

## Research on the Competitive Ability of Excellent Aerobics Athletes Based on Resource Learning

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**Keywords:** Aerobics, Expressiveness, Resource Learning

**Abstract:** Competitive aerobics is a beautiful sport, showing the perfect combination of strength and beauty. If athletes want to achieve good results and achieve the best performance of strength and beauty, it depends on the performance of athletes. Aerobics expressive force refers to the ability of athletes to express the emotion given by music with expressions, body shapes, postures and body techniques, and is infectious. Expressiveness is by no means a single scoring factor, enough to attract the attention of aerobics coaches and teachers, and to strengthen the training of athletes' expressiveness in aerobics training and teaching. The rapid development of modern information technology, especially the integration of network and campus network, has opened up a new way to obtain resources for school physical education, greatly enriching the teaching resources. Through the construction of resource-based learning network assisted teaching and traditional classroom teaching combined with innovative teaching mode, it is conducive to the effective improvement of Aerobics Athletes' performance.

### 1. Introduction

Aerobics expressive force refers to the ability of athletes to express the emotion given by music with expressions, body shapes, postures and body techniques, and is infectious. The so-called performance of aerobics athletes refers to the unity of the athletes' inner spiritual temperament and external movement performance in aerobics competitions, which is the embodiment of the performing arts level and an important factor to improve the competition results [1]. Aerobics is deeply loved by the majority of young people. Because it does not need equipment and does not require high venues, it is easy to be carried out at the grass-roots level and in schools. It has now become one of the teaching contents of school physical education. Competitive calisthenics originated from mass calisthenics, followed by the establishment of various international organizations to formulate corresponding competition rules and hold international competitions of various scales, so as to rapidly surpass the category of mass calisthenics, continuously challenge the limits of human body, and gradually develop into competitive calisthenics for the purpose of competition [2]. In calisthenics competitions, athletes can organically combine their inner emotions through music melodies and movements, and the expression of external health and beautiful movements is the highest embodiment of art [3]. Expressiveness is by no means a solitary scoring factor, which is enough to arouse the attention of aerobics coaches and teachers, and to strengthen the training of athletes' expressive power in aerobics training and teaching.

Competitive aerobics is a sport of beauty, showing the perfect combination of power and beauty. If athletes want to achieve good results in competition, and achieve the best display of power and beauty, it depends on the performance of the athletes [4]. Cultivating the performance of aerobics athletes will help to enhance the athletes' self-confidence, make the action rich and artistically appealing, and highlight the personal style characteristics in order to achieve excellent results. The rapid development of modern information technology, especially the integration of the network and the campus network, has opened up new ways for acquiring resources for school physical education and greatly enriched teaching resources [5]. Expressiveness refers to the highlighting and revealing of the characteristics of one's own potential ability in the course of completing a specific work. Only through the good performance of the athletes, can they be displayed to the audience in the best possible way, and finally the purpose of infecting the audience is achieved [6]. Resource-based

learning is a learning activity that uses media resources to achieve teaching goals. The development of online education requires a new teaching model. Through the establishment of aerobics thematic learning websites, a new type of aerobics network-assisted teaching based on resource-based learning and traditional classroom teaching is established [7]. By constructing an innovative teaching mode combining resource-based learning with network-assisted teaching and traditional classroom teaching, it will help the aerobics athletes to effectively improve their performance.

## **2. Influencing Factors of Aerobics Expressiveness**

### **2.1. The Level of Athletic Skills of Athletes**

The skill level of athletes directly affects their expressive force. Technical level is the foundation of any sport. If an athlete's technical level is very poor and even basic movements cannot be completed, there is no need to mention aesthetic feeling and expressive force. People have different reactions and expressions to music with different rhythms. The sentimental music affects people's thoughts and makes people daydream. When an aerobics athlete completes all kinds of postures and movements, he needs the athlete to have good physical quality in all aspects, thus showing the beauty of the combination of hardness and softness of aerobics and the combination of movement and movement, making aerobics contagious [8]. The athlete's character also plays an equally important role in the performance level. The athlete's character is the athlete's relatively stable psychological characteristic, which reflects the athlete's attitude towards the surrounding environment, the aerobics itself, other athletes and himself, and is the sum of all the behavioral characteristics affecting the athlete. The traditional classroom teaching and teachers' personal words and deeds can no longer meet the actual training needs of students and the training needs suited to the individual system. The openness of the network environment, the abundance of resources, the diversity of presentation forms and the convenience of the interactive environment can enable students to obtain more abundant information resources.

### **2.2. Psychological Quality Level of Athletes**

An excellent aerobics athlete should have three important factors. First, athletes should have good self-confidence. Aerobics is a highly performing event, which requires athletes to have strong desire for performance, but it requires athletes to have good self-confidence as the foundation. People with different personalities have different attitudes and reactions to the same thing and have different expressions. Athletes should dare to express themselves and cultivate their self-confidence. At the same time, athletes' self-confidence can stimulate their desire for expression and passion, have strong appeal, drive the emotions of the audience, and achieve interactive effects. If aerobics athletes have these personality advantages, they will effectively control themselves in the competition, calmly face the unexpected events in the competition, and be able to adapt to changes at random, so that the technology can be used freely and the expressive force can be fully exerted. Athletes should have innovative thinking, constantly absorb many movements from related sports and art categories, and make them into aerobics-style movements through processing and refining.

## **3. Methods of Developing Aerobics Expressiveness**

Exceeding the physiological limits of ordinary people, highly sensitive perception, coordinated control ability, body modeling ability and trained muscle tension constitute the athletes' sports skills. The physical quality required for aerobics is very comprehensive, including strength, flexibility, speed, endurance, flexibility, balance and coordination. Physical quality training should be carried out in coordination with each other scientifically. Resource-based learning through network resource-assisted teaching is an effective expansion of traditional teaching methods and approaches. Making full use of the respective advantages of network teaching and traditional teaching to realize network-assisted teaching based on resource-based learning is a new attempt in aerobics teaching. As far as aerobics is concerned, athletes have a stable and specific interest in engaging in this project, which can arouse their enthusiasm and firmness in training and competition, thus eager to

master technology faster and better and improve their competitive level [9]. People's temperament and personality are not unchangeable. Athletes who have undergone aerobics training for a period of time have similar temperament and personality, which shows that people of the two personalities can converge after long-term training with the same training. The athletes' extensive interests can play a positive role in improving their artistic accomplishment in an all-round way, and the improvement of artistic accomplishment can improve their expressive level and enhance their appeal.

There are many kinds of expressive force training for athletes, among which dance training is the most influential one. Dance exercises play a very important role in aerobics teaching. To practice aerobics, a highly expressive sport, one must be patient, give more encouragement, build up confidence, and gradually train the movements in a relaxed and generous manner in accordance with one's expression and temperament. In order to make athletes achieve more perfect performance in calisthenics, it is necessary to carry out systematic physical training to correct the body's bad posture. Because systematic body training has a special effect on the exerciser to form a strong and handsome body [10]. Through dance exercises, one can practice rhythm, music and develop different styles and expressive abilities. You can also train the feeling of muscle movement through graceful and beautiful postures and movements, and improve your artistic accomplishment and coordination ability. Aerobics exercises are not static. According to different objects, there should be different exercise contents and forms, and a variety of exercises should be carried out around the realization of exercise objectives. Each athlete is different in artistic taste, physical quality, technical points, personality characteristics, strengths and weaknesses, etc. This requires coaches to do a lot of meticulous work, through communication with athletes, observation and tests, etc., to fully grasp the characteristics of each athlete, and then formulate targeted movements and training methods in turn.

#### **4. Conclusions**

The form of aerobics athletes' performance ability is complex, and its ability is the result of comprehensive reflection of many factors. As long as we grasp the essence of restricting performance ability, then we have found ways to cultivate its performance ability. The quality of emotion directly affects the expressiveness of aerobics athletes. It is very difficult for a person in a state of mental depression to make her lively, happy and joyful. But on the other hand, insisting on aerobics can change one's mental state. Dance training is not only one of the main means to cultivate the inner temperament of aerobics athletes and improve their movement specifications, but also plays a very important role in enhancing athletes' self-confidence, coordination and cooperation among athletes, and endowing movements with rich connotations. Based on the resource-based learning method, the cultivation of aerobics athletes' expressive force, strengthening quality training, dance training, rhythm training, psychological training and innovative training can improve and enhance aerobics athletes' expressive force. Through simulation training, not only can athletes adapt to the competition system requirements in advance, but also can help them correct and solve the problems in the simulation training in a timely manner, and enhance the athletes' adaptability, self-confidence and psychological stability during the competition.

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