The Reform of Yoga Teaching in Colleges and Universities under the New Situation of "Fitness Yoga"

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Abstract: This article mainly uses the literature method, Firstly; it expounds the constraints that affect the development of "fitness yoga" teaching in Chinese colleges and universities. Then combined with the new situation of the current domestic "fitness yoga" promotion, research on the current situation of yoga teaching environment, teachers and teaching mode in colleges and universities, put forward the strategy of fitness yoga development and promotion in colleges and universities:(1) College yoga teachers should strengthen their study, grasp the new situation of domestic fitness yoga development, and shoulder the responsibility of spreading and promoting fitness yoga;(2) Yoga teaching in colleges and universities should incorporate the "Standard Standards for 2018 Fitness Yoga Competition" and "General Yoga Yoga Ranks, Double Regulations and Four-person Collective Regulations" into the practical teaching process;(3) Schools with physical education departments in colleges and universities may consider adding fitness yoga courses when conditions are ripe.

Yoga, originated in India, was officially introduced to China in the 1980s. At present, with the vigorous development of national fitness and the significant improvement of public health awareness, more and more people choose yoga to exercise, and yoga has become a fashionable fitness exercise. However, after nearly 30 years of development, at present, China's yoga market is still chaotic, there are many "chaos", which seriously affects the normal order of the yoga industry, has become an unavoidable topic, and needs to be resolved. In order to guide the healthy development of the domestic yoga industry, the National Sports General Administration's Social Sports Guidance Center established the National Yoga Promotion Committee in early 2016 and officially launched the Chinese localized yoga promotion model, Fitness Yoga. In the same year, the China University Sports Association responded to the promotion of national sports, and added a fitness yoga program competition in the Chinese College Health Vigor Competition.

Although the fitness yoga program has been vigorously promoted and developed in recent years, the promotion and development of fitness yoga in Chinese universities is still very slow, especially as a college sports option class, which does not highlight the advantages of fitness yoga courses. How can we make fitness yoga rooted in colleges and universities and become the highlight of college sports elective courses? In addition to the promotion of fitness yoga by the State Sports General Administration, the training of yoga coaches and referees of the China University Sports Association, we also need to the current situation of yoga teaching environment, teachers and teaching mode is studied.

1 Factors affecting the development of fitness yoga teaching in colleges and universities

1.1 Lack of fitness yoga teachers

The teaching quality of fitness yoga in colleges and universities has a great relationship with the professional ability and teaching level of yoga teachers. However, at present, the yoga teachers in colleges and universities in China are basically developed from other self-study such as aerobics, gymnastics, martial arts and even ball games, and track and field teachers. There are very few teachers who have graduated from yoga specialties, and there are only special yoga graduates in recent years. According to the survey, Yunnan University for Nationalities opened a yoga major...
earlier. In 2015, the China-India Yoga Academy was established with non-academic education and academic qualifications. In addition, Shenyang Sports Institute also opened yoga major earlier, Tianjin Sports Institute. Xi'an Institute of Physical Education and other sports majors have also set up yoga compulsory courses, but they have only been opened in the past one or two years. The time is not long, and the training of teaching personnel is still at the stage of development. Therefore, most yoga teachers in colleges and universities are not Professional origin. In addition, after investigation, most of the current yoga teachers' professional knowledge is only obtained through self-study and online video. Only a small part of the yoga teachers' professional knowledge is obtained through the Yoga Instructor Training Center. The current situation of college yoga teachers has seriously affected the quality of yoga teaching, which will hinder the development of the project in colleges and universities.

1.2 Fitness yoga textbooks lack uniform standards

As fitness yoga is still in its infancy, as an emerging physical education curriculum is introduced into colleges and universities, the current education department of the university does not have unified management and professional guidance for the teaching of fitness yoga, resulting in imperfect yoga course system. The positioning and selection of teaching content is very important in the teaching process. There are investigations and studies, and the selection and positioning of teaching content is unreasonable, which will affect the development of fitness yoga classes in colleges and universities. At present, there is no unified outline and unified tutorial for college yoga teaching. The syllabus and plan of each university are self-made and self-made. The selection of teaching content is basically the teaching of the teachers according to their professional characteristics and practice factions. Lack of rationality, science and relevance. In addition, colleges with yoga teams, whether they are participating in the Open Games hosted by the State Sports General Administration, club leagues, or the Chinese University Students Sports Association sponsored the Chinese University Students Health and Vitality Competition fitness yoga program, the reference books are only the National Sports General Administration social sports guidance. The "Standards for the Position of the 2018 Fitness Yoga Competition" formulated by the Center and the "Sports Association of the General Association of Yoga, the Formulation of the Two-person Formula and the Four-person Collective Regulations for the Formula". These two standard standards are only stipulated and classified, and are not a relatively complete, scientific, and targeted textbook suitable for college yoga teaching or training.

1.3 Fitness yoga teaching, representative team training venue is not met

Fitness yoga is different from traditional sports. The requirements for teaching and team training venues are relatively high, requiring a quiet, clean and comfortable environment. However, according to the survey, many colleges and universities do not have specialized yoga teaching and team training venues. Some of them may have an indoor venue, but they also need to be used together with other art courses, such as aerobics, sports dance, la la Exercise and other projects share a room. In addition, some colleges and universities do not even have yoga teaching and team training venues. The course is arranged on the playground, the playground is noisy, playing football, playing basketball, running, and so on. If you encounter rain or snow or windy weather, you will have to suspend classes or training, so the yoga course will not achieve the desired teaching effect, and the level of the yoga team will be affected.

2. Fitness yoga reform strategies in colleges and universities

2.1 Building a strong faculty

Fitness yoga courses If you want to carry out the characteristics of the course in colleges and universities, the yoga teachers' own professional skills and teaching level play a key role.In order to improve the fitness yoga technical staff management system, the National Sports General Administration's Social Sports Guidance Center actively promotes the “Standard for Fitness Yoga
In order to strengthen the construction of the fitness yoga referee team, and ensure that the fitness yoga competition is fair, just and orderly, in order to guide the yoga movement. Health science development, strengthen the construction of yoga social sports instructors, improve the service level of social sports instructors, enrich the content of national fitness activities, meet the fitness needs of the masses, in order to lead the standardized and orderly development of the fitness yoga industry, establish a standardization system for national fitness activities, comprehensive Implement the training and implementation of the Chinese Fitness Yoga segment test section, fully mobilize social forces to promote the healthy development of fitness yoga, and hold fitness yoga coach training, fitness yoga referee training, fitness yoga social instructor training, and fitness yoga promotion training every year. These trainings are very valuable. All the training instructors are famous in the country, and the training costs are not very high. All colleges and universities must vigorously support yoga teachers to actively participate in training and improve their professional level. The yoga teachers of major universities should be proactively close to the fitness yoga program promoted by the National Sports General Administration's Social Sports Guidance Center, participate in fitness yoga activities, understand the development direction of fitness yoga, study hard, keep pace with the times, and actively promote.

In addition, in order to further promote the popularization and development of gymnastics in schools, the China University Sports Association fully implements the National Fitness Program Outline and improves the business level of school teachers and referees in China. Trainer and referee training class. It includes the training of coaches and referees of the fitness yoga program. The training instructors are also very good big-name cadres at home and abroad, and the training costs are not high. However, through the investigation, it is learned that the content of the general training does not involve much of the general competition styles and prescribed routines. The non-Yoga special teachers are not very professional in the style and prescribed routines of the competition. Also confused. Therefore, it is recommended that the training of the General Association can appropriately increase the practice of teaching styles and prescribed routines. Yoga teachers can actively lead the team to participate in the fitness yoga program of the Chinese University Students Health and Vitality Competition sponsored by the China University Sports Association. Students win the honor through the competition and play a role in promotion and promotion, making more and more colleges and universities and students participate in fitness yoga programs.

2.2 Constructing a unified standard fitness yoga teaching content

The National Sports General Administration Social Sports Guidance Center and the National Yoga Promotion Committee, based on traditional yoga in 2016, combined with China's national conditions and public fitness needs, in line with the principle of “gradual, comprehensive, balanced, safe and effective”, the “fitness yoga 108 position” was formulated. Standard”. After three years of revision and correction, the postural standard was reformed in 2018. From the original 108 style, from the easy to the difficult five levels, the reform became 180 and nine grades. Among them, the basic body type 108, the elective type 72 type, the basic body type 6 type, the first to third level body type 16 each type, the four to six level body each level 18 type, the seven to nine level type each level 24 type. The difficulty is gradually increasing, suitable for different levels of people to practice, can improve body posture, enhance body vitality, and delay the body aging and other effects. In practice, you don't pursue high difficulty, comfortable and safe controllable range. The level of physical education of college students is generally low. The teaching content can be selected one or two levels. The fitness yoga of each university can gradually carry out unified standards and unify the outline. Colleges and universities must communicate with each other and learn from each other.

Since 2016, the competition organized by the China University Sports Association has been comprehensive and detailed. In the competition project, there are two categories of two-person project and group project, including three pairs of men's doubles, women's doubles, mixed doubles, four people's collective rules, and eight people's collective self-made routines. In the group, three
groups of professional colleges, general colleges, and higher vocational colleges are set up; in the grades, each group has a first-level group, a second-level group, and a third-level group. Three rank groups. Different levels of double-self-editing routines and 8-person collective self-compilation routines have their own corresponding level requirements. The four levels of different levels of the collective rules also have their own level of routines, but most yoga teachers are not yoga special teachers. This is not a special profession, so there is no uniform standard and outline in the teaching process, which makes the yoga team have certain difficulties in the formation, training and competition. Therefore, it is recommended that the yoga teachers of major universities, through training or self-study, combine the "Standards for the 2018 Fitness Yoga Competition" and the "General Yoga Yoga Ranks, Double Rules and the Four-person Collective Regulations" as the main content of the teaching. Supplementary teaching content such as self-experts for orchestration, etc., to construct a unified standard of fitness yoga teaching content.

2.3 Gradually improve the yoga teaching environment in colleges and universities

All major colleges and universities should respond to the call of the National Sports General Administration's Social Sports Guidance Center and the China University Sports Association to promote the fitness yoga program, and provide strong support in the course teaching, the team training venue and the funds for the team to participate in the competition to ensure fitness yoga. The project has been successfully launched and promoted in major universities across the country.

2.4 Colleges with physical education departments may consider additional courses for yoga programs.

With the rapid development of the social economy, people have become more and more concerned about their material needs, and they have begun to pay more attention to their own health. More and more people in their leisure time have joined the ranks of fitness training. According to the general trend of sports development, it can be seen that the development of leisure sports is a major trend in the development of sports in the future. As a project in leisure sports, yoga projects have the characteristics of self-cultivation, stretching bones, relieving stress, and health care. Such functions will surely become one of the more popular fitness programs for the people, and the professional guidance talents for yoga will become increasingly tight.

According to the survey, Yunnan University for Nationalities established the China-India Yoga Academy in 2015. It has non-academic education and academic education. It is an early yoga program. In addition, Shenyang Sports Institute also opened yoga major earlier. A few colleges of sports such as the College and Xi'an Institute of Physical Education have also set up yoga compulsory courses, but they have only been opened in the past one or two years. The time is not long, and the cultivation of teaching talents is still at the stage of exploration and development. As a faculty of cultivating sports professionals, colleges and universities should look at the timing, closely follow the new situation of fitness yoga promotion and development, respond to the call of the State Sports General Administration, and attach importance to the development of yoga courses and the cultivation of relevant talents. In this case, consider adding a yoga specialization course.

Conclusion

Under the promotion of the Chinese sports and localization of yoga, the fitness yoga, given the promotion of the State Sports General Administration and the Chinese University Sports Association, gives new ideas and inspiration to yoga teaching and training in colleges and universities: (1) colleges and universities are engaged in yoga. Teaching and training teachers should seize the opportunity to keep up with the current development of domestic fitness yoga. They should not only be satisfied with the existing professional knowledge and teaching experience, but also need to actively and actively strengthen learning to better serve teaching and training. At the same time, we should shoulder the responsibility of spreading and promoting fitness yoga.(2) College yoga teaching should be based on the "2018 Fitness Yoga Competition Position Standard" and "General Association Yoga Level, Double Regulations and 4 People Collective Regulations" to
develop a unified syllabus for better fitness yoga. Conduct and promote in colleges and universities. (3) Schools with physical education departments in colleges and universities should closely follow the new situation of fitness yoga promotion and development. In response to the call of the State Sports General Administration, consider adding a special course for fitness yoga programs to train professionals in fitness yoga programs.

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