

Research on Directions of Yoga Teaching Reform under the Background of “Internet +”

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Abstract. Yoga course not only promotes the students' physical quality, but also trains the students' excellent psychological quality. With the continuous development of mobile internet technology, Yoga teaching mode has produced new changes, which effectively make up for the shortcomings of the traditional teaching model. This paper analyzes advantage and reform of yoga teaching under the background of “internet plus” to provide some references for the relative researchers.

Introduction

Yoga is the crystallization of human wisdom. In modern universities, yoga is very popular with students. Yoga is not accomplished overnight, but only after a long period of training can the students master the essentials. However, the traditional teaching mode cannot achieve this project, therefore only will introduce intelligent mobile phone and "Internet plus" mode, can effectively compensate for the deficiencies of the traditional teaching mode, to adapt to the development situation of era, provide the basis for the reform of curriculum for college yoga. Yoga Stretch, compression and torsion, tension, bending and other direct effects on the body, with the correct method of step-by-step exercises can enhance muscle strength, physical development, improve bone strength, improve joint flexibility and body flexibility. At present, yoga teaching in Colleges and universities in our country basically has the problem of single teaching method. Most of them use the teaching methods which teachers explain, demonstrate and lead students to practice. Yoga can help smooth breathing and flow control, promote the movement of matter and energy metabolism, promote blood circulation, accelerate the detoxification of the body, promote the ability to enhance the excitatory and inhibitory the new supersedes the old., balance the nervous system, balance the endocrine system, avoid endocrine disorders. Gentle, gentle breathing control of yoga. It enriched the content system of physical education and promoted the reform of physical education in Colleges and universities. At present, in college physical education, despite the continuous enrichment of teaching content, but still not out of the traditional competitive sports based teaching model. Lack of lifelong sports awareness training, not fully concerned about the individual students interested in hobbies and interests, not to meet the needs of individual students. As a more fashionable sport, yoga can mobilize the enthusiasm of college students and meet the psychological needs of students. Carrying out yoga teaching in college physical education can make up for the defects of traditional competitive sports and conform to the demand of college students for the pursuit of fashion. It injects fresh vitality into college physical education and promotes the reform of physical education in colleges and universities. It can relieve the tension of restless mood, people began to calm, can promote the coordinated control of neural excitation and inhibition, so that the body of natural physiology is relatively stable, and gradually extended to the heart of the psychological stability and calm, yoga can let a person experience a real peace and quiet by students and pleasure. To get stable mental state, gradually improve the psychological quality. The essence of “internet + yoga” is the change and innovation of the Internet technology in the yoga industry and the business model based on the market demand.

Advantages of “Internet + Yoga” Teaching

Follow Times Trend. With the continuous development of the intelligent mobile phone, and vigorously develop the "internet plus" mode, the "Internet plus" mode into the University, through integration with traditional teaching mode, and gradually formed a new "internet plus" teaching mode, and intelligent mobile phone together to promote the reform of teaching mode. Teachers to use intelligent mobile phone software and Internet plus "mode of yoga teaching, so that students no longer subject to time and geographical constraints, whenever and wherever possible of yoga practice, for teachers to ask questions at any time for yoga, and always answers, greatly enhance the quality of yoga teaching, and promote the development of intelligent mobile phone and" Internet plus "mode and popularity to a certain extent. In the yoga meditation teaching process, through the traditional teaching method, mainly uses the music score, the physical education teacher's guidance technical key point, this causes many students not to be able to enter the role as soon as possible. This is because the teacher's tone and speed and other factors and related music did not achieve the best cohesion. This will cause the students cannot enter their position but using modern multimedia teaching method, teachers can be carried out before they started a speech, then the students gathered together, using the modern teaching method of playing yoga meditation to start, make music and speed etc. to achieve the best match. This will not only reduce the teaching burden of teachers, but also enable students to enter the role as soon as possible.

Lower Teaching Threshold. The new teaching model has greatly improved the practical ability of yoga teaching. The traditional yoga teaching, students simply accept the theoretical knowledge of yoga, did not get enough opportunities to practice, and using the new teaching mode, the students in the class of teaching video, not only to strengthen the understanding of the action essentials, but also greatly increased its practice opportunities, individual practice or group exercises whenever and wherever possible to create good conditions for practice, to enhance the level of action. Through the use of intelligent mobile phone and "Internet plus" teaching mode, the students' ability of innovative action and basic action to enhance the traditional mode of students' learning than greatly, with the passage of time, intelligent mobile phone and "Internet plus" model will become an important part of the teaching mode of College Reform, not only can effectively help students complete the Yoga learning content and learning tasks more effectively improve the quality of student learning yoga, provides a solid foundation for success and action essentials days after the master. Mobile learning is increasingly becoming an important way of training and learning. With mobile terminals, learning and training can be conducted at any time, at any place, in any scene. Customer Center personnel skills training and post knowledge learning should gradually move from the training classroom to multimedia terminals, improve learning efficiency, reduce learning costs and barriers. The development of Internet provides effective technical support for online learning. Employees usually have four characteristics of inertia, initiative, lack of time and lack of time when they are learning and training. While the mobile Internet natural advantages will well up, this is a problem cannot be solved by face to face.

Improve Learning Interest. Using new teaching mode, students' extracurricular learning time has been greatly increased, and in the teaching activities, teachers and students of communication has been greatly improved, when the teacher assigned homework, students first thought is that the search related video on the mobile phone and the Internet, students can watch the video by for a more comprehensive knowledge, and find their own problems, the teaching effect has been improved. The study found that "Internet plus" model provides a more advanced teaching concept and teaching methods for teaching, so that students learn more personalized, mobile, and support a strong motivation to carry out public course in Colleges and universities, to achieve a new breakthrough. Interest is one of the important factors that affect students' learning, so to improve the students' enthusiasm of yoga, must let the student have a good interest in sports. This will arouse the students' enthusiasm for learning, will the heart actively participate in them. Teachers can use the modern multimedia teaching technology, combined with the teaching method of modern technology that can increase students' attention, and the teacher's inspiration and explanation, can give students a good

learning desire, with a careful analysis of the teachers to the students to explain the action essentials, will soon reach the level of proficiency. So, in the teaching, teachers should as much as possible for training and demonstration analysis on the teaching, so that students in mind, through mutual discussion and analysis to identify the mistakes, then correct. In addition, according to the relevant research, because they are the main groups of the use of intelligent mobile phone and Internet, students occupy most of the space, thus greatly broaden the students' learning space, extend the students learning time, provide fun for students to learn, change the traditional teaching boring phenomenon.

Directions of Teaching Reform of “Internet + Yoga”

Fragmentation Teaching Model. The benefits of "fragmentation time" aren't just for people who don't have time to go to the gym. Many people stay in bed for the day at weekends and want to exercise at night and don't bother to go out, so just turn on the APP. The data will not be revealed, but there are a lot of them. So, you can say that keep's online fitness program isn't professional enough, but you can't say he doesn't understand fitness. Fitness consumption is an experiential consumption, all services need to use the body to experience and perceive, for different needs of people, fitness two words meaning is not the same. In the optimization of yoga teaching curriculum should continue to strengthen the research and Analysis on Yoga course, the relationship between the various disciplines of knowledge to enrich and expand the yoga curriculum, enrich the yoga curriculum knowledge, the basic theoretical knowledge of yoga curriculum has been enriched and perfected, and then promote the development of yoga courses. Involved in fact yoga curriculum knowledge is more extensive, its research content more, which requires teachers to enhance the Yoga history knowledge and social cultural knowledge learning, increasing the compilation of yoga teaching materials, the research team also set up many yoga teaching courses, and effectively promote the yoga teaching course research and analysis extensively, promote the continuous development of yoga teaching. You can practice every opportunity before you go to bed, after getting up, on the bus, on the subway, waiting for the bus, etc. The requirements of a set of reasonable and scientific structure break down our fragmented fitness, the day can take advantage of the time for each part, the practice is not reasonable, I will just turn around the body, the fragmentation of fitness is the biggest benefit, can enhance the overall quality of all kinds of body.

Interactive Teaching Model. The yoga course teaching in colleges and universities in China are basically a single teaching method, the teacher explained to lead the students to practice the teaching demonstration side, that is teachers as instructors will be all teaching content, the single demonstration to the receiver through teacher's explanation. The students into the teaching, in the implementation of the whole teaching process does not require the students to play their own initiative, also does not require students to use their brains to do independent thinking and innovation, they only need to according to the teacher's explanation and demonstration the following exercises, passive command skills can be. This is almost completely passive learning effect of students' learning initiative and consciousness of the play, is not conducive to mobilize the enthusiasm of the students, and cannot be fully active classroom atmosphere, not only limits the development of students' creative thinking and personality, but also restricts the development of students' innovative spirit and ability. The characteristic of modern teaching theory is to combine the leading role of teachers and the principal role of students dialectically and effectively. Therefore, during public elective Yoga course, teachers should emphasize the development of sex education and attach importance to the students' cooperative learning ability. Cooperative learning is students' collaborative activities or exercises, and promote themselves and with other members in the group to study teaching methods during practice, mutual learning in a nutshell is that students in the learning groups to complete the common task of mutual help and mutual supervision. Because of its ease the pressure to improve its compressive ability, improve students "psychological health, improve the academic performance of students, promote students to form good character and obvious effect, soon attracted the attention of the world, the cooperative learning is a research focus of the education sector.

O2O Teaching Model. "Internet + yoga" is essentially a competition between coaches and venues resources, and ultimately still need offline resources. On the one hand, under the Internet to open a small and exquisite gym, on the one hand push APP online membership fees, yoga courses, member appointments, coaches and video teaching courses and other functions. Yoga is a business with the Internet, the real economy with the virtual economic balance, you can't lose personal practice for practitioners, because only practice can make the experience and perception, the Internet cannot give you a sense of what is yoga triangle. Now the network broadcast is very popular, one is the risk of investment in many fancy it, hoping to bring huge economic benefits, so the technology in various network broadcast technology based company is developing rapidly, hope to get some benefits from. In the face of the webcast and the line opposite the teaching, the two in the price difference is very far, dozens of dollars live webcast, the next course of several thousand dollars. Such a wide gap makes many yoga students swell their brains. Take heart yoga is more reliable, because yoga is the need to improve awareness, awareness and consciousness, make people aware of our true self, these very abstract things need to lead the students to master after long-term mutual trust and learning can be reached, you believe that the master's character, knowledge exploitation, then you the natural fruit harvest yoga, so from this perspective, the Internet broadcast of yoga is only a supporting role, the process cannot substitute for yoga. The virtual world, the real world and the virtual world of Internet, this is the two worlds today, no one need to face, cannot be avoided, and the relationship between the yoga practice need to balance the two, for a pure practitioner, can learn from the Internet broadcast to enrich their knowledge. Yoga practice, feeling, this is something that you can't get from the virtual world. You need to practice it yourself.

Conclusion

With the enhancement of people's health concept, fitness has become a popular lifestyle nowadays. "Internet + yoga" value is gradually recognized and respected, and gradually evolved into a trend. While seeing its remarkable advantages, we cannot ignore its existing problems. "Internet plus yoga" cannot be achieved, but it brings people to use the Internet thinking to solve the problem consciousness of physical education and health. Only by embracing the Internet, yoga can better reveal its original meaning.

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