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The Teaching Mode of “Learning, Training, Competition and Research” in Cheerleading Teaching in Colleges and Universities

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Abstract: Cheerleading is a new sport, which is loved by college students. Cheerleading can fully show the students' positive and vigorous spirit. This paper applies the new teaching mode of learning, training, competition and research into cheerleading teaching by means of analysis, and analyzes how to realize the teaching innovation of learning, training, competition and research, hoping to improve the enthusiasm of college students for cheerleading and promote their all-round development.

Keywords: “Learning, training, competition, research”; College students; Cheerleading

Cheerleading belongs to a new type of sports and is loved by college students. Under this premise, cheerleading has developed rapidly, which can not only cultivate students' good coordination ability and beautiful physique, but also make their bodies more soft and beautiful. In order to promote the rapid development of cheerleading cause, cultivate students' comprehensive quality, improve students' enthusiasm and promote students' all-round development, the article puts forward a teaching mode integrating learning, training, competition and research, hoping to provide some suggestions for the all-round development of college students.

1. The application connotation of learning, training, competition and research teaching in cheerleading teaching

1.1 Promoting teaching through learning

Promoting teaching by learning means that teachers adjust students' teaching methods and enhance students' enthusiasm by combining students' personality and learning environment during students' learning stage. Students are the initiators of learning, and teachers need to guide students to correct concepts. Therefore, during the teaching period, if they want to play a teaching role and let students master knowledge and skills, teachers need to formulate scientific teaching plans and promote the reform of teaching methods of cheerleading according to students' learning situation. In the classroom, give play to students' scientific and initiative, and promote the application of teaching in practice to be guaranteed.

1.2 Training to promote competition

Nowadays, large-scale sports events are held in Shanghai and Jiangsu provinces, and cheerleading competitions are set up in the competitions. Nowadays, China's cheerleading cause has drawn closer to internationalization, and more groups have entered the cheerleading movement. Colleges and universities can choose players with strong comprehensive quality through public courses and competitions, and the selection process should be fair and just to give full play to the potential of students and allow students to show themselves. After the establishment of the training team, it is also necessary to establish a training mechanism. At the beginning of the creation of cheerleading, students can improve their basic skills and qualities through simple training methods, practice footwork and hand shape. If the school wants to strengthen the management of the team and create a good training atmosphere, it needs to carry out strict training in accordance with the competition procedures. In the training stage, we should pay attention to the following points, first, maintain a gradual training process, starting from simple to difficult, after mastering the basic skills, can lay the foundation for future training. Second, teachers should listen to students' ideas as much as possible during the training phase. Only when teachers and students cooperate with each other can the training plan be completed.

1.3 Isaiah for letters

Participating in the competition is also an accumulation of experience, in which students can show and express themselves. Some scholars have suggested that group sports are beneficial to students' self-confidence. Cheerleading is a kind of collective sports, which can give full

play to the value of students. Students master the basic operational skills and gradually break through themselves in the competition, which is the best way for students to provide confidence. In addition, in the competition stage, students can communicate with each other, learn from each other and make progress together. During the competition, teachers can also sum up their teaching experience and improve their teaching quality.

1.4 To promote energy

Efforts to cultivate students' consciousness of innovation in sports scientific research, through scientific research activities, is conducive to improving students' professional quality. In the stage of assigning teaching tasks to students, teachers should raise questions according to their own scientific research experience, guide students to think actively, and create a complete knowledge system for students. Sports contains more knowledge, students can not only rely on the knowledge and skills taught by teachers to improve themselves, but also need to consolidate the practical foundation. We can strengthen health education and theoretical knowledge, enrich new ideas and new knowledge, and create a scientific research and innovation system. Teachers should guide students to establish scientific research teams, provide students with scientific research platforms such as libraries and laboratories, let students reasonably choose cheerleading project topics, and constantly improve students' innovation ability.

2. Innovative methods of teaching mode of "learning, training, competition and research" in cheerleading teaching practice in colleges and universities

2.1 Diverse scenarios promote learning

Learning news competition research with real scenes as the carrier, to increase students' interest is helpful. Students are motivated to learn and are able to actively and enthusiastically explore knowledge. Through continuous learning, teachers can form their own thinking mode. Therefore, in the teaching stage, teachers can create game scenarios, problem scenarios and competition scenarios for students, so as to promote the improvement of students' learning ability.

2.2 Provide effective guidance

In the teaching practice stage, it is necessary to reflect the main body status of students. Traditional teaching pays more attention to how to teach and what to teach in order to pay attention to what students learn. In the teaching stage, teachers need to turn the main body to students, according to the characteristics of students, to give students phased guidance. Teachers should attach importance to explaining the overall structure of knowledge and promote students to have a perceptual understanding of cheerleading. In the differentiation stage, through further contact, constantly improve and consolidate the learned knowledge content, master the learning skills. Teachers should pay attention to the details and integration of movements, and guide students step by step to promote the teaching efficiency of students.

2.3 Task-driven skills promotion

The premise of learning tasks is learning training competition research. In the learning stage, the tasks issued by teachers are the most important and the first driving force. It is necessary to take problems as the goal, constantly improve students' skills, and promote students' physical and mental development. During the teaching period, let students fully think, through teamwork, or group discussion and other ways, pay attention to training students' thinking ability, is conducive to the completion of teaching tasks.

2.4 Evaluation embedding promotes achievement

Adding evaluation in the study training competition is conducive to ensuring the achievement of the goal. In the teaching evaluation stage, we should ensure the diversity of evaluation, realize the combination of quantitative evaluation and qualitative evaluation, and maintain fairness and justice in the evaluation stage. Teachers let students find their own strengths and weaknesses, and constantly adjust and improve the evaluation mechanism. In addition to the above, students can also evaluate each other or students themselves.

2.5 Speak carefully and practice hard

Teachers need to explain to students according to their reactions in class, and explain to students selectively. In the teaching stage, we should grasp the key points and difficulties of cheerleading, start from the recent development area of students, and choose the teaching content reasonably. Through the use of language arts to understand the internal connection between knowledge, teachers should guide students to learn independently, cooperate with each other, and let students learn independently. In the process of learning, guide students to find their own weak links, and gradually correct and improve. Teachers need to combine students' knowledge, flexibly use exercise forms, adopt rolling methods, and gradually explore and practice to achieve efficient learning. Only by exploring knowledge can we discover the true meaning of the learning process.

2.6 Strengthen the construction of school sites and strengthen the construction of teaching staff

Some colleges and universities use aerobics venues to teach students, and there is no cheering ground. In order to pay more attention to

cheerleading teaching, it is necessary to strengthen the construction of infrastructure and provide students with basic equipment such as audio and flower balls. In addition, to have auxiliary equipment, teachers in the teaching stage, need students to exercise and difficulty match. If there is an emergency during the learning process, the auxiliary equipment has a certain role. Therefore, it is necessary to strengthen the construction of infrastructure, which is conducive to the long-term development of cheerleading. Colleges and universities take talents as the educational goal, and promote the improvement of students' comprehensive quality through physical education. Schools should encourage teachers to go out to study, bring the latest teaching methods and competition rules into the teaching, regularly participate in academic exchanges, understand the new research results, and promote the smooth development of cheerleading teaching.

To sum up, "learning, training, competition and research" is not a simple teaching mode, but a new teaching mode that makes the four teaching methods match each other and complement each other. In teaching, to cultivate students' innovation ability and communication ability, let students have a sense of teamwork, learning training competition research as an important breakthrough, is the key point to promote the development of cheerleading. Therefore, in the teaching stage, teachers need to pay attention to the use of learning training competition research teaching mode, constantly innovate teaching methods, improve teaching quality.

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