

# Research on the Arrangement and Visual Design of Aerobics under the New Situation

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## Abstract

In the large-scale application of aerobics to the general public, many large-scale unit companies will hold this popular aerobics competition and performance to celebrate. This requires the aerobics staff to have professional methods and skills as well as basic skills for aerobics in order to compose a perfect aerobics in the new situation. Let the audience visually have a bright feeling, according to the aerobics performance, the experience of the game, and the arrangement of aerobics. When organizing aerobics, it is necessary to carefully design each movement so that the movements from the compilation can make people feel a comfortable and pleasant feeling. The movements don't look too stiff, giving the overall beauty and the aerobics. The features are expressed in the design of the action, in order to achieve better results. The study found that the current aerobics combines knowledge of dance and music, and its expressions are diverse.

## Keywords

Aerobics; sports; teaching; arrangement.

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## 1. Introduction

In China, sports such as ball games and long-distance running began very early. Aerobics did not appear until the 1980s. It has been developing in China for nearly 30 years. During the development of these years, the development of aerobics experienced a process from unknown to gradual popularization. Later, the General Administration of Sports was responsible for this movement, so it had better conditions for development. There are many forms of aerobics, which combines the knowledge of various fields, so it is necessary to have enough level of expertise to be able to compose the ideal action. Orchestration is its soul. The layout design should consider the arrangement and combination of actions, and also take into account various elements, such as the athlete's music type, clothing type, temperament style, etc., and also get the majority of the audience. It is unanimously recognized that one of the most important is the visual design that the aerobics approach brings.

## 2. Overview of aerobics

Aerobics exercises can lay the foundation for high-intensity strength training. When practicing, you need sufficient oxygen to protect. The practitioner usually uses equipment to train or directly jump. In the process, the body needs to supply the practitioner with a certain amount of energy. In this way, all the organs in their bodies are exercised. Since this is not a fierce exercise, the practitioner can continue to exercise for a longer period of time.

The arrangement of aerobics requires a certain amount of professional knowledge and practical experience, because the movements of the aerobics should be expressed in terms of the lightness and beauty of the aerobics, so that the purpose of the arrangement can be achieved. It follows the following three principles: the principle of specificity and comprehensiveness and the principle of

fitness, and the main goal is to improve and improve the people's physical condition and enhance the mental outlook and human health. There are entertainment and fun, and the methods of arrangement include addition and subtraction, change method, and heuristic. Focus on the layout process of aerobics.

The sequence and steps in the arrangement of aerobics are the process of creation. The design of aerobics movements should attract people's attention and give people an aesthetic sense. The design content includes three aspects, the formation design, the action combination, and the series of actions. Bring the design concept to the orchestration process. Including action series and combination, clothing design, logo action and so on.

### **3. Aerobics formation layout and visual effects**

The so-called method is the creative approach adopted on the basis of clear purpose and following principles. These approaches are not unique, but they do more with less. Most commonly used methods include addition and subtraction, transformation, and heuristics.

The effect of myopia is the effect emphasized by the aerobics performance in the new situation. The team members' expressions should be generous, energetic and natural, and the emotions should be warm and high, so as to achieve the purpose of infecting the audience. In order to highlight the changes and rhythms of the performance, there must be obvious ups and downs in the performance process. In the stage of performance, there are many interesting changes such as jumping and collar jumping, which are used to increase the atmosphere of happiness and performance. Before the end of the performance, in order to more strongly stimulate the emotional mood of the audience and the viewer's desire to watch, you can use some methods such as high-five, beating, shouting, and running to further create a climax.

It should be in the form of ending in the arrangement according to the way of starting. As with the beginning, it is necessary to give the audience a deep and beautiful impression and firmly grasp the hearts of the audience. For example, using cheerful, enthusiastic or skillful movements with a little difficulty, consciously pushing the performance to a climax, and then ending the performance with a novel style, will achieve exciting results, and further advance the climax. It is necessary to exit in the same way, and to be orderly, neat, quick, and tidy when exiting, and to get the audience's praise with abundant feelings.

The arrangement of the dance movements should be determined according to different age groups so that it can be better represented. The designed action should fully express the characteristics of aerobics, attract the viewer's eye and bring them a visual feast. Different images and formations have different aesthetics. The rational use of graphics and formation changes can enhance the rhythm and artistry of the performance. The changes in formation and graphics should be well-connected, naturally, and will not make the audience feel awkward. For example, turning a straight line into a circle gives the viewer an artistic effect of changing the straightness to a soft one; turning the slash into a square will give the audience an artistic impression of the movement and change; "snake" and "S" The changes will make the audience think of the wonderful feeling of flowing art. Therefore, the correct use of changes in graphics and formations can make a beautiful viewing effect.

### **4. From the layout design and visual effects to reflect the advantages of aerobics**

Aerobics is the most suitable for us in many of the sports we usually do, and it helps people's health. The advantages of aerobics are as follows.

When performing aerobics, you should search for some dance music with strong rhythm to match the performance. This rhythmic concert will enable the performer to quickly enter the character to find the feeling, and the performance will be more perfect, so the effect of the influence will be enhanced. With the melody of the music gradually deepening and changing the movement, this atmosphere will also deeply affect the audience, so that they also want to join, and they can't help but pick one. This

illustrates a problem that has left a deep impression on the audience. The reason why it is so popular is that it always brings us new things, and people who have long-term contacts also have innovations. The ability, they are inspired by the sport, therefore, the practitioner can not only cultivate their own innovative ability, but also can be happy and exercise.

When organizing aerobics, the most important thing is to blend artistic elements, which is an indispensable element in the process of choreography. However, the key to the arrangement lies in innovation. China should enhance the exploration of aerobics and related disciplines such as phonology and dance in the arrangement of aerobics, promote national customs, draw on life, constantly innovate, and make bold breakthroughs. Make aerobics with Chinese characteristics. The novelty of the action will determine the final result, the key is to carry out artistic innovation, which is also the future direction of the development of the sport. Survival in innovation and innovation will surely decline. Therefore, artistic innovation is more important for aerobics in the future.

## **5. The Influence of Aerobics Arrangement and Visual Effects on Aerobics**

In today's high-quality life, people are becoming more and more serious about the body. The words "health, beauty" are already a symbol and a mantra of modern people. They are the constant topic of young people's chat, and more and more healthy places. The more common, the streets and alleys are everywhere, these two words are the highest level of health. Why do people love aerobics so much? It has a deep impression. Aerobics has a strong physical strength, using perfect technical movements to highlight the beautiful, healthy and strong body in the game, fluent movement arrangement and complete movements, making the audience feel the visual perfect enjoyment in the process of viewing. Aerobics uses music to express a clear sense of rhythm. Music can set off the atmosphere, create an atmosphere, and stimulate and drive everyone's emotions. The music used in aerobics is basically pop music. It is the most popular music for young people. These music are full of power and have a strong sense of rhythm. It is very well matched with the powerful action of aerobics, which greatly increases The attraction of this sport. Aerobics has a wide range of universality. This sport is easy to learn, regardless of gender, age, physical fitness, level of technology, etc. Therefore, people of all ages and all walks of life can choose this sport, and at the same time it Without sex, everyone can be released in this sport and get pleasure. For example, a slightly older group can choose some aerobics with softer movements to learn, which is the ideal choice for exercising and not posing danger to them. Young people can choose compound bodybuilding. Exercises, routine physical fitness, physical strength, change, and a large amount of exercise, contact can improve the body shape, competitive level, but also strengthen the body and add brilliance. From this point of view, the sport is a relatively popular sport for all stages of the population. This sport has a strong appreciation. It will bring visual impact to the audience and make them happy. The performers can choose the right music according to their own preferences, and at the same time determine the corresponding dance style and choose the personality. Extremely strong costumes for performances, personality and passion, as well as vivid performances and different clothing designs, can not only add aerobics to the aerobics, but also give the referee and the audience a deep impression. Gives a visually greater impact, making people shine.

## **6. Conclusion**

In the description in this article, we can see the connection between aerobics visual design and arrangement. The routines of aerobics are mostly fixed, and most of the composition is in the arrangement. Designers design movements based on the needs of the performance, which are consistent with the athlete's basic skills and stage performance. Emphasis is placed on the visual design of aerobics choreography for the design of the venue, the action, the clothing and the styling movements. It has great development prospects. As an aerobics practitioner, it should be based on social needs.

## References

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