

Research on Teaching Mode Reform of Yoga Course in Colleges and Universities Based on Ecological P.e Classroom

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ABSTRACT. Yoga teaching is not only influenced by the external environment such as venues, surroundings and teaching staff, but also by the internal influence of teaching mode. It requires that physical education in Colleges and universities should not only improve students' physical and mental health and physical quality, but also spread and inherit all kinds of scientific and technological knowledge including sports and cultural knowledge, so as to cultivate students' good moral quality and will quality. However, under the influence of traditional teaching methods and teaching modes of yoga courses in China's colleges and universities, there are many problems in the development of yoga courses, such as outdated and unreasonable teaching modes. This paper mainly analyzes and studies the current situation of "ecological sports class" and yoga courses in colleges and universities, and then provides application measures for carrying out yoga courses in colleges and universities in the future to better optimize the "ecological sports class" in colleges and universities.

KEYWORDS: Ecological sports class, Yoga courses, Teaching reform

1. Introduction

Yoga, as an ancient sport with a long history originated from ancient India, emphasizes the high unity of the body and mind of the athlete [1]. Participants can practice alone or with friends and family members to enjoy the comfort and fun brought about by limb stretching, enhancing social communication, emotional ties with friends and family members, and making life better [2]. At the present stage, the teaching mode of yoga courses in colleges and universities in China is single and the form is relatively backward. Most teachers still stay in the simple teaching of yoga asana, which greatly reduces students' expectations for yoga classes. Ignoring the particularity of yoga teaching affects the sustainable development of yoga teaching. Since Yoga started late in yoga teaching in colleges and universities, there is a lack of scientific teaching mode and teaching system that adapts to the teaching of yoga in colleges and universities, which produces negative effects and many problems.

Physical education is a part or stage of modern education. As a part of education, physical education plays an important role in shaping people's body and strengthening people's physique, which is an indispensable part of people's all-round development [3]. Ecological sports is a kind of "new thinking of cultural evolution" brewed under this background. Ecological yoga curriculum teaching reform has become a representative educational concept of this consciousness. This paper expounds the particularity of yoga teaching, and according to the theory of yoga teaching mode and psychology, puts forward a yoga teaching mode based on ecological PE classroom, aiming at improving the teaching mode of yoga in colleges and universities and the teaching ability of PE teachers, and further cultivating students' interest in yoga.

2. The Concept of "Ecological Sports"

"Ecological sports" is still a new thing at present. Different people have different understandings and interpretations. "Ecological sports" is the combination of sports activities and beautiful natural environment [4]. To create a healthy and harmonious atmosphere. To obtain physical and mental pleasure, people's sports in this atmosphere are called ecological sports. The symbiotic relationship formed by the interaction, mutual influence, mutual restriction and organic interaction between physical education physiology and physical education psychology, between domestic physical education regulation and foreign physical education regulation, and between physical education natural environment and physical education social environment. This enables students to contact with the natural environment, feel the natural environment and carry out physical training at the same time, thus achieving the dual training and shaping from the physical to the psychological, enabling students to overcome the living pressure brought by the natural environment physically, and at the same time improving students' perseverance in overcoming difficulties. In a more general sense,

the teaching mode of ecological yoga course and the concepts of “green sports”, “green sports” thinking and “low carbon sports” knowledge [5]. The thought of “circular sports” is closely related to the thought of “regenerative sports”. Ecological sports basically obtains individuality from commonness. For example, there are differences in sports education modes in different regions. Only by respecting the differences in sports culture brought about by regional culture can sports education better realize its ecology. Building ecological sports “should be an expression and practice of the goal pursued by sports development, which runs through the awareness of ecological, systematic and sustainable development.

3. The Current Situation of Yoga Classroom Teaching in Colleges and Universities

3.1 Personal Factors of Students

Yoga teaching in colleges and universities has made some achievements in promoting students' learning efficiency and improving the quality of yoga teaching since it was introduced into yoga teaching. The research on other teaching modes is reduced, so the research on fitness yoga curriculum in colleges and universities in our country is still in its infancy, and there is a serious lack of research on teaching methods of fitness yoga curriculum in colleges and universities [6]. Individual students will use the Internet or books to learn about yoga courses regardless of whether they have been exposed to yoga exercises before. Single and relatively backward in form, most teachers still stay in the simple teaching of yoga asana, teaching in order to teach a certain movement, and finally the students only know how to practice the movements taught by the teachers in class and do not know why. As far as yoga courses in colleges and universities are concerned, first of all, the basic theoretical knowledge of yoga sports and the names of some postures and movements should be explained in depth, and their movement methods, key points and difficulties should be explained, as well as their movement effects. Yoga curriculum is carried out in colleges and universities with a healthy and effective teaching mode, which is conducive to the development of yoga in our country, to the wide spread of yoga in our country, and to let more people know about yoga.

3.2 Teaching Methods and Teaching Methods

Yoga curriculum system should be perfected and teaching objectives should be realized. Teaching methods and methods play a very important role in it. The classroom atmosphere is rather monotonous, students lack initiative in learning, the effect of students' learning is not obvious, and the interaction between teachers and students is not enough. This also reduces the good interaction between students and teachers. Due to the lack of class hours, tight tasks and large number of students in the teaching process, teachers often cannot attach importance to every student in order to complete the teaching plan as soon as possible. This requires colleges and universities to carry out mental health education for this problem, to help college students' secretaries to have a healthy life concept, and to maintain a healthy mental attitude towards learning and future work. Because the postures learned in the class are limited after all, the teaching mode of “ecological sports class” is adopted in the teaching. Through the scientific and systematic understanding and mastery of yoga postures, students can learn various kinds of yoga and learn more about yoga. In addition, students can also choose their favorite teachers to attend classes, and can also have the option of “ecological sports class” [7]. Therefore, in the teaching of yoga courses in colleges and universities, it is necessary to combine the characteristics of yoga projects to achieve explanation and demonstration teaching, which need to be combined reasonably to improve the teaching effect.

3.3 Teaching Content

In the process of explaining, yoga teachers in colleges and universities not only need to use concise words to facilitate students' understanding, but also should, according to the characteristics of yoga projects, explain softly and slowly, keeping in line with the rhythm and breathing of yoga postures. The teaching content of yoga course mainly includes basic theory and experimental technology. Practice is always conducted under the guidance of theory. For the courses that the students choose to teach more, arrange more classes and stagger the class time, so as to avoid the situation that the venue is too small to accommodate so many people, and there is a “ecological sports class” decision on how many students to choose [8]. The teacher told the students that yoga was a philosophy at the beginning, and the yoga we are practicing now is mainly considered from three aspects of body and mind: physical exercise, psychological adjustment and subconscious ability. The students are also very passive in the learning process, just following the teacher's rhythm in “practice”. There is a lack of effective contact and communication between teachers and students, and students' learning status and feelings cannot be understood in time. It is also because of this network era that some students can't help taking out their mobile phones to browse in class, which leads to the inability to concentrate in class, affects teachers' classroom teaching and leads to poor teaching effect.

4. Practical Analysis of “Ecological Sports Classroom” Teaching Mode in Yoga Classroom Teaching in Colleges and Universities

4.1 Change the Teaching Concept of Yoga Course in Colleges and Universities

In the traditional teaching system of yoga course in colleges and universities, the outmoded concept is the direct reason for the backward teaching mode. The leaders of colleges and universities lack of attention to the teaching of yoga course, and at the same time, too rigid school teaching rules and the teaching syllabus of yoga course have great restrictions on the teaching of yoga course. People's creation and appreciation of beauty begin with formal beauty. Only through formal beauty can aesthetic objects be created and felt. For example, at the beginning of yoga classes, teachers can play some music or videos to introduce students to the effects of yoga, such as physical exercise and body shaping, so that students can gradually understand yoga exercises and become interested [9]. Fitness yoga is a kind of sports activity that can help college students relieve stress and tension. College students can relax their body and mind and concentrate on their actions when practicing fitness yoga in a quieter environment. It is the entity of yoga practice, just like the trunk of a big tree. It's something that really shows up in front of us. Similarly, a large part of the practice part of the yoga curriculum focuses on the study and practice of yoga postures. This requires yoga teachers to demonstrate correct and graceful postures to students. Teachers should be exemplary, set an example by themselves, pay attention to their own management at ordinary times, and present graceful postures and standardized movements in front of students. “Building ecological sports” should be an expression and practice of the goal pursued by sports development, which runs through the awareness of ecological, systematic and sustainable development.

4.2 Combining the Curriculum with the Characteristics of Ecological Yoga Teaching

Yoga curriculum practice is an object-oriented activity in which people can remould the world through sports. It symbolizes people's actual grasp of the world through sports. Position learning. Through a variety of teaching methods to teach a variety of yoga posture movement structure, breathing coordination, exercise efficacy, precautions, etc. Teachers can design and change classroom teaching modes according to the situation of students by combining platforms such as networks, arrange teaching contents such as quality development and sports games, and meet the practical needs of students in yoga courses. In the setting of teaching content, the basic flexibility training and some simple exercises such as breathing, balance, meditation are mainly used. The teaching contents are arranged by the teachers who are responsible for the teaching tasks themselves, which are complicated and lack of unity and systematicness. So as to construct a lighter and stronger body and clear mind. Its greatest advantage lies in shaping the perfect figure and promoting the all-round development of students' physical quality. It makes it easier for students to achieve their own goals in the process of practice, improves students' confidence in learning, and cultivates students' persistent spirit and ability to control their own body. Through yoga meditation and mind control, nourish people's nervous system, eliminate worries and worries, discover the inner self, and experience the feeling of peace, peace and happiness.

4.3 Strengthen the Cultivation of Rhythm of Music Language

Language is the main source of rhythm. Students are exposed to different languages every day. Then teachers can use this advantage in teaching to cultivate the sense of musical rhythm. The main reason is that every movement in the body position exercise can exercise different parts of the human body to achieve the effect of strengthening body constitution. According to the teacher's instructions, students can slowly leave any help from the teacher and practice consciously. However, there will be no effect brought about by the traditional teaching in the past. Under such circumstances, based on the teaching mode of “ecological physical education class”, yoga will be introduced as a college physical education course, which meets the needs of the times and the development of college yoga courses. Let students have a deep understanding of the essence and connotation of yoga culture, so that they can develop their consciousness of participating in yoga while inheriting and spreading yoga culture, and form the consciousness of participating in sports activities for life and the habit of participating in sports activities regularly. Teachers should, in accordance with the principle of gradual and orderly progress, require students with good grades to have higher movement difficulty and to reach higher movement standards so as to give full play to their maximum potential. It is beneficial to relieve all aspects of college students' pressure, purify their hearts, cultivate their sentiment, enhance their inner temperament and self-confidence, and optimize the teaching effect.

4.4 Strengthen Teaching Methods and Improve Teaching Methods

The teaching process is a process of “teaching” by teachers and “learning” by students. It is not a unilateral activity,

but a bilateral or multilateral activity process. It requires close cooperation, mutual influence and mutual promotion between teachers and students, students and students to achieve the expected teaching objectives. For example, during meditation, students are depicted with music a vast grassland, a blue sky, and the feeling of being in it, so that students can close their eyes and feel it. We must continue to expand their professional knowledge, grasp emerging sports, teach and teach, focus on discrimination and stimulate students' interest in learning. For college students, yoga exercises are relatively simple and easy to learn, and there are no particularly strict rules on the number and venue. Students can practice on their own or in groups with their classmates. The “ecological physical education classroom” has completely changed the examination-oriented education mode and promoted it to a good winning mode of quality education. Teachers can arrange diversified tasks, stimulate students' enthusiasm in learning, and train students' communication ability and competition awareness. This way can enable students to have more knowledge and understanding of aerobics music, so as to gradually improve the expressive force of music rhythm. Practice is the basis and medium for the interaction between subject and object. It realizes the two-way movement between subject and object and embodies the consistency between the change of environment and the self-change of human beings.

5. Conclusion

To sum up, students are the main body of yoga teaching, and their learning motivation and performance in the learning process directly affect the effect of yoga teaching. The “ecological sports class” mode pays more attention to students' mastery of yoga technical movements, while the “ecological sports class” method promotes students' thinking ability. In the teaching process, advanced teaching methods, multimedia teaching and scientific teaching mode are used to enable students to have a more comprehensive understanding of yoga in theory and thinking, and to continuously promote the sustainable development of yoga projects. The introduction of ecological yoga curriculum teaching mode into yoga curriculum teaching in colleges and universities has a great impact on the traditional yoga curriculum teaching mode. To make schools, teachers and students better accept the ecological yoga curriculum teaching mode ideologically, it is necessary to do well the propaganda work in the early stage and lay the ideological foundation for the practice work in the later stage.

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