

Experimental Study on Aerobics Teaching Model Based on Cognitive Flexibility Theory

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the complex and hard to handled ill-structured problem are carefully constructed according to the teaching task and goal in experimental class. Through the use of multimedia, which presents a selection of cases, teachers guide students to reflect, reproduce complex and easy to make mistakes, which forms a targeted psychological representation to students; on the other hand, the new aerobic teaching model applies multimedia and hypertext interaction technology, which makes aerobic movements teaching not a separate and isolated teaching model, but a highly related teaching process, which make the students in experimental class can learn and grasp the aerobic technology more fully and comprehensively.

Comparison of aerobics basic quality results and its analysis

Aerobic basic quality was tested through three observation points, which are basic posture, musical sense, and coordination [4]. Table 2 shows that the results of basic posture and music sense of experimental class were significantly higher than those of control class and have significant difference ($P < 0.05$); physical coordination has also been greatly improved in experimental class and have a very significant difference ($P < 0.01$). These indicate that the new aerobic teaching model based on cognitive flexibility theory have a comparatively advantage in improving students basic quality. After teachers' conscious topic creation, students in experimental class found a lot of ill-structured problems in complex process of learning, especially the problem of rhythm of music, basic posture, the coordination of the movement, and so on. The students in experimental class can excuse these errors from the heart. And then through comparing the selected cases and its reflection, the basic aerobic quality can be effectively improved. These solve the problem appeared in improving the basic aerobic quality and avoid the blindness in learning [5]. Therefore, the improvement of basic

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