

The Application of Modern Information Technology in the Training of Aerobics

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Abstract. Information technology in the educational process is a new perspective in the education process of modernization. Modern information technology combined with aerobics courses, which deepen the teaching reform in aerobics courses and play an invaluable role in the popularity of aerobics and development.

Introduction

With the development of information technology and its applications, education in education will eventually be a major change from the content, form and methods to the organization. From the perspective of the development trend of modern education, modern information technology and aerobics courses organically combine aerobics teaching will become an indispensable factor. Thus, a combination of modern information technology research and aerobics course is focused on deepening the reform of teaching technical subjects. This paper studies provide evidence for combination of modern information technology and aerobics courses.

Status of aerobics training

The traditional model of teaching aerobics. Aerobics is a financial gymnastics, dance and music in one of the pursuit of human health and the beauty of the sport, it's fast-paced music, young and lively, in line with middle school students at this age level psychological need, and therefore won the student's favorite, has been more widely carried out. In most high school aerobics class, still based on traditional teaching methods and approaches based. One lesson is divided into three parts, including: preparation part, the basic part of the end portion of the curriculum and teaching content design and is based on the development of these three stages. Teaching methods and means are relatively simple [1]. Teachers to students to grasp the situation in a very short period of time, and can make timely guidance and correction, help students master course content within the stipulated time, better complete the task of teaching, to teaching. However, if a semester, an academic year invariably continue this kind of teaching method, it will affect the students 'interest in learning, limiting students' thinking and development.

The current development of modern information technology in teaching aerobics. In recent years, high school aerobics class conducted relatively common, although other modern information technology in the school curriculum basically been popular, but in the classroom teaching aerobics still relatively small. Modern information technology assisted teaching aerobics, whether theoretical or practical lesson link links courses, indoor and outdoor lessons lesson, you can make full use of the modern teaching techniques, greatly play this modern teaching technology brings convenience to the classroom.

Function and value of information technology in teaching

In the process of teaching in schools, information technology is a teaching tool for teachers, and for students in terms of information technology is a cognitive tool. Commonly used in the teaching and learning process, IT has a video camera, video; watch the video information technology, use of the Internet and other multimedia exchanges. The use of modern information technology (multimedia) teaching technical subjects performed its function value is mainly reflected in several

ways.

Help to mobilize the enthusiasm of students, inspire enthusiasm. Visually vivid of modern information technology diverse and flexible learning content to show students the more interesting courses. For example, the use of multimedia playback and taught to students before class content-related videos, rich in content selection as far as possible, innovative, dynamic live, first in an intuitive visual give students cause irritation, triggering a strong student curiosity or desire to imitate, mobilize the enthusiasm of the students get to learn new knowledge, enthusiasm and passion to some extent also risen.

Rich and flexible content. The use of modern information technology can help teachers find a wealth of teaching resources and materials. For example, teachers can through the Internet, various educational network platforms, to find relevant deems appropriate teaching materials in large quantities, resource-rich database, the use of portable mobile storage devices to download information storage material, and then the teacher can choose a step the flexible use of information obtained teaching. Flexible and varied forms of teaching in different stages are used in different teaching of modern information technology, equipment for different levels of student teaching [2].

Highlight the difficulties and precise detail. Use of modern information technology and equipment, teachers can accurately finely highlight important and difficult to learn, visually demonstrate the teaching content. Especially in the process of teaching technical subjects such as aerobics, teachers explain to students the difficult technical movements, having to repeatedly explain or action demonstration, and can make use of relevant multimedia equipment, continue to enlarge, action replay technology, refining technology action. Therefore, it can be well highlighted heavy and difficult to help students understand memory and imitation.

Students are free to discuss and exchange. Modern information technology is established of the Internet, so that the transmission of information, communication between people more smoothly. In the process of teaching and learning of students in the school teachers, the teachers and students always encounter some inconvenience direct communication issues, such as the attitude of the teacher's students, the understanding of technical movements, teachers understand the students' personality problems. Therefore, in the teaching process can use the network, established to facilitate the exchange platform. For example, each student registered his micro blogging account, establish micro blogging group classes, students are encouraged to speak their minds on the network platform, the free exchange of learning and experience.

The use of modern educational technology to improve the quality of teaching and training aerobics

The use of modern teaching media to carry out demonstrations and import. Excellent physical education teachers should be good at using a variety of teaching methods to guide and cultivate students' interest in a variety of sports. American psychologist Bruno said: "The best learning is student motivation to learn the material that is intrinsically interesting." Interest is the raw power of student learning, once students interested in sports, they will invest more in practice energy; to improve teaching effectiveness would have a negligible effect [3]. Ways to stimulate students' interest in a variety of sports, the use of audio-visual media is one powerful tool. Educational Psychology said: novelty content and methods of education, diversity, and fun is an important condition to stimulate learning motivation. Therefore, in physical education, can use modern teaching methods television, video, multimedia technology, the use of their image, intuitive, vivid illustrations, colorful distinctive features, while mobilizing students to a variety of sensory stimulation, attracting the attention of students, arouse their interest in learning, caused by the curiosity of students, so that students consciously but seriously involved in the exercise, to improve the action level.

TV, video and other audio-visual media contain activities, teaching information with emotional colors, and sent directly to the sharp, crisp images and vivid intuitive, concise language to students. In physical education, audiovisual media, mainly from the demonstration teaching role, that means the use of television sports demonstration standard model for students to observe the follow.

Students' mastery of physical skills, only the image of the action to fully experience and understand the action essentials, the muscles in order to experience and proper understanding of technology through repeated imitation and practice to complete the learning task. Gym class, sports field disturbances more. Teachers demonstrate, explain when students do not necessarily have Nengkanmingbai, listen carefully and some action is often difficult because of gender, age, physical and other reasons do not demonstrate movement [4]. And some action, not only the structure of the complex cannot stop or slow down in the air. Movements such as jumping class, the teacher is difficult to explain in the demonstration, explaining the student demonstration after and very difficult to hear to understand. Therefore, in teaching, in spite of repeated teacher explained, repeatedly demonstrates, there are still many students the opportunity to change the action and the action is completed, the process clear, to no avail, it is difficult to grasp. If you use video teaching, through the TV screen above the action, slow motion or with a "freeze" approach, unfolding in front of students, so the teacher can explain the essentials of each leisurely break down the action, the key part of the action speak deep, explaining and, and through practice, students will soon be able to master technology essentials.

The use of modern teaching media to help break through the difficulties. There are many sports teaching emphasis and difficulty. It is difficult to talk about, so it is difficult, it is difficult to correct, and teachers to explain the often less alone. If the use of audio-visual education, due to the audio-visual media with intuitive, vivid and other characteristics, it can be split up, of the fast is slow, so that students see the decomposition action, slow motion. While also comparing right and wrong action by audio-visual means, to enable students to find their own errors and corrective action where methods to stimulate student interest in learning, motivation, improve teaching quality, play a multiplier effect.

Use of audio-visual means, you can make the abstract concrete theory, visualization. On technical subjects is difficult to grasp the complexity of some of the action, cannot be fully displayed when the demonstration movement structure, process, and details the key when using audio-visual media, through the lens of scheduling, using vision, panoramic, close-up, close-up, or the use of the lens push, pull, shake, move, with other means, effectively from all angles, side to show the orientation of the action, the spatial characteristics of distance, relative position, trajectory, etc. Also available through high-speed photography, the instant action slowly manifested to break the limitations of time and space. Movements such as jumping class, the teacher in a very short time to complete a series of demonstration actions, the student is more difficult to see the details of each action. Feet where the legs and arms of action on how and when, and what part of it are hard to imagine how to do? Enable students to fully perceive the image of the action, action essentials understand and experience the muscles order to highlight the teaching points.

Audio-visual means not only adapted to the classroom, but also extremely beneficial to the individual teaching and learning. Sports audio-visual materials because of its projects independently, professional, and students according to their learning and research needs of multimedia reading room audio-visual or audio-visual department or school library reference room to borrow audio-visual materials for self-study. Especially multimedia computer technology, it can be required by learners in all aspects of learning content, learning, learning process, can provide reproducible frequency of freedom of choice, self-controlled conditions [5]. It greatly improves the teaching content to reproduce the force and autonomy; it is highly conducive to individualized and individualized instruction to effectively address the legacy of the learning process in question together. Meanwhile, the use of audio-visual teaching methods can greatly expand the scale, such as the CCTV broadcast of "fitness five minutes" Guangdong station "follow me aerobics" and other sports teaching film, which greatly promoted the mass sports activities, traditional teaching unmatched.

The use of micro-teaching to improve the quality of athlete action. By summing over the years teaching aerobics, training and micro-teaching theory, and found the basic principles used in micro-teaching aerobics teaching, training, promoting taught aerobics teaching experience from the traditional way to diversified teaching model development, improve teaching aerobics, training and

quality are of great significance.

Watching the demonstration stage, let the students have to learn to watch aerobics sets of action, and then watch the segment is shown in slow motion decomposition. In guiding the training, also conduct training in sub-aerobics teacher's guidance. After the training period, the trainees' performances filmed with a video camera. Then, the teacher trainees and students to watch video analysis of errors and lack of student movement exists, and to help students analyze the causes and corrective actions the wrong way. In the process of watching the video of students, according to the need to use freeze, slow, rewind approach allows students to see more clearly. Meanwhile, in guiding the training of teachers, also accord to student understanding of the situation in a timely manner to adjust instruction method and training programs to meet the dynamic regulation of the teaching process. Repeat performances in guiding the trainees after the training, feedback, evaluation, etc., until after this piece of content control, and then teaching the next stage, after completion, then sets for teaching.

Conclusion and suggestion

Aerobics teaching, no matter what kind of means and methods of teaching both its advantages, it also has its shortcomings, but the ultimate goal is to help us better accomplish the task of teaching, to teaching. The use of modern information technology is no exception to these modern teaching methods. Therefore, requiring teachers in the classroom teaching content design, according to the actual situation, choose appropriate teaching methods assisted instruction, give full play to the advantage of any kind of teaching methods to optimize our classroom. In the use of modern information technology-assisted instruction, should pay attention to the following aspects.

- 1) Changes in teaching ideas, enrich teaching methods.
- 2) Modern teaching model and combine traditional teaching model.
- 3) Choose the timing of the use of modern information technology should be appropriate.
- 4) Cultivate the ability of teachers to use modern information technology.

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