

The Current Development Condition and Suggestions of Aerobics in China

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Abstract: Aerobics, which originated in 1968, is a sport that includes gymnastics, dance, music, fitness and entertainment. In recent years, the development of aerobics in China has been a lot of progress than before, but there are still some shortages among it and aerobics is still a long way from being as popular as sports such as basketball. Therefore, the theme of the paper is the current development condition and suggestions of aerobics in China. The research method of the paper is Literature Survey Method, through finding literatures on different websites to acquire data and conclusions. The research found that China did not put much energy on aerobics so that the participants are few and specific and the teaching method is simple. Besides, aerobics does not have the chance to show on big events such as Olympics, which decreases the popularizing method of aerobics. The suggestion is that aerobics lessons should be set on a larger platform and improving the teaching methods.

Keywords: aerobics, literature survey method, popularize

1. Introduction

As the sports such as skiing get more attention and have a great development, the development of aerobics does not seem to be improving, which is not an Olympic sport and also not a sport which whole people engage in it. Moreover, there are still some people who even don't know what is aerobics and have bias about it, for example, it is just a kind of sport for girls. However, developing aerobics has a lot of advantages. The greatest value of aerobics is its pure fitness value and practice and is to cultivate the spirit and heart of the practitioner, which can create a positive and stable exercise atmosphere. Once this atmosphere between the practitioners is formed, it is easy to take the initiative to bring them to the environment of life, learning and work. Aerobics can also enhance the relationship between people. As a team sport, the most important part of it is cooperation, which cannot avoid communication between people, so it can help people learn and practice how to get along people better. Moreover, when people watch the international aerobics competitions, the cohesion with the team and the athletes' team spirit will inspire the sense of national identity and pride, which is benefit for the development of a country. Then, the market-oriented operation of calisthenics can enhance the types of products, improve the quality of services, and further promote the development of the calisthenics market. People who engage in aerobics consume goods and services that essentially foster the prosperity and rapid development of the calisthenics market. The marketization of the calisthenics industry turns it into a branch of the sports industry within China's economic system, which has some bearing on the economy. The aerobics industry is a developing

sector that contributes significantly to China's social and economic advancement, according to 'Research on the economic significance and method of calisthenics market development' [1]. The time for aerobics teaching in Chinese colleges and universities is relatively late compared with other countries, and there are still many deficiencies in specific teaching content and method. Some problems in calisthenics course education also need to be solved [2]. Although the development of aerobics in China has got such big progress through few last decades' research about it and the theoretical structure is nearly completed, the quantity and the quality of research is far from enough. The theme of the research is the current development condition and suggestions of aerobics in China. This paper will analysis the problem of the development of aerobics currently in China and give some suggestions through literature survey method. At the following article, the research is going to talk about the character of aerobics, the current promotion and problems of aerobics in China and the suggestions about it.

2. The Character of Aerobics

2.1. A Sport Combined with Beauty

The beauty of aerobics involves various kinds of aspect. From the aspect of music, aerobics is one of the few sport which needs the assistant of music. Music is the soul of aerobic, which can help athletes express their style and emotion and reinforce their understanding of the action. The pleasantness of the music will determine the ornamental of aerobics in some extent.

From the aspect of action, the choreography of aerobics movements is rich in content, has a spiritual connotation, and is different from ordinary dance in terms of design. Its purpose is to inspire people to pursue sports and beauty in a deep way by introducing optimistic and upbeat sports concepts [2]. Action is the most important part of aerobics.

Finally, when it comes to the aspect of spirit, aerobics athletes need unrestrained and outgoing personalities, which help them express their emotion better. People are inspired their interesting through the vitality, which leads the improvement to their mentality and spirit and the achievement to a great aesthetic experience [3].

2.2. Improving the Physical and Mental Health

On one hand, aerobics can improve people's muscle, promote the growth of bone and make joints more stable and flexible through correct training. Moreover, aerobic exercise has also been shown to help the prognosis of cardiovascular disease in addition to these treatments. (CVD). Any physical activity that results in an increased heart rate and respiratory volume to satisfy the oxygen demands of the activated muscle is considered an aerobic exercise. Aerobic exercise is less difficult to do and has fewer adverse effects than medications [4]. This would mean that aerobics can help people prevent illness such as thrombus or Alzheimer's disease when they get old.

On the other hand, aerobics can help athletes become more confident. Aerobics is not only reflected in the body, strength temperament, connotation, etc., it is also reflected in the influence on the practitioner's character, mind and other hidden aspects. These hidden aspects are greatly related to people's emotions, personality, psychological level, psychological quality, etc., long-term adherence to calisthenics can maintain people's mental health.

2.3. Unlimited by Venue or Equipment

Aerobics is not restricted by venues, equipment, etc. Aerobics can be practiced with bare hands or with the help of light equipment, both outdoors and indoors, in class and in outdoor activities. In addition, the development of calisthenics, most of which is carried out collectively, has a group

character. It is also able to exert students' creativity, and it is very easy to be widely accepted by people in gymnastics. Sports such as jumping boxes, horizontal bars, and parallel bars often show lack of confidence because of complex movements and the risk of sports injuries. Such psychological barriers directly affect the quality of teaching and students' emotions, while calisthenics is carried out on the ground, can also achieve exercise value, without any danger, can completely eliminate students' sports psychological barriers, make them become afraid to bold, negative to positive.

3. Analyzing the Current Promotion Status and Problems of Aerobics in China

3.1. Specific and Few Participates

In China, aerobics lesson is just held in universities and part high schools and middle schools. Due to the reason that aerobics is a team sport, it is hard to practice by oneself, which means that the practicing cost is high, needing to cooperate with the teammates. As a result, aerobics need a lot of time to practice well, which declines plenty students' interests and add the block to participate in aerobics.

As for adults, aerobics is a very active exercise and it is boring in the entry period. However, as the life today is fast-paced and busy, people in China do not get into a good habit of exercise, which shrinks people's sport time in some extent. As a result, when people face with such large exercise, it is rare for them to insist, which hinder aerobics to get into people's lives.

As for old people, aerobics is not suitable for them. The population structure of China is aging gradually, and the current definition of health emphasizes national fitness. While meeting the needs of middle-aged and elderly people for exercise and fitness is a very important component of realizing a healthy China, it is also a significant barrier to the national promotion of aerobics [5].

3.2. Simple the Teaching Method

Most teachers will divide the whole work into small part and teach students one by one. After students have learnt all movement, the teachers lead them to practice again and again to help them remember the movement. Then, teachers will point out some collective problems and teach again, but not personal, which would mean that the practice is not specific and students will quickly get boring.

When it comes to teaching review, teachers review their lessons after they have been taught, which helps students comprehend the material, see their own inadequacies early on and make corrections, and allows teachers to continually summarize and enhance the lesson during the evaluation. Teachers can use teaching evaluation to understand students' learning in the context of sports competition, and they can quickly recognize students' assessment flaws [6]. The lack of adequate evaluation in aerobics instruction results in a more formalized aerobics exam, a lack of substantive understanding, and a lack of teaching promotion.

3.3. Few Promotion Methods and Failing to Keep Pace with the Times

Although calisthenics has a lot to offer the promotion of fitness programs for everyone, little has been done to highlight its benefits. Individuals rarely engage in calisthenics because they are ignorant of its enormous benefits. Basketball, football, table tennis, and other ball games have long entered people's lives and have garnered widespread attention. In various mainstream media, such as TV stations, newspapers, etc., people can frequently observe the introduction of various sports and fitness programs. Even specialized sports like yoga have taken off across the nation and are popular with the general public. The lack of knowledge of calisthenics and its many advantages among the general public has greatly hampered its promotion [7]. Moreover, the only promotion does not make entire introduction of aerobics, which cause the result of the promotion to loss and does not let people know

it clearly. Due to this, people cannot experience the value of aerobics, which block the development of aerobics in some extent.

3.4. Aerobics Lacks Communication Channels

There is NBA for basketball, World Cup for football and Olympic Games for many kinds of sports, which are all big events among the world, but aerobics cannot participate in any of them. This would mean that audience cannot watch aerobics competitions through popular channel and there are few channels would like to broadcast aerobic competitions. From the perspective of a country, it will more readily to pay more attention and fund on new sport such as skiing, because it will be more useful in the sport market, as an item of Olympics. As a result, without the help of the government, aerobics must lose a lot of communication channels than other sport. Besides, aerobics competitions do not have Adversarial and competitive, which would mean that it cannot meet all needs of the audience. This would be another reason for why TV programs do not broadcast aerobics competition.

4. Suggestions

4.1. Setting Aerobics Lessons in Different Areas

Aerobics lessons can be set in various platform to improve the development of aerobics. In China, only do the universities set aerobics lesson and it is rare to see high school setting aerobics lessons. At the stage of compulsory education, schools can divides students into different groups according to their hobby on P.E. class, such as aerobics, basketball, volleyball, etc. The advantages are that students can train in a targeted manner, which can ascend the efficiency, and let more students know and learn aerobics than before.

Actually, there are a lot of people who go to gyms regularly in China. Due to this, aerobics lessons can be set in gyms. There are a lot of advantages. First, it can solve the problem that aerobics athletes become unemployment after they decommission, which is a good choice for them. Secondly, aerobics, as a team sport, it is more interesting to practice with like-minded people and easier to insist because they have the habit of exercise originally.

4.2. Be More Innovation

Teachers can use the process of polling students' opinions to explore innovative teaching methods with students, which can not only encourage students to participate in calisthenics teaching activities more actively but also develop their creative and critical thinking skills. Teachers and students work together to arrange calisthenics as part of the innovation of teaching techniques in order to accomplish the many goals of self-design, regulation, and control. This is done by researching and reviewing pertinent resources, absorbing the essence, and refining them. In addition, teacher can make some innovation on assessment system, working as a team instead of working alone. It can improve communication between students, which make them feel as they are actually prepare for a competition just like professional athletes but not for exam.

4.3. Use Social Media to Popularize

People can publish videos or articles about aerobics on social media to spread it. As the technology develops rapidly in the modern society, the biggest advantage of Internet information dissemination is that it will not be limited by space and time, and can timely deliver the latest news to people, improve the timeliness of information dissemination, and provide great advantages and convenience for the publicity and teaching of aerobics [8]. In the new media environment, comprehensive reform and innovation of aerobics teaching mode is conducive to enhancing the intuitiveness of aerobics

teaching and promoting the reform and development of aerobics teaching [9]. In traditional classroom teaching, students can only passively listen to the teacher's oral teaching, or watch and learn the teacher's demonstration of calisthenic movements. Teachers' teaching time is relatively fixed, and the teaching mode adopted is relatively single and boring, which cannot effectively improve the effect of classroom teaching. Aerobics' lessons can be published on different social media. This can help students and learn by themselves in their spare time and it can spread aerobics to more people, which adds the exposure of aerobics.

4.4. Suggest the Importance of 'Cohesion'

When people spread aerobics, the research suggests that paying attention to the cohesion part of aerobics is a good choice. Nowadays, society is facing with a big problem of teenagers' depression. In terms of psychological abilities and motivation for athletic performance, Kajbafnezhad found that there are obvious differences between the impact of team sport and individual sport. Being a part of a team promotes physical fitness while also enabling young people to grow in their cognitive and interpersonal abilities. Children have the chance to develop their social skills and ability to effectively contribute to a team by participating in team sports. A decrease in depressive symptoms and the development of healthy relationships with adults and peers are likely both influenced by the resulting sense of support and acceptance. discovered that having positive experiences on teams with coaching, skill development, and peer support helps teenagers feel more accepted by others, have less body dissatisfaction, and ultimately suffer less depressive symptoms [10]. Moreover, the core of aerobics is cohesion, which is most attractive part. As a result, content about cohesion can let more put in the video or article when popularizing aerobics.

5. Conclusion

Aerobics is a sport which has many advantages. First, aerobics is combined with the beauty and music, movement and spirit, which improves their mentality and spirit, and achieve a great aesthetic experience. Secondly, aerobics help people strength their muscle from the aspect of physical health and increase confidence on the aspect of mental health. Third, aerobics can be done anywhere without any limitation of equipment and venue. Through research, this paper finds that the current development of aerobics in China has limitations and is not widely publicized. There are not participants with large scale. The teaching method of aerobics in China is simple. In addition, there is few attentions paid on aerobics, so China lacks promotion methods of aerobics and fails to keep pace with time. And aerobics doesn't have many spreading channels because of plenty of object elements. As a team sport, it spends a lot of time, but it is meaningful. Therefore, it is recommended that aerobics courses be set up in different fields and venues. Teachers should improve teaching methods, assessment systems, etc. to enhance innovation and interest. In addition, mainstream channels such as social media can be used to promote calisthenics. Importantly, people should point out the cohesion among aerobics. The research analysis the condition of aerobics in China, which can help people know what is aerobics, the advantages of aerobics and the current condition of it in China and understand why aerobics worth spreading and promoting. Besides, the research gives the suggestions with the reason why people can do it to spread aerobics. The paper comes up with some suggestions, which can widen the popularizing methods of aerobics in China. However, the paper presents the suggestions, but it does not consider the availability of these suggestions. More research and thinking can be paid attention on it in the future.

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