

On the Teaching Mode Construction of Yoga Aesthetic Education in Higher Vocational Colleges

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[**Abstract**] Yoga is a sport that integrates fitness and entertainment, which is well-liked by people who love fitness sports. It is also closely related to aesthetic education, which can well combine physical exercise and art. Yoga teaching can let students feel the charm of sports, as well as the unique beauty of yoga, thus cultivate their ability and emotion of aesthetic appreciation. This paper analyzes the teaching mode construction of yoga aesthetic education in higher vocational colleges.

[**Key words**] yoga; aesthetic education; higher vocational colleges

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1 Introduction

In terms of yoga teaching in higher vocational colleges, the sports function is valued while the aesthetic education function is undervalued. As a result, many students lose interest in yoga, which has become an unpopular sport. Yoga has a strong function of aesthetic education. Yoga teaching not only allows students to get physical exercise, but also shapes the beauty of healthy human body. In yoga teaching, constructing a scientific teaching mode of yoga aesthetic education can give good play to the aesthetic education function of yoga, and then inspire students to participate in yoga, so that they can experience and appreciate the beauty when practicing yoga. In this way, students' aesthetic ability and creativity can be improved, laying the foundation for their future development.

2 Aesthetic characteristics of yoga

Yoga is an exercise about body, mind and spirit. It is a way to achieve harmony and unity of body, mind and spirit. Yoga movements have distinct levels of difficulty, which are easy to learn, practice, and master, and well-liked by students. Yoga is harmonized with body and has rich aesthetic significance, with its unique beauty presented through the movement body. In short, the unique beauty of yoga can be reflected in movement, art, and expression.

2.1 Beauty of form

Yoga's beauty of form is mainly reflected in the process of practicing. Yoga movements are very beautiful, and are expressed through body, coupled with soft music, which can offer spiritual enjoyment, satisfy the mind and make people feel the body.

2.2 Beauty of art

Yoga is not only a sport, but also an art. Its beauty of art mainly relies on a variety of asanas, such as photography, sculpture, and painting. At the same time, yoga includes folk dance, modern dance, and

gymnastics. Its beauty of art can be shown while practicing.

2.3 Beauty of movement

Yoga lays emphasis on the coordination of movement and body, reflecting the charm of a combination of movement and stillness. Movement is the core element of yoga, which can show the most basic beauty of body. At the same time, in yoga, people need to maintain still to a certain extent in order to free the body and mind and feel the soul. It reflects the beauty of balance and strength of human body. The combination of movement and stillness can make people examine themselves, show various artistic beauties, and display people's personality perfectly.

3 Analysis of the significance of yoga courses

The main task of students in higher vocational colleges is to study, which is too heavy for them to neglect health easily. Strong body is the foundation of students' efficient learning, and improving their physical fitness is of great significance to their growth. Although higher vocational colleges encourage students to take an active part in physical exercise, PE lesson involves a lot sports, which makes students lack interest in and enthusiasm for physical exercise. As a sport, Yoga is characterized by the beauty of art, movement and form. Yoga movements are simple and easy to learn. Yoga courses not only enable students to exercise and develop physical coordination, but also facilitate the improvement of students' aesthetic concepts and development of aesthetic ability. Yoga is very different from other sports. With a unique aesthetic value, it is based on artistic elements such as painting, sculpture and photography, and involves martial arts, gymnastics, and folk dance. Essentially, practicing yoga can not only relax students' body and mind, but also release and improve their mood, alleviate their pressure of study, and cheer them up.

4 Theoretical basis for the teaching mode construction of yoga aesthetic education

Teaching is centered on the creation of environments in which students acquire and accumulate knowledge, and learn to learn. With a view to this, a teaching mode is a learning mode, and is a description of learning environment. Its purpose is to help students acquire knowledge and improve their abilities in the process of knowledge learning. The application of current education mode in China is centered on students and teachers, and teaching must be unified. In view of China's current teaching mode, the teaching mode construction of yoga aesthetic education should be based on modern educational concepts and teaching modes. Based on students' psychological needs, yoga course acts as the starting point, and its sports function and aesthetic education function can be combined. As a result, teachers can formulate scientific teaching content for yoga aesthetic education, choose scientific teaching methods, and actively guide students to take an active part in yoga practice, so that students can feel, understand, create, and find the beauty while mastering the essentials of yoga practice.

5 Teaching mode construction of yoga aesthetic education in higher vocational colleges

5.1 Establish the teaching concept of yoga aesthetic education

To make yoga aesthetic education well under way, teachers must establish the concept of yoga aesthetic education. Only when teachers attach importance to yoga aesthetic education can they offer targeted guidance to students, and enable students to make advances in yoga by themselves. Yoga can change students from body, self-confidence, and temperament, allowing them to improve and develop themselves. Therefore, before starting yoga aesthetic education, teachers should establish the concept of yoga aesthetic education. Taking into account the requirements of yoga aesthetic education and the learning objectives of students, teachers can encourage students to focus more on themselves according to their own goals and requirements, so that they can continuously improve

themselves.

5.2 Interactive teaching

Teachers and students are two main bodies of teaching construction of yoga aesthetic education, either is indispensable. Teachers are organizers and implementers of teaching activities while students are the main body of teaching activities and learners of knowledge. In order to improve the effectiveness of yoga aesthetic education, it is especially important to strengthen the interaction between teachers and students. For students, they will encounter a variety of problems in the learning process. When the problems are beyond students' comprehension, they will become depressed. As a guide on students' learning, teachers should strengthen teacher-student interaction, which stimulates the development of students' thinking and helps them to learn effectively. Therefore, in yoga aesthetic education, teachers should identify their own responsibilities, actively interact with students, take an active part in students' yoga practice, and guide students to practice yoga efficiently, so that students can cultivate themselves in yoga practice. For example, in yoga practice, teachers can design interesting questions with a view to teaching content, and make an interaction with students taking questions as carriers, so that students can actively participate in teaching, thus realizing efficient teaching.

5.3 Cooperative learning

Cooperative learning runs through the whole process of yoga aesthetic education. Through cooperative learning, students can learn from each other and appreciate each other, so that they can perceive their own shortcomings in the process of helping others. As a result, they can continuously improve themselves and the beauty of art, form and movement of yoga can be shown. In the teaching of yoga aesthetics, teachers should actively develop cooperative learning mode by dividing students into groups for cooperative group learning, where they can improve their ability to appreciate and discover beauty. When grouping, teachers should comprehensively consider student factors for a reasonable grouping, with groups of two being the most favored. In the group, there should be little difference in ability between students. Besides, students with the same hobbies should be divided into one group.

5.4 Multimedia teaching

In yoga aesthetic education, it is difficult for students to feel the unique beauty of yoga only by demonstration teaching. Yoga requires not only a comfortable and pleasant environment, but also music and related equipment. In order to conduct yoga aesthetic education effectively, teachers can utilize multimedia to present appropriate teaching environment. Integrated with various functions such as video, audio and picture, multimedia can serve as a tool, through which teachers can visualize the beauty of yoga, thus attracting students, inspiring them to actively participate in yoga practice, and improving their ability of aesthetic appreciation in yoga practice. For example, teachers can use multimedia to play a yoga video to attract students' attention, so that they can feel the unique artistic beauty of yoga. At the same time, for relevant postures, information technology can be used for decomposition, so that students can accurately grasp the essentials and better demonstrate the beauty of yoga in yoga practice.

5.5 Improve teachers' quality for aesthetic education

As the executors of yoga aesthetic education, every word and action of teachers can affect students. In yoga aesthetic education, whether teacher's demonstration is correct, whether their movement is beautiful, and whether their words are accurate directly affect students' aesthetic interest and emotion. Therefore, it is especially important to improve teachers' quality of aesthetic education. As a qualified yoga teacher, one should not only

keep a coordinated and beautiful body, but also have the ability to show beautiful movements, rich body language, and clear rule thinking. Therefore, teachers should take the initiative to learn, constantly improve their knowledge structure, improve their teaching ability, study yoga in depth, master the essentials of yoga, and then guide students to learn yoga in a better way.

5.6 Innovation of assessment methods

The assessment of yoga aesthetic education is an important task, which involves the completion of yoga skills, performance of movements, ability to choreograph movements, students' participation in practice, and the mastery of technical knowledge of yoga aesthetic education. With a view to the elements, teachers should innovate teaching assessment methods and highlight the diversity of teaching assessment. First, yoga-related professional knowledge and knowledge related to aesthetic education should be included in teaching assessment, and students should be tested in a targeted way; second, practice assessment should be strengthened, and students should be organized to practice yoga taking into account the content of yoga aesthetic education. Also, students are encouraged to make plans on yoga movements, and their professional ability should be assessed in a targeted way; in addition, the main body of teaching assessment should be diversified. On the original basis of teacher assessment, self-assessment and mutual assessment should be added, so that students can participate in the teaching assessment, and yoga aesthetic education can continue to be improved.

6 Conclusion

In conclusion, a scientific teaching mode construction can well reflect the function of yoga aesthetic education, allowing students to exercise in yoga practice and develop themselves in terms of beauty. When constructing the teaching mode of yoga aesthetic education, higher vocational colleges should combine the characteristics of school and the goodness cultivation mode, as well as yoga aesthetic education and aesthetic education, to innovate the teaching methods, and guide the students in a targeted way. At the same time, teachers should also continue to improve their personal ability, and help students to shape healthy physical beauty and sports and art beauty, so as to guide them to all-round development.

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