



普通高等教育“十一五”国家级规划教材
高等学校教材

SPORTS

健美操与团体操双语教程

黄宽柔 主编



高等教育出版社

普通高等教育“十一五”国家级规划教材高等学校教材

‘Eleventh Five-Year’ National-Level Planned Textbook

For General Higher Education

健美操与团体操双语教程

A BILINGUAL COURSE IN AEROBICS AND MASS CALISTHENICS

黄宽柔 主编

Chief Editor Huang Kuanrou



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内容提要

本教材是普通高等教育“十一五”国家级规划教材，也是我国首部健美操和团体操课程的双语教材，并遵循科学性、实用性、创新性的原则进行编写。全书分上下2篇，共6章及2个附录，并配有学习光盘，介绍了健美操和团体操的基本理论与技术、锻炼设计与方法、教学指导与课例、创编原则与步骤等内容。

本教材内容丰富，形式多样，中英文兼备，具有较大的选择性，因此适用于普通高等学校研究生、本科、专科及中等职业学校的健美操和团体操课程教学，尤其可为实施体育双语教学的学校及援外教师提供教学参考。

Abstract

As one of the 'Eleventh Five-Year' national-level planned textbooks for general higher education, this book is the first bilingual teaching material for aerobics and mass calisthenics in China. This book is written on the principle of being scientific, practical and original. It is made up of two parts, including 6 chapters and 2 appendixes, complete with video materials for visual demonstration of practical exercises. It introduces aerobics and mass calisthenics basic theories and skills, training designs and methods, teaching instructions and sample lessons, and design principles and procedures.

The present bilingual textbook presents materials rich in content and variety. It is therefore adaptable to the teaching and learning of aerobics and mass calisthenics on various levels among students of post-graduate, undergraduate, junior college, and secondary vocational education. It is a teaching reference, especially for educational institutions with the intension of implementing bilingual instruction in physical education, and for those who will serve as international teachers of aerobics and mass calisthenics abroad.

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编写说明

为适应高等学校健美操、团体操课程教学改革和课程建设的发展,特别是为促进我国体育教育与世界接轨,为培养面向世界、面向未来、面向现代化与综合素质高的人才贡献力量,我们编写了这本《健美操与团体操双语教程》。本教材为普通高等教育“十一五”国家级规划教材,且是我国首部健美操、团体操课程的双语教材。教材分上下2篇,共6章及2个附录,并配有学习光盘,介绍健美操和团体操的基本理论与技术、锻炼设计与方法、教学指导与课例、创编原则与方法等内容。教材内容丰富,形式多样,具有较大的选择性,适用于普通高等学校研究生、本科、专科及中等职业学校的健美操和团体操课程教学,为实施体育双语教学的学校及健美操、团体操方面的援外教师提供了一部较全面、实用的教学参考书。

本教材特点主要体现在以下5个方面。

1. 理论知识部分:在健美操观赏指导中借鉴了国际体操联合会最新公布的2009—2012年竞技健美操竞赛规则,体现了教材的时代性;对健美操创编原则和步骤、健美操素质与难度训练方法、团体操训练与表演等理论阐述做了大量精简和修改,使教材更加典型精练、重点突出,从而增强了教材的针对性和实用性。

2. 实践技术部分:吸纳了健美操与团体操最新的教学、创作、训练实践成果,更新了健美操基础套路中3/5的套路和小型团体操实例中1/2的套路,以体现教材内容的丰富性、新颖性和趣味性。

3. 能力培养部分:新增了附录1和附录2,总结了健美操与团体操最新的教学经验,编写了健美操、团体操双语教学课例,并在每节的课后作业与思考中,设计了多种类型的个人和小组要完成的创编作业,体现出本教材理论与实践相结合、课堂教学与课外自学互补、传授知识与培养能力并举的教学理念。

4. 与国际接轨:首创健美操与团体操合编的双语教材,体现专项提高与外语学习共促进的教学思想,为我国健美操与团体操援外教学提供了参考教材。

5. 增加了配套的学习光盘。

本教材由全国部分高校健美操、团体操方面的教授、博士生导师、硕士生导师、相关领域专家合作编写。为确保双语教材的英文编写质量,特别邀请了香港教育学院廖玉光博士和华南师范大学外国语言文化学院张华鸿副院长为本书的内容把关。本教材编写工作的具体分工如下:主编黄宽柔教授负责组织制定全书的编写指导思想和编写体例,设计编写框架和目录,全书(文字与音像)的统稿、修改与补充,并编写了第1章第1、3节部分内容,第2章第2、3节部分内容,第3章1、2节及第3节的部分内容,第4章、第5章,第6章第1、2节的部分内容,附录1和附录2的部分内容,参考文献;副主编李佐惠教授负责音像教材的统稿、修改补充与监制;副主编廖玉光博士翻译了第1、2、3章及附录1和附录2;副主编张华鸿教授负责全书(文字与音像)的翻译统稿、修改与补充,并翻译了编写说明、内容提要、目录;编写组成员邓昌友博士翻译了第4、5、6章;周建社教授编写了第1章第3节部分内容,第3章第3节部分内容;马鸿韬教授编写了第1章第2节;邱建钢副教授编写了第1章第1节部分内容,第2章第2节部分内容,附录1之3部分内容,第6章第2节部分内容;李亚楠副教授编写了第2章第1、2节部分内容,附录1之3部分内容;徐中秋副教授编写了第2章第2、3节部分内容,附录1之3部分内容;冯道光副教授编写了第2章第3节部分内容,附录1之3部分内容,附录2之3部分内容及音像教材部分工作。杜炫杰、骆峰、赵媛媛、曾芃、李家国和陈仁英等老师担任了本教材的图片整理、音像教材拍摄与制作工作。

本教材的编写和出版得到教育部体育、卫生与艺术司和全国高等学校体育教学指导委员会的指导,得到高等教育出版社、华南师范大学、香港教育学院、湖南师范大学、北京体育大学、成都体育学院、河南中医学院和广州体育学院等单位的大力支持。此外,华南师范大学体育教育训练学科的部分硕士、博士研究生和参编单位健美操队的一些学生为本书部分操的编排及拍摄付出了辛勤的劳动,在此一并表示衷心的感谢!

限于编者水平有限,对本书的缺点和不足之处,恳请读者予以批评指正。

编写组

2011年3月

INTRODUCTION

For the development of the teaching reform and curricular construction in aerobics and mass calisthenics for higher educational institutions, especially for the improvement of Chinese physical education in accordance with international conventions, in the orientation of cultivating high-quality personnel adaptable to the world, the future, and the modernization of China, we have compiled the book *A Bilingual Course in Aerobics and Mass Calisthenics*. The present textbook, the first bilingual teaching material for aerobics and mass calisthenics in China, is one among the 11th Five-Year national Level teaching materials under construction in accordance with the plan. The textbook is made up of two parts, including 6 chapters and 2 appendixes, complete with video materials for visual demonstration of practical exercises. It introduces basic theories and skills, training designs and methods, teaching instructions and sample lessons, and design principles and methods. The present textbook presents materials rich in content and variety. It is therefore adaptable to the teaching and learning of aerobics and mass calisthenics on various levels among students of post-graduate, undergraduate, junior college, and secondary vocational education. It is a comprehensive and practical teaching reference, especially for educational institutions with the intension of implementing bilingual instruction in physical education, and for those who will serve as international teachers of aerobics and mass calisthenics abroad.

The present textbook has its characteristics in the following five aspects:

1. In terms of theoretical exposition, the 2009-2012 rules of the aerobic gymnastics competition worked out by the Aerobic Gymnastics Committee of the Federation Internationale de Gymnastique are adopted in the section of Appreciation of Aerobic Gymnastics, making the material up to date; the exposition of principles and procedures for choreography composition of forms of aerobics, basic quality and difficulty training methods of aerobics, and training and performance of mass calisthenics has largely been simplified as to be more concise with focus on key points, which enables the textbook to be specific and practical in teaching.

2. In terms of practice instruction, the latest achievements of aerobics and mass calisthenics in teaching, designing and training practice are adopted; 60% of the samples of aerobics basic combinations and 50% of the samples of combinations of small mass calisthenics have been renewed, which enables the textbook to be colorful, original and interesting in content.

3. In terms of ability development, Appendix 1 and Appendix 2 are added; the latest teaching experience is summarized; sample bilingual lessons of aerobics and mass calisthenics are provided. Besides, in the "Revisions and Exercises" of each section, a variety of assignments are designed for individual and group composition, which enables the textbook to be typical of the notion of integration of theory with practice, classroom instruction with extra-curricular self-study, and knowledge impartation with ability development.

4. In terms of teaching in accordance with international practice, as the first domestic bilingual teaching material for both aerobics and mass calisthenics, the present textbook embodies the guiding principle of developing both technical skills of sports items and English language competence at the same time, and serves as teaching reference for Chinese teachers engaged in international instruction of aerobics and mass calisthenics abroad.

II INTRODUCTION

5. A DVD is provided.

The present textbook is the joint effort of professors and professional workers in the area of aerobics and mass calisthenics from higher educational institutions of Mainland China. To ensure the quality of the English version of the bilingual textbook, we have taken the honor to invite Dr Liu Yukkwong from Hong Kong Institute of Education, and Zhang Huahong Vice-Dean of the School of Foreign Studies at South China Normal University to join us. Specific assignments in the joint effort are as follows:

Professor Huang Kuanrou, the chief editor, has done the formulation of the guiding principle and sample lessons, the design of the framework and table of contents, the composition and revision of the whole book (including the written and video materials), and the writing of part of Sections 1 and 3 in Chapter 1, part of Sections 2 and 3 in Chapter 2, Sections 1 and 2, and part of Section 3 in Chapter 3, Chapters 4 and 5, Section 1, and part of Section 2 in Chapter 6, part of Appendix 1 and Appendix 2, and References as well. Professor Li Zuohui, the associate chief editor, has done the composition, revision, and supervision over the manufacture of the audio-visual materials. Dr Liu Yukkwong, the associate chief editor, has done the translation of Chapters 1, 2, 3, and Appendix 1 and Appendix 2. Professor Zhang Huahong, the associate chief editor, has done the composition and revision of the English version of the whole book (including the written and video materials), and the translation of the introduction and table of contents. Dr Deng Changyou has done the translation of Chapters 4, 5 and 6. Professor Zhou Jianshe has done the writing of part of Section 3 in Chapter 1, and part of Section 3 in Chapter 3. Professor Ma Hongtao has done the writing of Section 2 in Chapter 1. Associate Professor Qiu Jiangang has done the writing of part of Section 1 in Chapter 1, part of Section 2 in Chapter 2, part of Section 3 in Appendix 1, and part of Section 2 in Chapter 6. Associate Professor Li Yanan has done the writing of Section 1, and part of Section 2 in Chapter 2, and part of Section 3 in Appendix 1. Associate Professor Xu Zhongqiu has done the writing of part of Sections 2 and 3 in Chapter 2, and part of Section 3 in Appendix 1. Associate Professor Feng Daoguang has done the writing of part of Section 3 in Chapter 2, part of Section 3 in Appendix 1, part of Section 3 in Appendix 2, and part of the work on video materials. Du Xuanjie, Luo Feng, Zhao Yuanyuan, Zeng Peng, Li Jiaguo and Chen Renying have done the photo compilation, and photographing and manufacturing of the video materials of the present textbook..

The success in the edition and publication of the present textbook is due to the guidance by the Department of Physical, Health and Arts Education of the Ministry of Education, and the Steering Committee for Physical Education in National Universities and Colleges, and to the support from Higher Education Press, South China Normal University, Hong Kong Institute of Education, Hunan Normal University, Beijing University of Physical Education, Chengdu Sport University, Henan University of Traditional Chinese Medicine, and Guangzhou Sport University. It is also due to the hard work of the students of South China Normal University, including PhD and Master candidates in the field of physical training and members of the aerobics team, who are involved in the choreography composition and photographing of part of the exercises demonstrated in the present textbook. We would like to take advantage of this occasion to extend our sincere gratitude to all the departments and personnel concerned.

Owing to the editors' limited knowledge, mistakes and errors in the book cannot be avoided. Any valuable opinions and criticisms would be highly appreciated.

The editors
March, 2011

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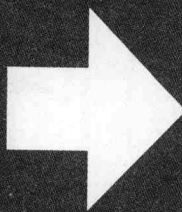
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Part I

健美操

Aerobic Gymnastics

1

第一章 健美操基本知识

学习目标

- ◆ 了解健美操运动的概念、分类与特点。
- ◆ 掌握健美操锻炼的原则与方法。
- ◆ 懂得如何观赏不同类型的健美操。

第一节 健美操运动概述

健美操作为一项独立的体育运动项目始于 20 世纪 60 年代末,源于人们对健康与美的追求。健美操是以有氧运动为基础,以健、力、美为特征,融体操、音乐、舞蹈为一体的大众健身方式,也是竞技运动的一个项目。通过徒手、手持轻器械和在专门器械上进行的健美操练习,可达到健身、健美和健心的目的,同时还具有竞技性、娱乐性和观赏性。2005 年,国际上将健美操统一命名为 Aerobic gymnastics (Aerobics)。

一、健美操的兴起与发展

(一) 现代健身健美操的兴起与发展

20 世纪 60 年代末,随着信息产业和电子技术的快速发展,人们脑力工作增加,体力活动减少,同时营养过多摄入,带来了一系列的健康危机,如肥胖、心血管疾病,以及各种压力增加引起的心理问题等人们越来越认识到“健康”的重要性和迫切性。

1968 年美国太空总署医生库帕 (Cooper) 博士根据宇航员所处的特殊环境和对宇航员身体机能的特殊要求,为体能训练设计了“Aerobic Exercise”,这种有氧操出现不久便因其对身体机能,尤其对心血管和体型的作用引起了人们的注意。1969 年杰姬·索伦森将这种有氧操与当时流行于美国黑人的各种爵士舞和非洲民间舞结合,创编了健身舞。这种舞带有娱乐性,形式新颖,把较

1

Chapter I**Fundamental knowledge
of Aerobic Gymnastics****Learning Objectives**

- ◆ To understand the concept, classifications and characteristics of aerobic gymnastics.
- ◆ To master the training principles and methods of aerobic gymnastics.
- ◆ To know how to appreciate different categories of aerobic gymnastics.

Section I Introduction of Aerobic Gymnastics

Aerobic gymnastics becomes an independent physical activity in late 60's and early 70's of the 20th century, as an exercise for people to pursuing body health and fitness. It builds its foundation on aerobic exercise, with the characteristics of health, strength, and fitness, integrating gymnastics, with music and dance into a way for public health. It is also a competitive event. People can achieve the objectives of body health, body fitness and psycho-health by practicing aerobic gymnastics with or without apparatus, with light equipment and special apparatus. Besides, it is an exercise with the features of competitiveness, recreation and appreciation. From 2005 onward, the unified name "aerobic gymnastics (aerobics)" was used internationally.

I. Rise and Development of Aerobic Gymnastics**(I) Rise and Development of Contemporary Fitness Aerobics**

The rapid growth of information and computing techniques in late 60's of the 20th century enable people to work with more "thinking" than "physical" output. With excessive ingestion of nutrients, there occurred a series of health problems, such as obesity, cardiovascular diseases, and psychological problems caused by stress. This has drawn people's attention to the importance and urgency of their "body health" increasingly.

In 1968, an American doctor of the National Aeronautics and Space Administration, Dr. Cooper, based on the astronauts special working environments and their body mechanism, designed a battery of aerobic exercise to meet their requirements. This aerobic exercise soon attracted people's attention due to its effects on body health, cardiovascular and somatotype. In 1969, Jacky Samson integrated the characteristics of aerobic exercise with popular Black American Jazz and African dance to develop a combination of aerobic exercise and dance, which is

强的节奏感和自然而大幅度的动作融为一体,对现代健美操的形成产生了深远的影响。

两次获奥斯卡金像奖和金球奖的好莱坞电影明星简·方达没有天生的好身材,为了“苗条”,她采用了“节食”、“呕吐”、服用可卡因和利尿剂等方法进行减肥。简·方达在经历了一系列减肥失败后,认识到“健康的美才是真正的美,持久的美”。从此,她走上了体育锻炼的减肥之路,并获成功。1981年,她撰写了《简·方达健身术》一书,并被译成20多种文字,在世界30多个国家发行,为世界健美操运动的发展做出很大贡献。

现代健美操传入中国是在20世纪70年代末80年代初。最初引进的是扭动全身各关节的非洲民间舞蹈与基本体操相结合的迪斯科健美操,后来把中国古老文化的武术、民间舞蹈等与欧美健美操融为一体,创造了具有中国特色的徒手健美操和持轻器械的健美操。高校健美操运动的开展在中国一直处于领先地位,目前健美操已被教育部列为高校体育教育专业的主干必修课,并已成为我国各级各类学校体育课或课外活动中一项深受师生欢迎的教学内容和锻炼项目。与此同时,各种健美操中心、俱乐部、培训班如雨后春笋般涌现出来。

(二) 现代竞技性健美操的发展

美国对健美操发展有着较大的影响。上千个健美操俱乐部、健身房遍布美国,为人们提供健美操锻炼的场所,1984年美国约有7万人参加各种类型的健美操练习。美国既推动了塑造体型、健康身心的健身健美操的发展,同时又是竞技健美操的创始国。

1983年,国际健美操联合会(IAF)在美国举办了第一届国际竞技健美操比赛,设有单人、混双、3人等竞赛项目,近百名运动员参加比赛。比较著名的竞技健美操比赛还有由国际健美操冠军联合会(ANAC)举办的世界健美操冠军赛。从1995年开始,国际体联(FIG)每年举办健美操世界锦标赛,到2009年已举办10届。除此以外,各健美操国际组织还单独或联合举办各种世界健美操巡回赛和大奖赛,以扩大健美操运动在世界范围的影响。竞技健美操,是一个很有生命力的竞技体育项目。目前,国际体联正在为使健美操成为奥运会项目而努力。

1986年4月6日在我国广州举办了首届“全国女子健美操邀请赛”,设有集体6人和个人两项比赛。1987年5月,在北京举办了我国首届正式的竞技健美操比赛——“长城杯健美操邀请赛”,进行了男女单人、混双、男女3人、混合6人5个项目的比赛。1989年1月,在贵州举行了第3届“长城杯健美操邀请赛”,正式使用了国家体委审定的具有中国特色的《健美操竞赛规则》,使我国竞技健美操朝着国际化方向发展。

recreational and innovative. It mixes with comparative strong rhythmic beats and natural and wide range of movements. It exerts a deep influence on the rise of contemporary aerobic exercise.

Jane Fonda, a Hollywood film actress, won twice the Oscar Gold Award and Golden Ball Award. She has no good body figure since her young age. In order to have a good body figure, she always adopted different ways to reduce her body weight, including going on a diet, vomiting, intake cocaine and diuretic medicine. After experiencing a series of failures, Jane Fonda realized "the genuine and permanent beauty is the beauty in body health". From that moment on, she was on the road to success by physical exercises. She wrote a book titled "Jane Fonda's Aerobics". The book, which was translated into more than 20 languages, circulated in more than 30 countries, which was a great contribution to the development of aerobic gymnastics throughout the world.

The contemporary aerobic gymnastics was disseminated to Mainland China in late 70's and early 80's of the 20th century. In the beginning, it was disco aerobics, which combined whole-body joint movements of African dance and basic gymnastics. Later it integrated Chinese cultural Wushu, people's public dance and European aerobics together to create free-hand aerobics and aerobics with light equipments, which were full of Chinese characteristics.

(II) The Rise and Development of Contemporary Sports Aerobics

The States exerts a comparative strong influence on the development of aerobic gymnastics, with more than a thousand aerobics clubs, fitness rooms to provide aerobic venues. In 1984, the States saw around 70 000 participants in practicing aerobic gymnastics. Apart from promoting the development of fitness aerobics aimed at body shaping, and physical and mental health, she is also the founder of sports aerobics.

In 1983, the International Aerobic Federation (IAF) organized the First International Sports Aerobics Competition. The events included Single, Mixed Double and 3-Men and nearly 100 athletes took part in this competition. More popular competitions including the World Championship Aerobics Competition were organized by the Association of National Aerobics Championship Worldwide (ANAC). Since 1995, the Federation International de Gymnastique (FIG) has organized the World Championship Aerobics Competition every year. 2009 saw the 10th Annual World Championship Aerobics Competition. Apart from that, different international aerobics associations also independently or jointly organized a series of Open International Championships and Grand Prix Competitions to broaden the influence of aerobic gymnastics in the world. Sports aerobics is a life-forced competitive activity. Today the Federation Internationale Gymnastique makes every effort to include aerobic gymnastics as one of the events in the Olympic Games.

In 6th April 1986, the First National Aerobics Invitation Competition of Women was held in Guangzhou. The events included 6 Group and Single competitions. In May 1987, the First National Aerobics Competition (The Great Wall Aerobics Invitation Competition) was officially held in Beijing. The competition included 5 events: Single (Men & Women), Mixed Double, Mixed Three and Mixed Six, respectively. In January, 1989, the Third Great Wall Cup Aerobics Invitation Competition was held in Guizhou and the newly developed Mainland China's rules and regulations, which were endorsed by the Sports Commission of China, were implemented to enable our national sports aerobics to develop rapidly in the orientation of internationalization.