

## **Calisthenics Choreographing Capability of Sports Education Professional Students of Preliminary Discussion**

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**Abstract.** This article first tells the story of sports teaching to cultivate students the importance of calisthenics choreographing capability and tells the story of the influencing factors of calisthenics choreographing capability. And then it expounds the teaching of sports aerobics movements choreographing the steps. Then it carries out the final details of the sports teaching to cultivate students calisthenics choreographing capability measures, including strengthening enlightenment training, strengthen the plant material accumulation ability and enhance the synergy choreographing capability.

### **Introduction**

Aerobics in his body as the object, in beauty as the core, to health, for the purpose of practice for content to form, by means of several creation, the combination of gymnastics, dance, music, fitness, fitness, healthy heart eventually achieved for the purpose of a new sport. Colleges and universities has been extremely popular, and become one of the college students' favorite sports. In aerobics course in colleges and universities, strengthen students' ability of the plant, the education of lifelong physical exercise and fitness have very important significance.

### **In the sports teaching to cultivate students the importance of calisthenics choreographing capability**

**Help to cultivate students' personality and confidence.** Each student can accord to their own, interests are the basis of the different understanding of aerobics and feelings, the plait aerobics is in different routines. Therefore, plait aerobics routine activity, students will be paid more attention to students' individual differences to meet the psychological needs of the development of students' personality.

**Help to develop students' creative thinking.** To strengthen students' ability to make operational training is to encourage students' creative enthusiasm. Conscious guide students to use the knowledge they learned their progressive thinking, give full play to their imagination, enrich and develop the action content of aerobics.

**Help develop students' ability of practice.** Through practice the plait, effectively improve the students' innovation ability. In the process of learning make fuck, students to cultivate good manners and temperament, their ability to improve packing. Accounts and the process of performing calisthenics can exercise the student language expression ability and help to improve students' ability to self-expression.

### **The influencing factors of calisthenics choreographing capability**

**Action choreographing capability.** First of all, the performance on the number of words in the movement, it is the basis of action programs, to ensure the quality of action and to reflect its ability of an important factor. Secondly, new choreographing action combination form of different can appeal the plot of the difference in quality. In addition, the elements of the treatment are also very important for the action, action elements mainly refer to the movement direction, route, amplitude and position, etc.

**Music elements.** Choreographing capability also reflects the difference of the Creator and of the depth of musical knowledge to master degree, is particularly important in the creator and the understanding of musical structure and music type. Secondly, creator still needs to pay attention to the feelings of music ability, which includes the creator and the music rhythm, melody, harmony, and feeling of artistic conception, etc. Again, the production of music is the key link of choreographing capability.

**Master relevant theoretical knowledge.** After the students have mastered some aerobics movements elements, it is also important for students to gain some related theory knowledge, such as the characteristics of aerobics, function, classification and arrangement of general rules and the design method and the necessary experience knowledge, for the students of the plait work to lay a solid theoretical basis.

### **The general process of analysis of the formation of creative ability**

Formation ability of creation can be divided into four stages, i.e., the perceptual stage of cognition, sensibility to the stage of rational knowledge, making use of the knowledge creation practice stage and understanding of sublimation ability formation stage, each stage has different tasks.

**Perceptual cognition stage.** This stage takes a long time and is the foundation of the formation of the capacity. In this stage, aerobics content and action classification for the understanding is the key, which needs in order to master a certain amount of vocabulary of basic movements and gradually understands the movement and action morphological characteristics.

**Perceptual to the stage of rational cognition.** The perceptual knowledge and the reason cognition are not separated, but the mutual blending form into a unified, indivisible process. In the understanding of aerobics to compose, know the essence and law, after from perceptual knowledge to rational knowledge, from the understanding of the phenomenon to the nature of the rising process, in order to form concepts and theoretical understanding, which is forming the process of the key. This stage need to grasp the movement creation rules and methods, clearly understand the relationship between movement and music, master the principles and steps of creation, which lays a necessary theoretical basis for the creation of practice.

**Using knowledge creation practice stage.** Master of the theoretical knowledge also needs to be through creation practice to verify, in this process, it will encounter and find that many of the problems, which can be solves by the learning knowledge, at the same time will accumulate a lot of experience which can deepen the understanding of the knowledge, so that the original understanding of the improved further.

**Cognition sublimation, ability formation stage.** After creating practice stage accumulating a lot of creative experience, through the summary to improve understanding and sublimation, which is able to form their understanding which is relying on the sublimation.

### **In the sports teaching aerobics movements choreographing the steps**

**The plait aerobics a single action.** Single aerobics movement is complete the aerobics movement basic unit, so aerobics compose teaching also should be a single action the creation of to help students build compose the concept of. This step is crucial.

The teacher can give the proposition the way of the given place, each page can have direction and high, low impact change, asking students every step of the arrangement of 2 - 3 arm movements. First time choreographing activities as of homework, make students be in class, give them fully imagined environment, and then complete the examination in class, and let everyone have publicly performing their own creating actions, cultivating the performance desire, ability, and the sense of competition and extroverted personality. Meanwhile, it also provides them with a good opportunity to learn from each other. At this stage, usually bodybuilding exercises which is donw with no good students will show a lack of confidence, thinking themselves unable to compose a good action, then teachers should

take encouragement and heuristic teaching methods and help them to establish self-confidence and tell them

"Active participation is a success in itself". "The action is not good, as long as it can be compiled to". Teachers should give priority to with praise, protect the student's creative enthusiasm.

**The plait aerobics combined movements.** First of all, 1 x 8 port combination movement creative teaching, students have a preliminary knowledge combination movement creation method. First, carry the pace of combination arrangement, then compose arm movements. In class teachers still can "proposition" make provisions 1 x 8 pat kinds of peace in action and complete the creation time and rank order of pace by students freely, and at the same time create art movements. After creating action performance by students, teachers can inspire them to choreograph their combined actions of pace to rearrange, and gradually in the rhythm of action, action line, body posture, gesture, movement direction of exchange. The aerobics movement experiences the richness, diversity and subjectivity, to further develop the students' idea of creation.

Secondly, a 4 x 8 beat combination composing teaching. The purpose is to allow students to grasp the reasonable connection and excessive skills, which makes the action be continuous and smooth. Teachers may require the pace of a phrase types, students have a preliminary knowledge of the connection skill, asking them to compose action when a three-dimensional space of changes, and gradually transit to a free creation, optional music, give full play to their imagination and creativity. At this stage, because of the composing of successful experience, students own the ability of creation and are full of confidence, and desire of creation is rising, creating action also gradually tends to the harmonious and reasonable. At this time, the teacher on the performance of the students then put forward the quality of the requirements, the action is quite clear and accurate, standardizing in place of a sense of rhythm, action and music match.

**The plait aerobics complete sets of movements.** Complete set of movements of the plant is based on the phrase. On the basis of the plain purpose, students establish the concept of the big picture. Teachers for students to complete sets of movements of the plate can have transformation of requirements, time, venue and formation can also be a small amount of low difficulty movement and music is optional. This one phase of the plant activities may require that students in the class group are completed. The students after the overall conception through observation, sum up and refine, will be recognized as the best choreographing action together. Complete set of movements to show the corresponding coordination, rationality, fluency and novelty, the connection between the action is clever, modelling also should be very imaginative and creative. By the games, teachers can require students to act in a coordinated, clear and normative, which is full of strength and charm. Rhythm and music coincide will choreograph their joy of music -- understanding of the action through the body movements and fully reflect their facial expressions. At the same time, train the student's sense of competition, studying spirit, the spirit of harmony and collective honor sense and organizational skills.

### **In the sports teaching to cultivate students of calisthenics choreographing capability**

**Reinforcing the training of the enlightenment.** Interest is the most active factor in learning, a person's creative thinking results are on the premise of producing interest to study things. Therefore, inspiring and cultivating the students' interest in aerobics teaching are the key to cultivating choreographing capability at the beginning of the aerobics teaching, which is the students' groundwork. After a period of practice, according to the aerobics music and the rhythm and tempo, combination of individualistic action, both teachers and students may again form a new aerobics combined movements. So, naturally, brought about the naissance of the students creating consciousness, inspire the students' creative thinking, as long as a little spark affirm and encourage new thinking, and constantly improve the students' interests in calisthenics choreographing, cause the student to move in a natural environment the calisthenics choreographing the door.

**To strengthen the plant material accumulation ability.** The plait of the accumulation of material is particularly important for creating and aerobics to complete set of movements, material accumulation ability is strong, the plait has abundant resources, which can effectively improve the ability of the plait. Therefore, students are required to do at ordinary times: read more books, videos, TV, think the relationship between the action and the action, think about what they do which can change form and is suitable for their own actions, how to compare different structure of the movement, in order to accumulate in the different structure of the movement, do more practice in class, review after class, record the observation and thinking. In the teaching process, in a planned way to arrange students performances choreographing action combination or complete action, let the student feel the effect, timely grasp the students' feedback, and target the plait guidance, to consolidate the right action and improve the ability of material accumulation plays a positive role.

**Improve the synergy choreographing capability.** Synergy choreographing capability is to use existing knowledge, accumulate experience and inspiration to improve the basis of choreographing capability. In teaching, strengthen the aerobics instruction of theory and knowledge, make students understand the origin of aerobics, development situation, understand the value and function of aerobics, and master principles, methods and steps of the plait aerobics. In familiar with the basic action and composite action of aerobics, on the basis of the combination of in-class and after-class, collective and individual, the combination of collaboration for the plait, the participation of so many people can give full play to the imagination of students, enrich the content of aerobics movements, and improve students' cooperative choreographing capability.

## Conclusions

Aerobics is a very good ability to cultivate college students a variety of course, as long as to master the comprehensive ability of aerobics fitness method, especially choreographing capability, it is to engage in physical education and lifelong physical exercise which has very important significance and practical value. Cultivate the students' making ability in aerobics teaching is feasible. Innovation gives aerobics Chang Cheng long and exuberant vitality. Innovation is the source of the life of the aerobics.

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