



International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685

E-ISSN: 2394-1693

Impact Factor (ISRA): 5.38

IJPESH 2022; 9(1): 336-338

© 2022 IJPESH

www.kheljournal.com

Received: 10-11-2021

Accepted: 03-01-2022

Master Tran Ngoc Hai

Danang University of Physical
Education and Sports, Vietnam

Master Ho Thi Tham

Danang University of Physical
Education and Sports, Vietnam

Selection of exercise aerobic exercise to increase physical for women students general specialized sports entertainment University Sport Da Nang

Master Tran Ngoc Hai and Master Ho Thi Tham

Abstract

Power in sports entertainment factor is very important in the work of teaching in the Department of Recreational Sports University of Da Nang sport today. Results of the study subjects were 3 groups selected Aerobic exercises into practical applications in teaching has brought efficiency.

Keywords: Aerobic exercises, students, sport entertainmen, university sport Da Nang City.

1. Introduction

1.1. Question

Da Nang University of Physical Education and Sports is a specialized training school of physical training and sports in the central region - Central Highlands with the function of training officials and teachers of physical education and sports. For nearly 35 years, the school has provided many officials and teachers of physical education and sports with many majors at all levels: High School, College and University for the Central - Central Highlands region and the whole country. In the current and future development strategy of the school, many majors will be trained, so sports and entertainment majors have been included in training since the 2007-2008 school year.

Gymnastics - Aerobic is associated with art and combines exercise with music that requires comprehensive coordination in different positions, in place and movement to make the choreography of the exercise increase. The freedom of the exercise is relatively large, so it is possible to adjust the elements of the amount of exercise in accordance with the health and training level of each subject.

Therefore, the application of aerobic exercise is a matter of concern. Through research, observation, teaching practice, and practice at the school, I realized that learning Gymnastics - Aerobic requires a variety of movements such as movement in place and movement. Movement such as running, jumping, dancing, acrobatics... it requires children to have all the elements of speed, strength, flexibility, endurance and the ability to coordinate skillful movements.

Stemming from the above reasons, with the desire to contribute to improving the quality of training in the teaching of Gymnastics - Aerobic has motivated us to research the topic:

“Selection of aerobic exercises to improve general fitness for female students majoring in Sports and Recreation at Danang University of Physical Education and Sports”.

2. Research Methods

The research process uses the following methods: document analysis and synthesis, discussion interview method, pedagogical test method, mathematical and statistical method.

3. Research Results and Discussion

3.1. Choosing aerobic exercises to improve fitness for female students majoring in sports and recreation at Danang University of Physical Education and Sports.

3.1.1. Principles of choosing aerobic exercises to improve general fitness for female students majoring in sports and recreation at Danang University of Physical Education

Corresponding Author:

Master Tran Ngoc Hai

Danang University of Physical
Education and Sports, Vietnam

and Sports.

In order to choose aerobic exercises to improve general fitness for female students majoring in sports and recreation at Danang University of Physical Education and Sports, which are appropriate and highly effective on the research subjects, first at the end of the topic, determine the principles of exercise selection.

- **Principle 1:** The selected exercises must be oriented towards physical development for female students majoring in sports and recreation at Danang University of Physical Education and Sports.

- **Principle 2:** The selection of exercises must ensure feasibility, which means that the exercises can be performed on the subjects and training conditions of Danang University of Physical Education and Sports.

- **Principle 3:** The selected exercises must ensure reasonableness, that is, the content, form and volume of exercise must be suitable to the characteristics of the subjects and practical conditions of teaching aerobics at Danang University of Physical Education and Sports.

- **Principle 4:** Exercises must be effective, that is, exercises must improve physical fitness for female students majoring in sports and recreation at Danang University of Physical Education and Sports.

- **Principle 5:** Exercises must be diverse, creating excitement for students to practice.

- **Principle 6:** Exercises must be approachable with the use of modern physical training methods and methods.

On the basis of the selection principles, the topic selects exercises to improve fitness for female students majoring in sports and recreation at Danang University of Physical Education and Sports.

3.1.2. Selection of aerobic exercises to improve general fitness for female students majoring in sports and recreation at Danang University of Physical Education and Sports.

On the basis of the prescribed exercises, the topic selected a combination of aerobic exercises to develop the physical strength of the research subjects, while still ensuring the program and learning progress. Specifically:

- Purpose and tasks of the exercise selection:

+ Comprehensive physical development

+ Create a neat body shape

+ Relieve stress in studying

The difficulty of the exercise is medium, the movements are mainly gymnastics and dance.

- Structure of exercises: The number of movements prescribed by the prescribed exercise, the selected exercise must be suitable with the characteristics of the research object.

- Methods of teaching movements:

+ Method of using speech: Analyze in detail each movement; Voice commands, use the radio and speaker system...

+ Methods of visual use: Thi Pham, watching video tapes...

+ Combination of movement demonstration and analysis and explanation of exercises

+ Combine the exercises and let students do the exercises

- Method of organizing the exercise:

+ Group exercise (the whole class does it at the same time)

+ Group practice

+ Individual training

On the basis of the above characteristics, and through the synthesis of documents, the topic selected Aerobic exercises to improve fitness for female students majoring in sports and recreation, Danang University of Physical Education and Sports, then conduct interviews with experts, lecturers, coaches, managers as follows:

The topic will select exercises with favorable opinions from 80% of the total answers to develop fitness for female students majoring in sports and recreation at Danang University of Physical Education and Sports. The results are presented in Table 1.

Table 1: Interview results on selection of aerobic exercises for physical development for female students majoring in sports and recreation, Danang University of Physical Education and Sports (n=25).

Letters	Group	Exercise	Approved		Disapprove	
			m _i	%	m _i	%
1	Group coordination 7 basic steps of common development -(2 times x 8 beats)	Coordinate marching steps combined with hands and shoulders.	24	96	1	4
2		Coordinate jogging steps with arms, shoulders and chest.	23	92	2	8
3		Coordinate step spacing, horizontal separation.	25	100		
4		Coordinating the step of lifting the knee in combination with the chest.	25	100		
5		Coordinate step Jack combined hand chest.	23	92	2	8
6		Coordinate lunge steps combined with arms and shoulders.	24	96	1	4
7		Coordinating steps to bend the stone knee	24	96	1	4
	Technical group - (2 times x 8 beats)	Motivational exercises (including push-ups)				
8		Lie on your stomach doing push-ups	21	84	4	16
9		fold the belly of the ladder	20	80	5	20
10		Lie on your back, scissor cut your front leg	24	96	1	4
*		Static exercises				
11		leg flexion L	25	100		
12		Shoulder bananas	22	88	3	12
13		Lift and stretch your legs 45 degrees	21	84	4	16
*		Jumping and spinning exercises				
14		Turn on horizontal and vertical leg separation	22	88	3	12
15		Turn on 180 degrees, pull out the pillow	24	96	1	4
16		Turn on the knee bend	17	68	8	32
17		Turn on your body	18	72	7	18
18	Turn on 360-degree rotation straight leg	23	92	2	8	

*		Exercises for balance and flexibility				
19		Vertical pressing, horizontal pressing	22	88	3	12
20		360 degree rotation on 1 foot	20	80	5	20
21		Horizontal balance	21	84	4	16
22		Forward Slips (legs closed)	24	96	1	4
23		Split + body fold	17	68	8	32
24		Rocks split vertically above	18	72	7	18
25	Kneeling, sitting, lying group - (2 times x 8 beats)	Kneel with one leg extended, leaning over	18	72	7	18
26		Sit with knees bent and press first	23	92	2	8
27		Front kick combined with sit-ups	24	96	1	4
28		Lying on your stomach, kicking the back legs in combination with the front arms	21	84	4	16
29	Group of transitions - (2 reps x 8 beats)	Transition from standing to sitting	25	100		
30		The transition from sitting down to kneeling	25	100		
31		The transition from kneeling to lying down	25	100		
32		The transition from stomach to standing	25	100		

Table 1 shows that: According to the interview principle, only choose exercises with 80% or more approval to improve fitness for female students majoring in sports and recreation at

the University of Physical Education and Training, Sports Danang. The topic has 28 exercises to choose from. Detail:

Order	Group	Exercise
1	The group coordinates 7 basic steps of common development (2 times x 8 beats)	Coordinate the marching step with hands and shoulders
2		Coordinate jogging steps with arms, shoulders and chest
3		Coordinate step spacing, horizontal split
4		Coordinating the step of lifting the knee and combining the chest
5		Coordinate Jack step combined with chest arm
6		Coordinate lunge steps combined with arms and shoulders
7		Coordinating the steps to bend the stone knee
8	Technical team (2 times x 8 beats)	Lie on your stomach doing push-ups
9		fold belly up
10		Lie on your back, scissor cut your front leg
11		leg flexion L
12		Shoulder bananas
13		Lift and stretch your legs 45 degrees
14		Turn on horizontal and vertical leg separation
15		Turn on 180 degrees, pull out the pillow
16		Turn on 360-degree rotation straight leg
17		Vertical pressing, horizontal pressing
18		360 degree rotation on 1 foot
19	Horizontal balance	
20	Forward Slips (legs closed)	
21	Group kneeling, sitting, lying (2 times x 8 beats)	Kneel with one leg extended, leaning over
22		Sit with knees bent and press first
23		Front kick combined with sit-ups
24		Lying on your stomach, kicking the back legs in combination with the front arms
25	Group of transitions (2 times x 8 beats)	The transition from standing to sitting
26		The transition from sitting down to kneeling
27		The transition from kneeling to lying down
28		The transition from lying on your stomach to standing

4. Conclude

Through research on the topic, 28 Aerobic exercises have been selected to develop the general fitness level for female students majoring in sports and recreation at Danang University of Physical Education and Sports. These exercises ensure science to improve general fitness

5. References

1. Lixiskaia. Rhythmic gymnastics, sports publishing house, Moscow, 1990.
2. Luu Quang Hiep, Pham Thi Uyen. Exercise physiology, sports publishing house, Hanoi, 1995.
3. K. Cuperé (1987), Aerobics and health, sports publishing house, Moscow.
4. Nguyen Thi Hanh Phuc. Aerobic gymnastics, sports publishing house – Hanoi, 1987.
5. Gymnastics for high school students, Guangxi Publishing

House - China

6. Nguyen Kim Xuan. Teaching materials for the National Aerobic Coach Training Class in 2003.
7. Tapes and discs of domestic and international competitions.
8. The tapes and tapes of the aerobics gymnastics festival
9. Research area of the article: "selection of exercise aerobic exercise to increase physical for women students general specialized sports entertainment university sport da nang".