the beginning of teaching. However, the process of human cognition is a process that slowly deepens from the surface. Contrary to traditional teaching methods, computer-assisted teaching uses pictures, animations, videos and sounds to allow students to understand knowledge from appearances, so that students can obtain all the graphical expressions of knowledge from the beginning. The diverse information dissemination methods are shown in the figure below.

![Figure 2. Diverse information dissemination.](image)

4.2. The efficiency of educational information dissemination

Due to the limitation of the teacher's time, energy and educational resources, traditional education methods often fail to enable every student to effectively understand the meaning of knowledge itself. However, through computer-assisted teaching, the system can automatically identify the difficulties and perplexities of each student in the education process. And give the most effective solution to these difficult and confused points. In this way, the efficiency of education and teaching is greatly improved.

4.3. Can stimulate students' enthusiasm for learning

Traditional teaching methods are boring because they are conceptual to conceptual. Computer-assisted teaching includes pictures, sounds, animations and other information dissemination methods and provides different learning plans for each student. The concealed teaching
methods are undoubtedly more targeted and more interesting. Make students better enter the classroom[5].

However, computer-assisted teaching also has certain limitations, which are mainly manifested in the following aspects: First, the depth of knowledge is not enough. As far as the current teaching methods are concerned, computer-assisted teaching is still limited to the multimedia teaching stage. It mainly focuses on the display of images and audio-visual. Although this teaching method can enable students to quickly enter knowledge and obtain a complete picture of knowledge, it does not Enable students to penetrate the bottom of knowledge and gain a conceptual understanding of the essence of knowledge. The second is to exclude the teacher's dominant position in the classroom. Because of its comprehensiveness, computer teaching can cover all knowledge points, so many teachers mainly play PPT and video in the classroom. This teaching method excludes the teacher's own words and deeds. In the process of teaching, students not only need to gain knowledge, but also gain overall improvement by imitating the experience of those who impart knowledge. Third, it is easy to cause the shift of students' attention. The computer-assisted teaching method contains a variety of information dissemination methods, so it is very easy for students to shift their attention to the vivid pictures and animations. This is especially true for college students whose mental development is not fully mature. They can't distinguish what is knowledge and what is a convenient means for spreading knowledge[6].

5. Conclusion
Aerobics is a new sports item. Through practice, it can enhance music sensibility, exercise will, delight the body and mind, cultivate sentiment and promote the harmonious development of body and mind. In teaching, teachers should make full use of various practice methods to increase students' interest and enthusiasm; the choice of music should conform to the students' age psychological characteristics and the characteristics of the times and really play a role in stimulating students' emotions; combining aerobics teaching with aesthetics The combination of knowledge shapes the students' bodies so that they can receive aesthetic education while gaining a bodybuilding posture.

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