

# **Analysis and Optimization Strategy of Aerobics Teaching Curriculum Setting in Colleges and Universities under the Background of Media Development**

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**Abstract:** Under the background of the development of the media age, the Aerobics Curriculum in Colleges and Universities under the impetus of the needs of the times, and then enter the trend of innovation and optimization, specifically for curriculum optimization. Aerobics curriculum education is inseparable from the scope of media. Especially for college students, as the main body of knowledge dissemination, they can not only receive the information disseminating in the media, but also transmit information quickly. Only by making full use of the advantages of the media age, according to the characteristics of colleges and universities, we should improve the teaching of aerobics courses, guide students' learning enthusiasm and standardization, and promote the continuous development of Chinese College Aerobics Curriculum Development.

## **1. Introduction**

With the development and progress of the society, people's material and spiritual level has also been greatly improved, and the cognitive level of sports is constantly updated. Colleges and universities as an important platform for the promotion of various sports projects, at the same time how to integrate sports teaching with the media era has also become a hot topic of discussion. How to effectively utilize the popularity of media to optimize the physical education curriculum in Colleges and universities, which has put forward higher requirements for the corresponding curriculum setting in Colleges and universities [1-2]. The course of aerobics is an important part of the teaching of physical education in Colleges and universities. With its graceful posture and the practicality of shape, it is favored by college students. Therefore, this paper makes an in-depth study on how to set up the course of Aerobics in the era of the development of the media and the relevant optimization strategies.

## **2. An Analysis of the Setting up of Body Building Courses in Colleges and Universities in the Era of Media Development**

Most students are interested in aerobics course setting, and their attitude is more enthusiastic and positive, which stems from most students' correct cognition of the purpose of aerobics sports curriculum. But a few students think that sports courses are very boring and boring, so that the interest of learning is not high. Aerobics such sports have their unique aesthetic and ornamental, and also have sports competitions, and increase the sense of participation [3]. But there are also some problems in the course of Aerobics in Colleges and universities. Through analyzing the problems of Aerobics Curriculum in Colleges and universities, we can generalize the following contents.

First of all, the teacher in the process of gymnastics movement is more complex, is not conducive to the rapid understanding and learning of students; the lack of teaching materials, no reference of aerobics teaching learning materials; to use difficult exercises, some do not meet the movement state of the body to be improved [4].

Secondly, students do not know enough about aerobics information and do not know enough about aerobics, lack of knowledge and participation in aerobics courses, and some aerobics do not conform to the times.

Then, is the aerobics course review after class of limited means, students in Aerobics Course in

the classroom learning is not intuitive enough; after the review is not effective rich resources, to some extent limit the University Aerobics Curriculum learning efficiency, affect the progress of students' learning.

Finally, the development of Aerobics Curriculum lacks of related university leaders' attention, lack of enough venues, lack of professional teachers' resources and students' aerobics. Only to solve the above problems can better promote the optimization of the setting up of aerobics courses in Colleges and universities.

### **3. Optimization Strategy of Aerobics Courses in Colleges and Universities in the Era of Media Development**

#### **3.1 Using TV to optimize Aerobics Course**

TV is the earliest popular film and audio media in China, which has the most original and far-reaching impact on people. The same students also have the most exposure to television during their growth, and TV programs are the most impressive in their brain. There are usually some aerobics teaching programs in TV channels, which provides material for the teaching of Aerobics in Colleges and universities [5-6]. Teachers can guide students through the aerobics gymnastics, but as long as the television program in action can be rearranged into their own things. In the traditional aerobics teachers in the teaching of the course of action demonstration fast and complex, not suitable for the general content of the ribbon, not popular, increase the difficulty of student learning virtually. The gymnastic movement in TV programs is for the public. It's relatively simple and easy to handle. So we can exercise students' independent exercises in the course study and make proper use of them after proper improvement.

#### **3.2 Using newspaper to optimize Aerobics Course**

Newspapers have developed from ancient times to the longest, and one of the most fast information forms of information dissemination. The output and sales volume, timely reflect the latest newsletter information, existing significance and value. After the information of aerobics is published in the newspaper, teachers and students can learn the latest information about Aerobics in the newspaper sports column. Teachers can use this information to popularize students' knowledge and expand their knowledge of sports [7]. At the same time, they can teach the latest aerobics exercises to students, and arrange them into their calisthenics teaching curriculum plan, so that they are more in line with the trend of social development. In this way, students can make students get in touch and adapt to the future social life work, exercise their physique and optimize the students' spiritual world.

#### **3.3 Using multimedia network to optimize Aerobics Course**

The characteristic of multimedia network teaching is that it can display the difficulties and key points in the aerobics course in the form of intuition and accuracy in front of students, which is not only convenient for teachers' classroom teaching, but also conducive to students' autonomous online learning. Because aerobics teaching has a lot of demonstrative actions. If students want to review after class, they can only rely on their memory and imagination, which is not conducive to the efficiency of learning. The use of multimedia network will be a large number of aerobics teaching information and instant demonstration record, and some high level online aerobics training methods, competition video and performance form into aerobics network teaching courseware, make the curriculum more scientific and intuitive with a sense of fun [8-9]. Aerobics network courseware knowledge reserves is increasing gradually, and the content at a glance, college students will be more relaxed and interesting, both innovation and optimization of the traditional university aerobics curriculum form, and the content from becoming dull as ditch water is full of novelty and colorful, "students fun" course of study, showing important the influence on stimulate students' interest and enthusiasm to improve students' learning efficiency.

### **3.4 Using media channels to solve multiple problems and optimize the body building course**

First, we should improve the role of media media in the setting of teaching objectives and the process of teaching outline formulation. The goal of Aerobics should be clearly defined, and a reasonable and detailed syllabus should be established. At the same time, we should also consider the students' Aerobics basis, teach talents and plan practical Aerobics Curriculum optimization plan. In order to make the teaching plan meet the needs of the talent market, we can make full use of the superiority of the media system and refine a variety of factors during the process of formulation. Secondly, colleges and universities should actively build the media platform, introduce funds and broaden the school related facilities [10]. Teaching sites and supporting facilities are the external basis for promoting the successful implementation of aerobics teaching. However, the expansion of venues and the purchase of facilities require a lot of money. However, due to the insufficient attention paid to aerobics courses in universities, the introduction of funds is very difficult. In order to solve this problem, the school can make use of media channels to achieve the enhancement of school enterprise cooperation, and provide fund for aerobics teaching, so as to solve the problem of lack of bodybuilding playground.

Then, through the media means to carry out the training of teachers' Aerobics knowledge and skills, and encourage teachers to study. At the same time, universities can use the media forms of communication to other colleges and universities held some aerobics athletic activities, aerobics teachers to provide a variety of channels to enhance their skills and learning opportunities, to generally enhance the aerobics teacher occupation skill, and ridge solid calisthenics course of colleges and universities in the construction of foundation. Finally, we can make use of media technology to carry out opinion surveys among teachers and students. We can scientifically formulate the combination of Aerobics theory and practice courses by analyzing the opinions and suggestions of teachers and students on aerobics courses [11-12]. The teaching of aerobics can be divided into two parts, which are mainly divided into theoretical courses and practical processes. Only by achieving the best proportion between them can we achieve the goal of optimizing teaching effect. However, how to balance the proportion of the two, we need to fully understand the actual needs of both teachers and students to carry out the hole. For this reason, questionnaires can be used to ask for a wide range of opinions, to satisfy the curriculum needs of teachers and students to the greatest extent, so as to achieve the innovation, development and progress of College Aerobics Curriculum.

## **4. Conclusion**

With the development of the media age, the aerobics course has become one of the more and more attention in the college students. Although curriculum and development time is not long, but under the propaganda and guidance of various media, many colleges and Universities Aerobics Curriculum development work is in full swing. The popularization of the media has prompted the students to gain more channels for the acquisition of Aerobics knowledge, and the motivation to learn aerobics more and more. In the problems of aerobics teaching, site optimization, teachers' resources and student movement basis, we can use media to solve problems, such as television, newspapers and Internet are effective ways of handling. Only by strengthening the use of the media, can the aerobics course be optimized and popularized and continuously carried out.

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