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The heritage and development of aerobics culture in regular institutions of higher learning

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ABSTRACT

Under the background of economic globalization, each kind of culture can flow to every corner of the world, it promoted the cultural exchange and sharing, among them the most obvious belongs to the subject of sports culture dissemination form, which spread rapidly, the aerobics is born under this scenario, therefore, the study of aerobics is of great significance in studying the development of the world today. Based on this thought, this paper analyzed the competitive aerobics course in common colleges and universities in Shanghai and we get the present situation of competitive aerobics sports culture in China and its influence on college students. In ordinary colleges and universities in Shanghai, although many colleges and universities opened aerobics movement of physical education, but the students did not get the attention of it, fewer people hope to practice aerobics and the number of people that willing to long-term practice of aerobics is not a lot too. Therefore, strengthening the aerobics course in colleges and universities helps to the rapid development in aerobics in colleges and universities, which will play a role on the development of undertakings of physical culture and sports, it has important historical significance.

KEYWORDS

Competitive aerobics; Cultural heritage; Regular institutions of higher learning; Effect of fitness.



THE INTRODUCTION

The contemporary development of aerobics culture is under the influence of cultural globalization, the cultural globalization enables the multicultural coexistence, therefore under the background of cultural globalization, the aerobics develop s rapidly, and it takes this opportunity to continuously extend to multiple areas, among them, setting up aerobics in colleges and universities sports curriculum is one of the important items.

In the aspect of researching on aerobics, many people has make some efforts and have achieved fruitful results, such as: Wu Wenwen had once pointed out in the analysis the cultural development of China's aerobics that if we want to develop the aerobics in China and make it become a kind of culture of the Chinese nation characteristic, we must establish a diversified aerobics culture to attract the attention of various countries, and China's aerobics itself needs to learn from foreign excellent culture in order to make it more suitable for the development of socialism with Chinese characteristics needs: Zhang Hong Zhen put forward that if we want a fully improvement of the aerobics skills, the main is to see the level of fitness of athletes in the study of the high level of aerobics players fitness. By using factor analysis method, he found its main effect factor, on the basis of this method; he analyzed men's and women's gymnastics system respectively, and put forward the athlete in the sport training to grasp key and other guidance opinion.

This paper further studies the impact of competitive aerobics inheritance on the basis of previous studies, by using the questionnaire survey, mathematical statistics and numerical analysis method to analyze the competitive aerobics course in common colleges and universities in Shanghai, then we can get more reasonable results, which plays a positive role the inheritance of aerobics in colleges and universities, and has played a certain theoretical support in this field of research of the future study.

THE HERITAGE AND INFLUENCE OF COMPETITIVE AEROBICS CULTURE

Along with the popularization of higher education in China, high quality talents are doubling every year, the popularity of aerobics group also had significant changes, the development of the aerobics is indispensable to the quality of learning aerobics group, as a high quality of Chinese traditional sports, a man of high quality level as its propaganda, competitive aerobics will be accepted by more and more people in the future.

Cultural heritage and influence of competitive aerobics sports mainly form the questionnaire survey to the ordinary university in Shanghai. In the ordinary colleges and universities in Shanghai, we make statistical analysis and research on the following aspects: competitive aerobics teaching situation and teaching faculty situation of competitive aerobics in common colleges and universities in Shanghai, competitive aerobics curriculum reform, and the students' motivation.

The Chinese traditional sports curriculum arrangement in ordinary colleges and universities in Shanghai, all colleges and universities make their own teaching plan according to their situation and they have set up their own physical education according to the actual situation of their school to meet the requirements of college students of sports culture. We made statistics of the arrangement of competitive aerobics of physical education in colleges and universities in Shanghai, the data shows that: "1" represents the project that has been set up, the "0" represents the unopened project, the results are shown in TABLE 1 below:

In order to further analyze the data characteristics, now we carry on the statistical analysis, after the study of Table1 data, we draw the following statistics Figure1:

TABLE 1 : The statistics of the arrangements that having the competitive aerobics in PE class in universities of Shanghai

| Name of the college | Competitive aerobics | Performing calisthenics | Fitness aerobics |
|--|----------------------|-------------------------|------------------|
| Shanghai university of science and technology | 0 | 1 | 1 |
| Shanghai maritime university | 1 | 1 | 1 |
| Shanghai school of architecture | 0 | 1 | 1 |
| Shanghai university of aeronautics and astronautics | 1 | 1 | 1 |
| Shanghai normal university. | 0 | 1 | 0 |
| Shanghai business school | 0 | 1 | 0 |
| Shanghai university of traditional Chinese medicine | 1 | 1 | 0 |
| Shanghai institute of foreign trade | 0 | 1 | 1 |
| Shanghai ocean university | 1 | 1 | 1 |
| Shanghai university of engineering science | 0 | 1 | 0 |
| The Shanghai sports institute | 1 | 0 | 0 |
| Shanghai institute of applied technology | 1 | 0 | 1 |
| Shanghai international studies university institute of celebrities | 1 | 0 | 0 |
| Shanghai music college | 1 | 0 | 0 |
| Shanghai customs college | 0 | 1 | 0 |
| Shanghai theater academy | 1 | 0 | 1 |
| Shanghai institute of financial | 1 | 0 | 1 |
| Shanghai lixin accounting college | 0 | 1 | 1 |
| Shanghai institute of political science and law | 0 | 1 | 0 |
| Total | 10 | 13 | 10 |
| Percentage | 30.3% | 39.4% | 30.3% |

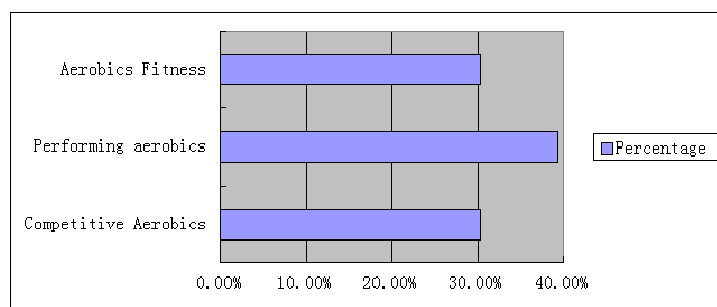


Figure 1 : Shanghai college physical arrangements competitive Aerobics chart

From the above analysis, we can see the most ordinary colleges and universities in Shanghai opened the competitive aerobics sports course. In the investigation, the number of 13 university has set up "perform aerobics" course accounts for 39.4% of the total, there are 10 colleges and universities opening the " competitive aerobics", which accounts for 30.3% of the overall, there are 10 colleges and universities opening the "fitness aerobics" which accounts for to 30.3% overall. We analyze their teachers' situation which has opened the competitive aerobics in colleges and universities.

Competitive aerobics teachers of colleges and universities

First we make statistics of the competitive aerobics teachers and sports teachers in colleges and universities in Shanghai, the result as shown in TABLE 2.

TABLE 2 : The distribution of the number of the competitive aerobics teachers and physical education teachers that in professor level

| Name of the college | The number of the competitive aerobics teachers | The number of the physical education teachers | Percentage | Category |
|--|---|---|------------|---------------------------------|
| Shanghai maritime university | 45 | 37 | 82.20% | A class of undergraduate course |
| Shanghai university of aeronautics and astronautics | 38 | 22 | 59.80% | A class of undergraduate course |
| Shanghai music college | 61 | 38 | 62.30% | A class of undergraduate course |
| Shanghai ocean university | 59 | 41 | 69.50% | A class of undergraduate course |
| Shanghai theater academy | 41 | 29 | 70.70% | A class of undergraduate course |
| Shanghai institute of applied technology | 43 | 29 | 67.40% | Secondary undergraduate course |
| Shanghai institute of financial | 7 | 7 | 100% | Secondary undergraduate course |
| Shanghai university of traditional Chinese medicine | 18 | 14 | 77.70% | Secondary undergraduate course |
| The Shanghai sports institute | 45 | 37 | 82.20% | Secondary undergraduate course |
| Shanghai international studies university institute of celebrities | 3 | 0 | 0.00% | Third undergraduate course |

In order to further analyze the data characteristics, we make the statistical analysis of the study of the above-mentioned data, and draw the following statistics Figure2 as shown in the following:

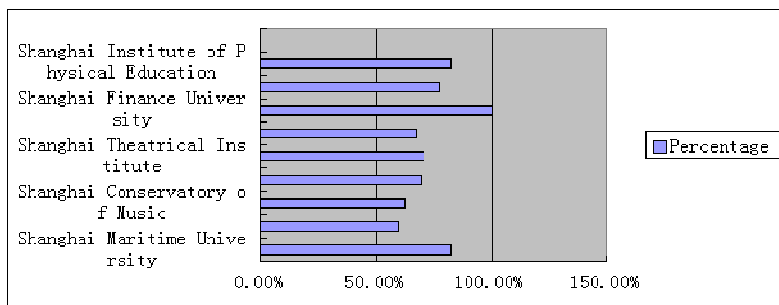


Figure 2 : Professor level competitive sports aerobics teacher numbers and distribution of the number of teachers

Through the above analysis, we can see that in all the colleges and universities in Shanghai, bachelor degree of a batch of first, the second batch and the number of three batch of undergraduate course colleges and universities physical education teachers showed decreasing trend, three batch of undergraduate course colleges is relatively few or no competitive aerobics teacher.

The analysis of competitive aerobics curriculum

For arrangement of competitive aerobics course in common colleges and universities in Shanghai, we mainly study the time of the university students in the competitive aerobics classes and investigate the situation of competitive aerobics on theory. In the school the curriculum is 45 minutes of one class time, every class has two class hours, the corresponding results are shown in TABLE 3 below:

TABLE 3 : The statistics of the investigate situation of competitive aerobics class in ordinary colleges and universities

| | no | 18 learning hours | 36 learning hours | More than 36 learning hours | Total |
|--------------------------|-------|-------------------|-------------------|-----------------------------|--------|
| The number of the people | 142 | 220 | 50 | 46 | 468 |
| Percentage | 30.3% | 47.0% | 10.7% | 9.8% | 100.0% |

TABLE 3: class investigation statistics of competitive aerobics in common colleges and universities

In order to further analyze the data characteristics, we make the statistical analysis, after the study of the above-mentioned data; draw the following statistical Figure 3 as shown below:

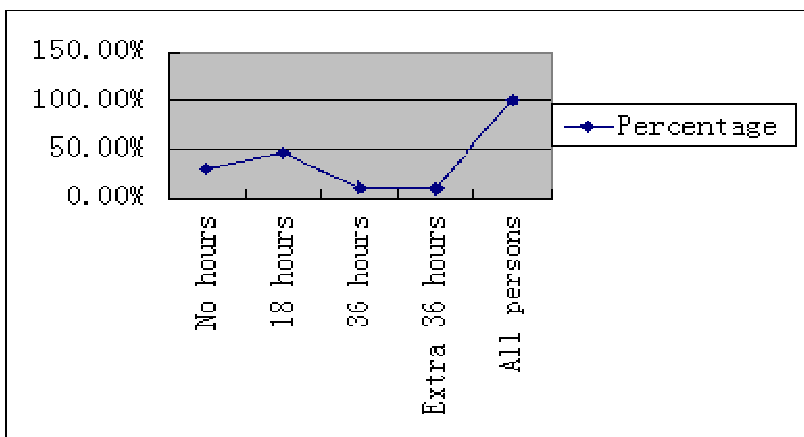


Figure 3 : Colleges Athletic Aerobics class investigation charts

Corresponding to the above data analysis, it can be seen that the start of the competitive aerobics in common colleges and universities in Shanghai physical education classes focus on 18 classes, accounting for 47.0% of the total, nearly half, 30.3% of colleges and universities not started the aerobics movement of physical education, only 10.7% are 36 class hours, is 9.8% more than 36 hours.

On the opening of aerobics in colleges and universities' theoretical investigation, one school course is 45 minutes, a class for two hours. The results of the survey are shown in TABLE 4 below:

TABLE 4 : The table analysis of ordinary colleges and universities' competitive aerobics theory class

| | Not filled | No | 2 learning hours | 4 learning hours | 6 learning hours | Total |
|--------------------------|------------|--------|------------------|------------------|------------------|---------|
| The number of the people | 9 | 292 | 120 | 43 | 0 | 470 |
| Percentage | 1.90% | 62.13% | 25.53% | 9.15% | 0.00% | 100.00% |

In order to further analyze the data characteristics, we make the statistical analysis, after the study of the above-mentioned data; draw the following statistical Figure 4 as shown below:

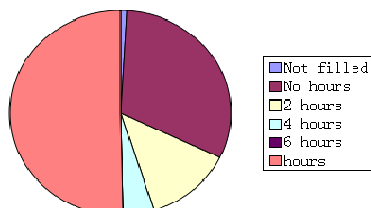


Figure 4 : Opened Shanghai colleges Athletic Aerobics case diagram theory courses

From the above we can get: the most of common colleges and universities in Shanghai have no courses in the theory of competitive aerobics, accounting for 62.1% of the total, the colleges that open the theory of competitive aerobics classes is no more than 6 hours.

The influence factors of the development of athletic calisthenics in colleges and universities

According to the Chinese traditional sports curriculum arrangement of current of common colleges and universities in Shanghai, all colleges and universities have set up the teaching plan according to their own situation, and they set up the physical education according to the actual situation to meet the requirements of college students of sports culture. So we analyze the factors of the physical education in colleges and universities in Shanghai to know the development of athletic calisthenics, first we make statistics of the influence factors that students and teachers think of, as shown in TABLE 5.

TABLE 5 : The table of the influence factors of competitive aerobics course quality

| Influence factors | Teacher | Percentage | Student | Percentage |
|---|---------|------------|---------|------------|
| The limitation of the teacher's skill | 0 | 0% | 75 | 16.3% |
| Class time is far less | 18 | 30% | 107 | 22.9% |
| The teacher is inactive | 0 | 0% | 155 | 24.6% |
| The student is inactive | 16 | 26.6% | 290 | 62.0% |
| The leader does not pay attention to it | 3 | 5% | 40 | 8.5% |
| The teaching content is boring | 8 | 13.3% | 353 | 75.4% |
| unfilled | 0 | 0% | 25 | 5.3% |
| others | 5 | 8.3% | 123 | 26.3% |
| Total number of people | 60 | 100% | 468 | 100% |

In order to further analyze the data characteristics, we make the statistical analysis, after the study of the above-mentioned data; draw the following statistical Figure 5 as shown below:

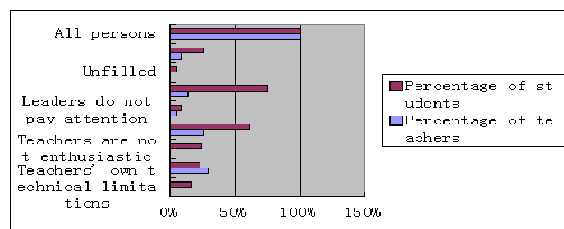


Figure 5 : Competitive aerobics course quality factors figure

Through the above graph, we can analyze that in the ordinary colleges and universities in Shanghai, teachers think that the major influence of the class quality is the student's enthusiasm is not high and relatively less class time, and in the eyes of students the influence mainly is the less time of the class, and teacher's enthusiasm is not high, the teaching content is boring too, these are the main factors affecting the quality of aerobics course.

Because the mainly target group of questionnaire survey of the study of the competitive aerobics is university students in Shanghai. We analyze the ordinary university students' motivation of these aspects; the results are shown in the TABLE 6 below:

TABLE 6 : The table of the motivation of learning the competitive aerobics among Shanghai school students

| The number of the students | Percentage |
|----------------------------|------------|
|----------------------------|------------|

| | | |
|------------------------------|-----|---------|
| To get the scores | 315 | 67.02% |
| Have a try | 73 | 15.53% |
| Have interest | 45 | 9.57% |
| Other reason | 37 | 7.87% |
| Total number of the students | 470 | 100.00% |

In order to further analyze the data characteristics, we make the statistical analysis, after the study of the above-mentioned data; draw the following statistical Figure 6 as shown below:

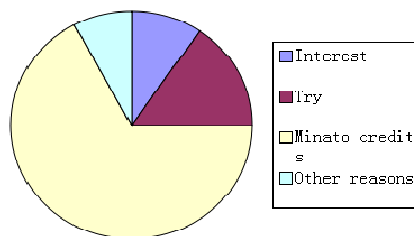


Figure 6 : Shanghai college students competitive aerobics power map

Through the above diagram we can conclude: the ordinary university students' main learning purpose of the competitive aerobics is to gather the scores, which accounts for 67.02% of the total credits and 9.57% of high school and university students are interested in competitive aerobics.

Because the mainly target group of questionnaire survey of the study of the competitive aerobics is university students in Shanghai. We analyze the ordinary university students' practice situation of learning competitive aerobics and the results are shown in TABLE 7 below:

TABLE 7 : Shanghai ordinary college students' practice situation of competitive aerobics

| | The number of the students | Percentage |
|-------------|----------------------------|------------|
| Unpracticed | 435 | 92.55% |
| Practiced | 29 | 6.17% |
| Total | 470 | 98.72% |

After that we make survey on whether the college student would like to practice at a long time, then we get the following TABLE 8:

TABLE 8 : Whether the college s

| | The number of the student | Percentage |
|-----------|---------------------------|------------|
| Yes | 450 | 95.74% |
| No | 15 | 3.19% |
| The total | 470 | 98.93% |

In order to further analyze the data characteristics, we make the statistical analysis, after the study of the above-mentioned data; draw the following statistical Figure 7 as shown below:

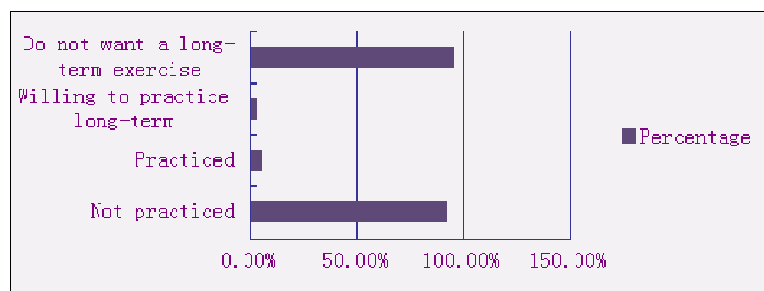


Figure 7 : Shanghai college students are practiced competitive aerobics statistics and willingness to chart a long-term exercise

Through the above graph we can see that: In ordinary colleges and universities in Shanghai, although many universities have opened the aerobics class in physical education, but in the eyes of students, it did not get the attention, practicing of aerobics and the number of people willing to long-term practice of aerobics is not many, the results is worth to be reflected.

CONCLUSIONS

This paper studied the heritage and influence of the competitive aerobics culture and illustrate it by using Shanghai ordinary universities' class situation as an example, finally we got the conclusion:

(1) Most of the school has opened competitive aerobics in sports courses, the number of 13 universities of the surveyed opened the type "performance aerobics" course, which accounts for 39.4% of the total, there are 10 colleges and universities opening the "competitive aerobics" course, which accounts for 30.3% of the overall, there are 10 colleges and universities opening the "fitness aerobics" course, which accounts for 30.3% of overall, we analyzed their teachers in the opening of the competitive aerobics in colleges and universities.

(2) The most of common colleges and universities in Shanghai have no courses in the theory of competitive aerobics, accounting for 62.1% of the total, the colleges that open the theory of competitive aerobics classes is no more than 6 hours.

(3) In the ordinary colleges and universities in Shanghai, teachers think that the major influence of the class quality is the student's enthusiasm is not high and relatively less class time, and in the eyes of students the influence mainly is the less time of the class, and teacher's enthusiasm is not high, the teaching content is boring too, these are the main factors affecting the quality of aerobics course.

(4) The ordinary university students' main learning purpose of the competitive aerobics is to gather the scores, which accounts for 67.02% of the total credits and 9.57% of high school and university students are interested in competitive aerobics.

Through the above results, we can get that we should strengthen the management in colleges and universities aerobics course in the future. Inheriting Chinese aerobics culture of college students is not only a treasure, but also a culture spirit that can not be ignored in the power of the culture construction of whole China.

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