

Exploring the Way of Integration of Yoga Teaching and Body Training in Colleges and Universities

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Keywords: university; yoga teaching; body training; integration approach

Abstract: With the gradual opening of yoga courses in Colleges and universities, some problems have gradually emerged in its teaching. In order to ensure the value of yoga training, this paper explores the role of body training in yoga teaching from the perspective of body training, and then puts forward some countermeasures to optimize yoga teaching based on body training in order to improve the level of yoga teaching.

1. Introduction

With the development of the times, yoga is becoming more and more popular all over the world. Our colleges and universities have gradually introduced yoga as an optional subject for students to improve their physical quality and cultural literacy. At the same time, as the other way to exercise, body training has something in common with yoga, and it also promotes yoga training. Therefore, in the lack of yoga teaching experience in Colleges and universities, introducing body training, combining the two, can promote the development of yoga teaching and improve the quality of teaching.

2. The value of yoga training

Yoga is an ancient body-building method from India, which is also widely popular in modern times. It can effectively improve physical fitness and relax the mind through exercise. In colleges and universities, yoga courses are gradually popularized, besides improving students' physical fitness, it can also cultivate students' character with its cultural connotation. Yoga fitness effect is mainly manifested in alleviating muscle soreness and relaxing mood. In modern fast-paced and high-pressure life, people have become normal to sit for a long time. College students are often two-point front-line dormitories in the classroom, lack of exercise, serious decline in physical fitness, and yoga exercise can improve under low-intensity conditions. Students' physical condition, adjust their emotions, improve their physical fitness, and avoid students' escaping state because of the intensity of exercise. Yoga courses offered by college students can also effectively improve students' extracurricular cultural literacy. Because of its long history, Yoga gradually precipitates profound cultural connotations in the process of development, which has unique aesthetic value and philosophical value. The aesthetic value of Yoga lies in its movement postures. Yoga movements are derived from imitating natural animals and plants. Through continuous development, a scientific system has been formed, which not only exercises human muscles, but also exercises flexibility and balance of the human body and makes the body more symmetrical. In the training of gentle movements, yoga movements show their origin. The beauty of the combination of nature and human body gives people aesthetic enjoyment. In addition, the importance Yoga attaches to the human body itself also forms its unique philosophy. In yoga exercise, individual differences are highly respected. Different people can exercise according to their actual situation, rather than blindly seeking perfection. At the same time, Yoga regards the human body as a whole, and all parts are related, from part to part. The whole body, in which Yoga attaches great importance to coordination, in order to improve the level of yoga training. As shown in Figure 1.

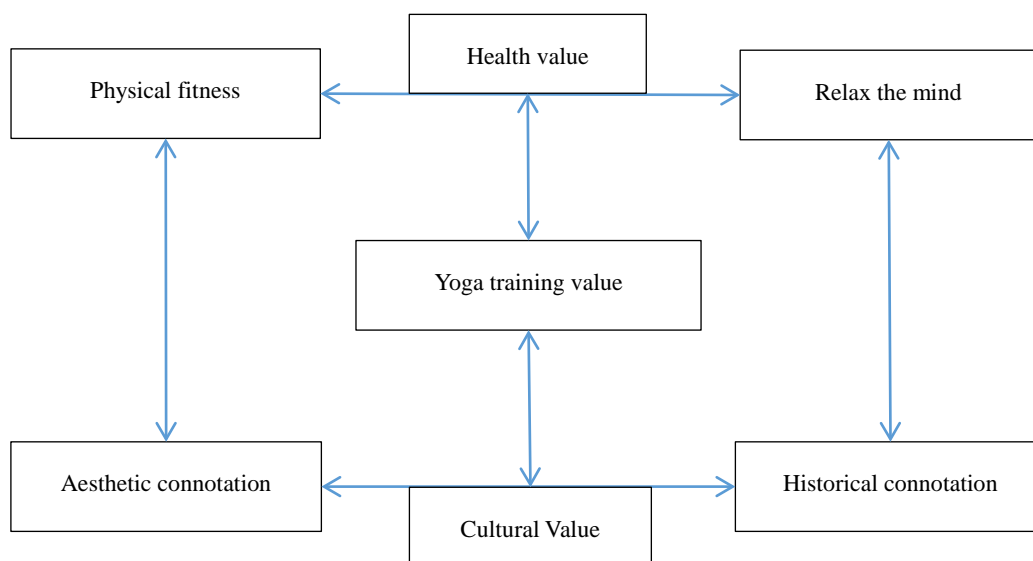


Figure 1: Value Map of Yoga Training

3. The Significance of Body Training in Yoga Teaching in Colleges and Universities

3.1 Enhancing Students' Interest and Enthusiasm in Learning

When students learn yoga, they often show a lack of patience. This is because yoga requires a high level of patience and requires the human body to devote energy and energy for a long time. Therefore, some people will not be strong enough to back down and give up training. On the other hand, Yoga also requires high flexibility of the human body. For some students with poor physical fitness and poor physique, there will be inferiority complex in yoga training. Especially when they first come into contact with yoga students, there will be great internal rejection, which will easily lead to students' interest in yoga decreasing and learning. Negative coping in the process makes the learning process of yoga unpleasant, and it can not make real gains in yoga learning. The combination of body training and yoga training can effectively improve this situation. Body training is a common way of exercise and fitness. The threshold of entry is low, but the training effect is very obvious. Therefore, combining body training with yoga can effectively reduce the difficulty of yoga training and increase the interest of yoga training, which improves the enthusiasm and interest of students and enables them to study yoga. Relax thoroughly, gradually improve the level of yoga learning, increase flexibility of the body, so as to gradually adapt to the difficulty of yoga learning, and then improve the level of yoga learning, complete the corresponding training objectives, to achieve the purpose of fitness and shaping.

3.2 Promoting the Quality of Yoga Learning

After introducing body training into yoga teaching, students' enthusiasm and interest in learning yoga will be significantly improved, so that they will be more excited and play a better state in yoga learning. In yoga learning, students not only have to have a certain degree of flexibility, but also have a certain degree of strength, students have to have a strong body stability and balance, to effectively control their own muscles, which will be difficult for beginners of yoga. Physical training plays an important role in the control of human muscles. Through physical training, students can effectively improve the level of muscle control, reduce the difficulty of Yoga learning and improve the quality of learning. Therefore, before yoga learning, students can first carry out physical training, fully warm-up, so that the human muscles are in an exciting state, and make physical preparation for Yoga training. Body training can also be very gentle, some people in the body training, often accompanied by gentle music, in the mind relaxation environment, graceful

slow body training, so that the human skeletal muscle can be fully relaxed, with gentle music and gradually relaxed. This also prepares for Yoga training. Yoga is always carried out in music. Following the music rhythm can enhance students' deeper understanding of yoga movements. In a relaxing and gentle atmosphere, relax the mind and body, and achieve fitness and relaxation effect. Therefore, we can see that body training plays a very important role in yoga training. Combining the two can effectively promote students to learn yoga and improve the quality of yoga learning. As shown in Figure 2.

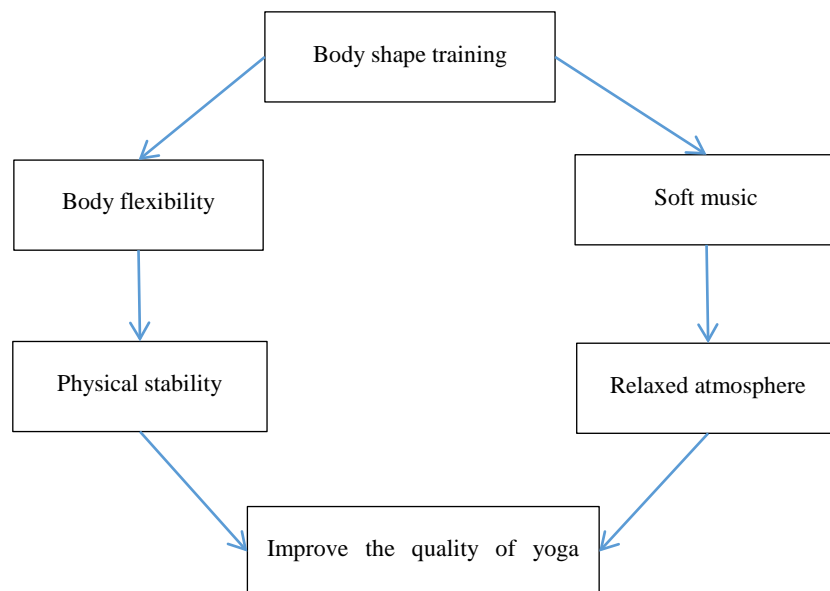


Figure 2: Diagram of the function of body training

4. Problems in Yoga Teaching in Colleges and Universities

4.1 The teaching content is not standardized.

Although yoga has a long history of development, it has a relatively short start time in China's colleges and universities. For some colleges and universities, Yoga course is still a new course, and usually carried out as an elective course. Therefore, some colleges and universities have no clear requirements and regulations for the content of yoga course, and specific teaching assessment programs are still in progress. In the process of formulating one step, at present, students only have a general understanding of yoga, an ancient fitness sport, and get physical and mental release and pleasure through yoga practice. In addition, there are few other requirements. Therefore, in yoga teaching activities, there are few yoga teaching materials for teachers to refer to, so that teachers can only arrange students' Yoga learning through some sporadic written materials. But this kind of teaching lacks the corresponding unified teaching content and the concrete stipulation, causes the student in the study movement and the music cannot match, the study quality is poor, simultaneously, the teacher in the teaching time mostly teaches the basic movement and the breathing method, seldom involves to the Yoga deeper cultural connotation, therefore cannot satisfy the student. The multi-level needs of yoga learning.

4.2 backward teaching methods

In China's colleges and universities, Yoga course is still used as a physical education course. The method is also based on the traditional teaching method of physical education. It is mainly divided into two parts, one is oral theory teaching, the other is practical teaching. In a sense, Yoga course is helpful to carry out and facilitate teaching, but yoga course As a new course, traditional methods can hardly meet the needs of teaching. For example, in yoga teaching, teachers will do demonstration actions first, and students will imitate them. Obviously, this way has not adapted to

the modern students' learning mode, and is divorced from the reality. As a result, students' enthusiasm for learning yoga is affected, students' personality can not be developed, and it is difficult to obtain an all-round development environment. The learning effect is not good. In addition, the way teachers teach yoga is very single and scarce. Contrary to the yoga movement closely combined with music, teachers have simple teaching methods, which can not stimulate students' enthusiasm for learning yoga. Students are also gradually losing patience under the boring teaching methods, and no longer interested in yoga practice, thus giving up yoga learning.

4.3 The level of teachers is not high

Teachers are the main body and core of teaching work. Teachers' ability has a very important impact on the quality and effect of the curriculum. The learning effect of students is also directly related to the level of teachers, as is the case in yoga courses. Because yoga courses are offered in Colleges and universities in our country for a relatively short time, and exist as an optional course form, as a dependency of physical education, its teaching objectives, content, rules and other missing, which is not only related to school policies, a large part of the reason can also be attributed to teachers' Yoga level is not high. In colleges and universities in China, the number of yoga teachers is relatively small, among which the professional yoga trainers are more scarce. At present, a large part of the group of yoga teachers are physical education teachers. Because they are more interested in yoga, these teachers teach themselves through the network or other channels, or study in the gym. With a certain yoga foundation, students are taught yoga in Colleges and universities. However, these teachers themselves are not familiar with yoga theory, lack professional yoga knowledge, and lack professional guidance in action, which is harmful to the yoga curriculum.

5. Integrating Body Training to Optimize Yoga Teaching in Colleges and Universities

5.1 Introducing Body Training to Regulate Yoga Teaching

Yoga training needs strict norms in order to have a better training effect. Only in strict norms can the muscles be exercised and the body shape be shaped. On the contrary, if the wrong and non-standard movements are used in yoga training, it may cause muscle strain, not only fail to achieve the effect of fitness through yoga. On the contrary, it has a negative impact on health. Therefore, in yoga training, it is necessary to ensure that the movement norms are correct. Yoga training has higher requirements for the human body. First, the human body needs to maintain a high degree of flexibility. Second, the body needs to maintain a strong degree of balance. In order to regulate yoga practice, body training can be introduced. In the training, the two can be carried out alternately, so that the body can be in a state of tension and relaxation, so that the human body can maintain. Higher level of flexibility, but also can improve their own degree of flexibility. In yoga training, students, as beginners, inevitably make mistakes. The introduction of body training can reduce the difficulty of yoga beginners, help students relax and give full play to the effectiveness of yoga.

5.2 Combination of Body Training and Yoga to Improve Teaching Method

Yoga training, like other forms of physical exercise, is divided into three parts: the front, the middle and the back. In these three parts, body training can be combined with it, as shown in Figure 3.

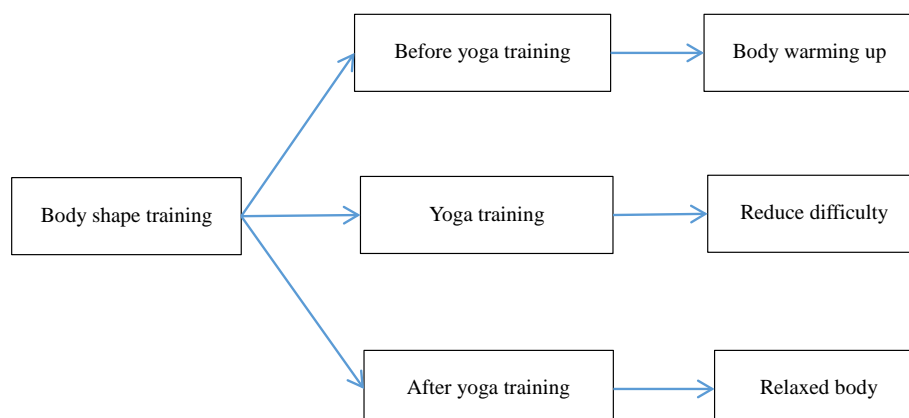


Figure 3: Combination of body training and yoga training

For example, before yoga training, students can fully open their bodies and enter the state of yoga practice faster; while in the process of yoga training, combined with body training, it can effectively reduce the difficulty of yoga practice, which is very friendly to beginners; as for the body training rules after the end of yoga training It can make the body stretch sufficiently, relax the muscles and joints, restore the normal state of the body, and avoid the tension of the body after yoga training, so as to improve the effect of yoga exercise. Yoga exercises focus on the integrity of body and mind, which is closely combined, which is also reflected in body training. Therefore, combining with the same emphasis on physical training and mental relaxation of body training, can make the beginners of yoga in a relaxed state yoga training, shape training into which to reduce the difficulty.

5.3 Improve the Professional Level of Teachers' Physical Training and Yoga

Teachers play an important role in the yoga class, which has an important impact on students' Yoga learning effect. In order to improve students' yoga level, teachers should also carry out corresponding training to improve their own body training and Yoga Professional level. Firstly, physical training covers a lot of contents. Teachers should determine the time, intensity and difficulty when learning to improve the level of physical training. In training, they should stretch or pressure their joints, muscles and ligaments to achieve the purpose of training their coordination ability, flexibility and endurance. . Second, improve the level of yoga training, in this process, teachers can combine physical training, in order to effectively improve the progress of yoga practice. Therefore, before the formal start of yoga training, teachers can use 25% of the time for physical training to fully warm up and prepare for Yoga training. In this way, teachers can effectively improve the quality of yoga teaching by combining body training with yoga training to improve their professional level.

In short, the combination of body training and yoga training can maximize the effectiveness of yoga training and improve students' physical quality.

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