

# New trends in the development of Aerobics Competition

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**Abstract:** Aerobics, as a newly developed emerging sports project, has been loved and cared by people. In recent years, aerobics is not only a sport to show athletes' wonder in the game, but also a fitness program to help people shape body. Competitive aerobics also makes people understand more about the sport, and development of the rules always go through a tortuous process, in order to cater to the aesthetic taste of the public, aerobics should be in the continuous reform and development. This paper first describes the essence of aerobics, and then discusses the development trend of competitive aerobics. Finally it analyzes the dynamic development of Aerobics competition.

**Key words:** the new trend, development, Aerobics Competition

Aerobics, as a development of newly emerging sports, has been loved and catered by people. In recent years, aerobics, as a competitive sport, not only shows the best of the athletes in the game, and at the same time it is a fitness program to help people to shape beautiful body. Competitive aerobics also makes more people know this sport, but the rules of the game of the competitive aerobics have been faced with change and challenge. The players, also because the rules change often, should adjust the training mode. But **rules of aerobics always undergo a tortuous process**, in order to cater to the public's aesthetic temperament and interest, competitive aerobics is also in the continuous reform and development. Difficulty, high strength and skills of the competitive aerobics have slowly turned into the characteristics of being ornamental, soft and light at present stage. This paper elaborates the nature of aerobics exercise as physical fitness and body beauty and also analyzes its development trend. In order to keep pace with its trend, this **paper** provides some suggestions to serve as a driving force for the development of the aerobics(LI Zhongkui, 2003).

## 1. Essential attribute of Aerobics

Aerobics has come from higher demands for self build, which is the inevitable demand of the body shape. Therefore, body-building aerobics is the root of the most fundamental properties of aerobics. Aerobics is based on the American jazz, folk dance, and becomes a kind of rhythm, full of fun and entertainment. It is also because it is easy to learn, and shaping of the human body is of great help, therefore, widely it is popular in the folk. Nowadays, there are a lot of gyms with aerobics as an item, and in the university sports class, the aerobics class is also set up. Thus, the rapid development is very obvious. The game is developed based on Competitive Aerobics on physical fitness. It is also competitive aerobics that brings its popularity. Competitive aerobics has its own set of rules and regulations, and develops rapidly and widely. It is also due to the generation of competitive aerobics, making the types of Aerobics increase, and the movement has also expanded a lot. Competitive Aerobics embodies the innovation and development of aerobics,

which is a favorable weapon for the popularization of aerobics. At the same time, aerobics is a kind of highly ornamental leisure and entertainment. Aerobics is not like basketball or football which has a strong antagonism, on the contrary, its skills and strength show the style of athletes. In the view of the performance of aerobics, the action gives a kind of youth vigor and beauty as well as artistic taste(WU Junqi, 2009) .

## 2.The development trend of competitive aerobics

### 2.1 Highlight quality with the pursuit of perfection

International competitive aerobics competition rules tend to **be stricter**. Standards of performance for the athletes and the perfect degree of demand are higher and higher. Related rules regulate that not completing action in accordance with the relevant provisions related, incoherent action and wrong action and so on must be **penalized**. Mistakes such as no checking according to the rhythm, or without keeping up with the rhythm must be deducted. For the athletes who show a set of complete and perfect degrees of gymnastics, they can be reasonably given points. **Thus it can be seen that athletic competition is more and more in pursuit of athletes' movement to a perfect degree, valuing more about the quality of the action.** Through the change of the international gymnastics competition rules, the trend of the development of athletics gymnastics can be found now. In a word, pursuit of the perfect quality and perfection of performance art movement are the new tendency of the development of international competitive aerobics competition in the future(DING Xingcui, 2007).

### 2.2 Enhance ornamental value

To enhance ornamental value is another big trend in the development of competitive aerobics. Among them, according to the relevant rules, competitive aerobics, for two difficulty movement connections if done well, you can get the corresponding points. But the two difficulty movement cannot be repeated. Connecting difficulty movement perfectly and showing the artistry can be praised. As you can see from these rules, the rules of the international competitive aerobics competition increasingly emphasizes the action is ornamental. This not only requires difficulty moves but also combines two difficult moves together, at the same time the moves can't repeat. These rules are very popular for public aesthetic, in order to enable the audience not to watch a game, but a performance, which is a wonderful, strong artistic performance. Therefore, the ornamental value of enhanced aerobics is new trends of the development of the aerobics competition in the future(Hans Friederich, 2016).

### 2.3 Stronger artistry

Compared with the previous international competitive aerobics competition rules, the rules now pay more attention to the musicality and rhythm of athletes 'aerobics, in order to enhance the artistic quality of aerobics. Compared with the previous rules, the present rules care more in the application of music, the action combinations, space applications, display and cooperation. That is to say, if the athletes want to get better grades, they must play to their advantages in the application of the music, master degree of the melody. Only to show aerobics artistry to a larger extent, can the players win in the game(He WY, 2013).

### 2.4 Stronger athletics

In International competitive aerobics competition, high demands for the difficulty of movement, strength and flexibility are put forward. New rules advocate athletes making the action of higher difficulty, more perfect and higher quality action, and athletes must be more ornamental, with richer artistic flavor. **All this shows that the development trend and requirements of today's**

aerobics competitive sports competition is stronger than before, whose requirement for athletes are also higher. Aerobics as a sporting event, however, must be toward the direction of more competitive. Athletes should also be well prepared for it. New form of competition further promotes the development of competitive aerobics(Liang, 2011).

### 3.The motive force of the development of Competitive Aerobics

#### 3.1 Policy oriented

In recent years, China's aerobics organization and management personnel are taking up the corresponding positions in International Aerobics organizations, so they have first-hand information for Aerobics Rules and development trends. At the same time, because of their international status of Aerobics in the organization, they have certain the right to speak for the formulation and revision of the rules. These people have profound views and specific research on Aerobics Rules and system of the aerobics aesthetic and the development trend. Therefore, the development trend of aerobics, policy orientation is the most fundamental. The rules of the game are a necessary element in the development of the movement, often only to amend the rules of the game. The game will continue to improve the form and content. The dynamic and timely amendment rules are the motive of the aerobics development. Revision of the rules of the game makes the players must adapt to the new competition form, thus to further promote the development of competitive aerobics(Vorobyov, 1991).

#### 3.2 Broaden the competition resources to attract social forces

Aerobics is one of the motive forces of development to develop competition resources, and to attract social forces. As a widespread sport, the driving force of its development makes more people support this sport, and can help with these sports more loved by everyone. This requirement is the development of sports aerobics. In order to cater to the aesthetic taste of the public, it must continue to reform and develop competitive aerobics competition, to broaden the resources and attract social forces(Gao F, 2013).

The competition requires continuous media promotion and expands the spread of fame, on the one hand, it should highlight areas and media form to increase the use of newspapers, magazines, books, radio and other media publicity. The operation of the traditional propaganda for aerobics competition focused on news reports description of competition results, while ignoring the propaganda aerobics culture connotation that caused the aerobics competition spirit charm hard to display. On the other hand, to expand interactive public platform with the Internet TV, WeChat and other media publicity, expand the channels of foreign aerobics. Nowadays, network, TV, WeChat and other media publicity tools can produce huge role in radiation, which can quickly expand publicity events, establish the brand competition degree, and expand the audience benefit effect(Wang H Y, 2012).

Aerobics belongs to the non-Olympic Games competition, so the funding system of self-sufficient control makes its competition development have to rely on the market, and cooperative approaches based on the development rule of market economy is "a live agent" to stimulate the market. It is necessary to analyze China's aerobics tournament title. Before 2007, the annual aerobics events sponsored are mostly characterized with "singularity", indicating that the aerobics competition of commercial cooperation is also lacking of stability, competition and commercial cooperation are short of the feedback of benefits, lack of attraction. Since 2007, aerobics

competition and commercial cooperation gradually reveals a certain tendency (such as Communication Cup). But on the whole, competition and the commercial development cooperation should be strengthened, some of the annual events lack of title. Therefore, to further deepen the Aerobics Competition and the degree of business cooperation, it is not only necessary to develop a detailed plan before the cooperation between the two sides and in the process of cooperation to fulfill the rights of both parties, but more important is to assess the cooperation in the completion of the cooperation, making the effect, summarize the practical experience, to explore the feasibility of continuous cooperation, so as to contribute to the aerobics competition and the enterprise's bonus double win(Wang, 2012).

### 3.3 To meet the needs of the public

Competitive aerobics is a kind of widely spread mode of aerobics, whose origin is in order to meet the public's needs. *Shaping Fitness Aerobics* is one of the very popular sports **also because it's easy to learn**. And the shaping of human body is of great help, therefore, widely popular in the folk. The dynamic of aerobics competition the new trend of development must meet the needs of the public, if the public does not love, then the aerobics is no longer popular, could not develop. **Therefore at the present stage, the high difficulty as well as strength of Aerobics have been gradually transformed into the quality of being ornamental, soft and light and so on**(Zhang X H, 2007).

In recent years, with the art of sports diversity increased, individual choice of aerobics is rich, the audience have a certain change in the competition of aesthetic latitude, they not only on the development of aesthetic ability, through the aerobics competition performance beautiful physical and mental pleasure, reducing the pressure, but also hope that through the Aerobics match preparation the results of prediction, lace news events such as procedures before and after the whole mining information, the expression of personality view, improve their level of appreciation, and strive to become worthy of the name of aerobics "pedestrian" aerobics in the competition arena. It is necessary to increase the use of modern scientific and technological means to play lights, sound, Action Choreography art, with commentary such as packaging, fully stimulate the Aerobics in the audience hearing, visual basis, expand the aerobics information exchange platform, and actively create an half open whole race atmosphere, to meet people's demand of aesthetic emotion, interest to participate in(Zou X, 2013).

## 4 Conclusion

In summary, in order to cater to the aesthetic taste of the public, competitive aerobics are in the continuous reform and development. The high difficulty of aerobics, high strength has been gradually transformed into the ornamental, soft and light and so on. This paper describes the characteristics of aerobics as the essential attribute of physical fitness and body shaping. Describes the development trend of sports aerobics; outstanding performance in the pursuit of perfect quality, enhance the ornamental value, more artistic and more competitive.

Chinese aerobics competition for nearly 30 years of development is a progress from the beginning to the growth process, gradually mature, Chinese aerobics competition's nearly 30 years of development history reflects the "rules for reminder emerged events, events, and international events, positive evolution characteristics of base compaction consolidating event" in the face of social economy. The new normal Chinese has a new round of opportunities and challenges, so the

development of competition should deepen comprehensive cooperation with the media, business, and improve the shape and brand appreciation of aerobics based on population resources and achieve mutual benefit and win-win business "event".

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