

Вид влияния, который характеризуется запугиванием и причинением подчиненному зла, считают эффективным 5% респондентов. Угрозы носят кратковременный характер и срабатывают только в тот период, когда сотрудник находится в «зоне страха».

**Заключение.** Руководитель – официальный статус, а статус, как правило, определяет поведение менеджера в рамках должностных структур и полномочий. К видам управленческого поведения руководителя можно отнести внушение, убеждение, просьба, угрозы, подкуп, приказ. Наиболее популярным видом управленческого поведения руководителя учебно - спортивного учреждения организации является убеждение, что говорит о высоком уровне его авторитета.

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## RESEARCH ON AEROBICS TEACHING AND TRAINING PHYSICAL EDUCATION TEACHING IN COLLEGES AND UNIVERSITIES

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**Key words.** Aerobics, physical education, training, teaching methods.

In China, aerobics, as a sport that combines sports, art and fitness, has received extensive attention and research. In recent years, with the popularization of the concept of national fitness, aerobics has developed rapidly in school education, community activities and fitness clubs. Domestic scholars have conducted multifaceted research on aerobics teaching and training, mainly focusing on the following aspects: research on aerobics teaching methods, hierarchical teaching and personalized training, the impact of aerobics on physical fitness and mental health, popularization and promotion of aerobics courses, technological application of aerobics teaching [1].

Domestic research has carried out many explorations around the improvement of aerobics teaching and training, especially in the innovation of teaching methods, personalized and hierarchical teaching, physical and mental health benefits, curriculum promotion and technology application [2]. Through the diversification of teaching methods and the application of scientific and technological auxiliary means, domestic aerobics teaching has gradually shown more scientific and systematic characteristics. However, the popularization of aerobics still faces certain challenges, such as insufficient teaching staff and insufficient innovation of course content. These problems point out the direction for future research and practice. Based on existing domestic research, this study will further explore the scientific and innovative nature of aerobics teaching, and provide theoretical support and practical reference for the promotion and development of aerobics [3, 4].

**Research Purpose:** the main purpose of this study is to explore effective methods of aerobics teaching and training to improve teaching quality, enhance students' interest in participation and sports level.

**Material and methods.** Literature Review Method: by consulting domestic and foreign teaching theories, practical experiences and related research findings about aerobics, this study provides a theoretical basis and practical foundation for this study.

Questionnaire Survey Method: design questionnaires to conduct surveys on students participating in aerobics courses to understand their views on the courses, participation motives, experience and subjective evaluations of their physical and mental changes.

**Results and their discussion.** Aerobic exercise, a form of physical activity that combines elements of gymnastics, dance, and music, has attracted countless eyes with its unique charm since its inception. It is not merely a form of exercise but also a cultural manifestation that integrates philosophical thinking with fitness practice. This article will explore the connotations of aerobic exercise from a philosophical perspective while deeply analyzing its fitness concept, aiming to provide readers with a comprehensive and in-depth understanding.

Firstly, the philosophy of aerobic exercise embodies the sports spirit of "people-oriented." Every movement in aerobic exercise reflects the pursuit of human physical beauty and the celebration of vitality. This pursuit and celebration are profound recognitions of human beings' existential value and the core of the sports spirit.

Secondly, the concept of "health, strength, and beauty" in aerobic exercise represents the ultimate pursuit of human physical condition. Health, the foundation of life; strength, the vitality of life; and beauty, the manifestation of life. Through scientifically designed movements and reasonable exercise intensity, aerobic exercise enables people to achieve harmony between body and mind during exercise, thereby shaping a healthy physique and elegant demeanor.

The fitness effects of aerobics, a detailed analysis: enhanced Cardiopulmonary Function, shaping a Beautiful Physique, facilitating Fat Burning and Weight Loss, improving Mental State, improving Body Coordination and Balance, cultivating a Positive and Vibrant Spirit, Boosting Immunity.

In summary, as a healthy and fashionable form of exercise, aerobics offers numerous health benefits. Through long-term and consistent practice, individuals can enjoy the fun of exercise while gaining health and beauty. Therefore, we should actively promote and popularize aerobics, encouraging more people to join this healthy and joyful community.

In the comprehensive exploration of aerobic dance teaching and training, we have not only deeply analyzed its positive impacts on students' physical and mental health but also explored effective strategies to enhance teaching effectiveness and training quality. By systematically studying the characteristics of aerobic dance teaching, training methods, and their roles in students' expressive abilities, physical and mental health, and lifelong sports awareness, we have drawn a series of valuable conclusions and provided useful references for future aerobic dance teaching practices.

As a sport that integrates elements of gymnastics, dance, martial arts, and more, aerobic dance is deeply loved by students for its unique charm and efficient fitness value. In the teaching process, we have found that music is the soul of aerobic dance. With musical accompaniment, it can not only stimulate students' interest in sports but also cultivate their sense of rhythm and expressive abilities. Therefore, when selecting music, teachers should focus on the coordination between music style and movements, as well as music's ability to stimulate students' emotions.

In terms of training, we emphasize the importance of technical standardization and expressive abilities of movements. Through scientific training methods such as decomposition practice, repetitive practice, and combination practice, students can gradually master movement essentials and improve the accuracy and smoothness of their movements. At the same time, we also focus on cultivating students' expressive abilities, enhancing the vividness and infectivity of the entire set of movements through facial expressions, body posture, and other details.

During the teaching of aerobic dance, we have also identified some factors that restrict the improvement of students' expressive abilities, including internal factors (such as temperament, psychological level, and musical accomplishment) and external factors (such as skill level, physical condition, and teacher factors). In response to these factors, we have proposed corresponding improvement measures. For example, by strengthening the cultivation of musical accomplishment, we can improve students' musical perception and expressive abilities; by enhancing physical training, we can improve students' physical fitness and movement completion quality; by optimizing teaching methods and means, we can stimulate students' interest and enthusiasm in learning.

Regarding competitive aerobic dance, we have analyzed its development trends and future directions. With the continuous improvement of competitive aerobic dance levels and the increasing frequency of international exchanges, artistic innovation and technical difficulty enhancement will become key to future development. Therefore, in teaching and training, we should focus on cultivating students' innovative consciousness and practical abilities, encouraging them to dare to challenge themselves and pursue excellence.

**Conclusion.** In summary, aerobic dance teaching and training is a systematic and complex task that requires teachers to continuously explore and innovate in teaching practice. Through scientific teaching methods and effective training means, we can stimulate students' interest and enthusiasm in learning, improve their physical fitness and expressive abilities, and lay a solid foundation for their comprehensive development. At the same time, we should also pay attention to students' physical and mental health and the cultivation of lifelong sports awareness, providing them with diversified sports options and personalized teaching services.

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## SAFETY RULES IN PHYSICAL EDUCATION LESSONS

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The Party and the government attach great importance to sports work, strengthening the nation's physical fitness and improving public health, which is also the mission of sports [1].

Safety, as an important part of physical culture and sports, occupies a very important place. However, with the rapid development of the sports industry, accidents often occur in schools. Currently, society is paying more and more attention to sports safety. Sports safety is an important part of physical education. Often, accidents in schoolchildren are caused by poor physical development, limited abilities, and poor knowledge of the rules of safe behavior during physical exercises [2].

This study may improve the understanding of physical education teaching safety, increase students' sports safety awareness, and improve their protective capabilities, thereby preventing or reducing the occurrence of physical education teaching safety-related accidents.

The goal is to study the causes of injuries in physical education lessons.

**Material and methods.** We conducted a survey of 40 physical education teachers and 112 secondary school students. Research methods: review and analysis of literature, questionnaires and mathematical statistics.

**Findings and their discussion.** In terms of safety awareness, the average score of students is 4.5, which indicates that students have awareness of safety in sports. In the option "importance of sports safety," 92% of students mostly select "very important," indicating that sports-conscious students place a high value on safety.

Student safety behavior influences teaching. The average student safety behavior score is 3, indicating that students now rarely engage in activities that pose a risk of accidents.

A survey of physical education teachers showed that more than 60% of teachers are engaged in the methodologically correct selection of educational materials, the choice of teaching methods and means, checking students' clothing, emphasizing the importance of safety, explaining issues that should be paid attention to, and conducting the preparatory part (warm-up) well.