

RESEARCH ON AEROBIC EXERCISES FOR FORMAL PHYSICAL EDUCATION PROGRAM TO DEVELOP GENERAL FITNESS FOR FEMALE STUDENTS OF HUE UNIVERSITY

Le Thi Uyen Phuong⁽¹⁾; Nguyen Thi Mui⁽¹⁾
Pham Duc Thanh⁽¹⁾; Nguyen Le Nghia⁽²⁾

Abstract:

By reading and referencing documents, using interviewing methods, statistical methods, the topic has selected 21 Aerobic exercises to develop general fitness for female students of Hue University, contributing part of improving training quality at Hue University.

Keywords: Sport Aerobic exercise, Physical education, general fitness, female students, Hue University ...

INTRODUCTION

At present, the aerobic exercise movement has been popularized in all provinces and cities nationwide, which is the content of teaching physical education at all educational levels. Therefore, the application of training of Aerobic exercises is an issue that needs attention. Through studying the regular training of Hue University students today, we realize that the practice of space-time hands-free exercise and the amount of training is small. Therefore increasing training for Aerobic integration into classes will help students develop strength, flexibility, endurance and ability to coordinate and exercise skillfully. Aerobic is suitable to implement because of the simplicity of the location, training space does not need much investment. Therefore, the study of Aerobic exercise in the main curriculum of general fitness development for Hue University's female students with the desire to help students increase their fitness when studying general education is necessary.

RESEARCH METHODS

The research process has used the following research methods: Methods of analyzing and synthesizing documents, methods of pedagogical observation, interview methods, statistical mathematical methods.

The object of the study is to study Aerobic exercise in the main curriculum to develop

general fitness for female students of Hue University.

RESULTS AND DISCUSSION

Based on the theoretical, practical basis and relevant characteristics, the topic conducts the selection of Aerobic exercise in the general physical development program for Hue University female students. We analyze this topic in 2 steps:

Step 1: Summarize exercises from relevant professional materials and refer to practical education work at universities and Aerobics clubs in Hue city.

Step 2: Determine the priority of the exercises in the general physical development curriculum for Hue University female students and select by the questionnaire interview method.

The process of researching the topic has selected 36 articles to develop general fitness in the main curriculum for female students of Hue University. On the basis of the exercises that have been initially selected, there will be a basis for selecting suitable and scientific physical development exercises with research subjects, the subject of interviews are lecturers and school staff, the Faculty of Education and Training - Hue University, trainers and scientists specializing in this issue. The results of the selected interview have 21 general physical development exercises for female university

(1) Master, Department of Physical Education - Hue University

(2) BA, Department of Physical Education - Hue University

ARTICLES

students, in which, the motivational exercise group has 4/21 exercises (19.04%); static exercise group has 3/21 exercises (14.28%); jumping exercises has 5/21 items (23.80%); 6/21 exercises with flexibility and balance (28.57%) and Aerobic movement group with 3/21 accounts (14.28%).

Motivational exercise groups. The purpose: developing the upper limb muscle group; progressively increasing difficulty.

Exercise 1: Pushing x 20s x 3 groups, break = 45s

Exercise 2: Jumping rope x 30s x 3 groups, break = 45s

Exercise 3: Letter A pushing x 15s x 3, break = 45s

Exercise 4: Letter A pushing x 20s x 3 groups, interval = 45s

Group of static exercises. Purpose: developing abdominal muscles. Gradually increases in difficulty

Exercise 5: Lying and folding stomach x 30s x 3 groups, break = 45s

Exercise 6: Abdominal bandage with legs open x 15s x 3, break = 45s

Exercise 7: Abdominal bandage with legs in V shape x 10s x 3 groups, rest = 45s

Group of jumping exercises. The purpose: developing the strength of the lower limb and muscle group. All jumps and movements must perform exaggeration and maximum amplitude. Increasing difficulty

Exercise 8: Turn on the front and hind legs continuously x 3 times x 10m, break = 30s

Exercise 9: Leaping x 3 times x 10m, break = 1 minute

Exercise 10: Leaping on podium x 15s x 3 teams, break = 45s

Exercise 11: Free leaping and landing 15s x 3 groups, break = 45s

Exercise 12: Leaping with contracted knees x 15s x 3 groups, break = 45s

Flexibility and balance exercise group. The purpose: developing flexible element and balance ability Gradually increasing difficulty

Exercise 13: Vertical spread x 3 times, break = 30s

Exercise 14: Horizontal spread x 3 times, break = 30s Preparation: Correct posture.

Exercise 15: Shoulder flexibility with sticks x 5 times, break = 30s

Exercise 16: Shoulder flexibility with rings x 5 times, break = 30 seconds

Exercise 17: High foot kick 4 times in a row x 3 teams x 5 times, break = 30 seconds

Exercise 18: High foot kick 4 times in a row x 3 people x 5 times, break = 30 seconds

Group of aerobic motion chains. The purpose: developing the ability to coordinate movement and physical qualities

Exercise 19: Vertical movement, pitch 10m 3-4 times, break = 90 seconds

Exercise 20: Horizontal movement sequence of 10m 3-4 times, break = 90 seconds

Exercise 21: Motion chain in place 10m 3-4 times, break = 90 seconds.

Selecting exercises is applied in practice of teaching internal education of Hue University students and effectiveness evaluation. As a result, selected exercises have been highly effective in developing the physical fitness for students.

CONCLUSION

From the research results, the project has selected 21 exercises to ensure the theoretical and practical requirements set for application in the teaching process for Hue University female students to develop general fitness in formal physical education program.

REFERENCES

1. Bui Hoang Phuc (1998), "Researching the effectiveness of elective subjects in phase II of the P.E program for female students at Pedagogical Universities", *Master's Thesis on Education Studies*, University of Sports and Physical Education I.
2. Dinh Khanh Thu et al (2014), *Hanoi Aerobics Gymnastics Curriculum*, Sports Publishing House.
3. Orientations for improving education and healthcare in schools until 2000s. *Journal of Health and Physical Education*, (May 1994).
4. Nguyen Thi Hanh Phuc (1987), *Aerobics*, Hanoi, Sports and Physical Publishing House.
5. Luong Kim Chung (1987), *Anti-fatigue exercise*, Hanoi, Sports and Physical Publishing House.

(Received 2/11/2019, Reviewed 31/5/2019 Accepted 6/11/2019
Main responsible: Le Thi Uyen Phuong)