

# Summary of the Present Situation and Prospects of the Synchronized Skipping Rope Association

Lei Cao<sup>1</sup>, Zhili Yuan<sup>2\*</sup>, Zhi Tang<sup>1,3</sup>

<sup>1</sup>School of Physical Education, Hunan University of Technology, Zhuzhou, 412000, China

<sup>2</sup>Xiangtan County Fenghuang Junior High School, Xiangtan, 411200, China

<sup>3</sup>The 13th Middle School of Zhuzhou City, Zhuzhou, 412000, China

**Abstract:** Synchronized rope skipping is a relatively popular sport with music accompaniment in recent years. It is rich in variety, various in style, and simple and complex. Changsha is the capital city and first-tier city of Hunan Province. It has a wide variety of sports, has a strong sense of fitness, and has an independent rope skipping association. This article is based on this research background. Research the development status and prospects of figure skipping in Changsha County through literature data method, survey method, mathematical statistics method, and logic analysis method. The research shows that the participants of figure skipping in Changsha County are mainly students and civil servants who have more leisure time. It is mainly practiced in the square after school and after school. Generally speaking, the number of participating people is small and the level is low. The figure skipping in Changsha County is still in the initial development stage. This article analyzes the development of Changsha county figure skipping, and explains the factors that affect the development of the skipping movement. It also proposes the future development strategy of Changsha county figure skipping.

**Keywords:** Synchronized skipping rope association; Synchronized skipping rope; Development status; Prospect analysis.

## 1. Introduction

### 1.1. Basis of topic selection

Pattern skipping is a kind of popular sport with music accompaniment, which is rich in variety, various in pattern, simple and complex in action, can jump for two or more people, mainly divided into five categories: personal rope, two people one rope, wheel rope, interactive rope and long rope. His development is not limited by venues, equipment and so on. Men, women, old and children can participate in it, which is convenient for popularization and promotion. It not only has a very good fitness effect, but also has a variety of characteristics such as cooperation, interest, fitness, challenge, performance and so on. It has become an effective means of people's fitness and entertainment. In 2012, it was listed as the key popularization and promotion project of national fitness by the State General Administration of sports. As the capital city of Hunan Province, Changsha County has many kinds of sports popularization, strong sense of fitness and independent rope skipping association, which lays a foundation for the research and investigation of this paper [1].

### 1.2. Research significance

Theoretical significance: in October 2017, the victory of the 19th national congress marked China's entry into a new era of socialism with Chinese characteristics, and the sports industry also entered a new era. [2] Rope skipping is a general aerobic exercise, which can better promote the overall movement of the body. It promotes the comprehensive exercise of nervous system, heart and other organs in the process of exercise, and plays an important role in promoting the development of physical and mental health. Synchronized rope skipping is a traditional sports event. It combines aerobics, pop music, dance and other new sports events on the basis of rope skipping, which can play a positive role in promoting the physical health of people of all ages. Practical significance: with the implementation of the national fitness plan, the mass sports awareness in Changsha County has been greatly enhanced, and the enthusiasm of the people to take part in the sports activities has been growing. Synchronized rope skipping is a sport that organically combines the fitness of running, the joy of jumping and the beauty of dancing. It can coordinate the muscles of all joints and parts of the body, and it is easy to operate and move. The utility model has the advantages of various styles, strong entertainment, suitable for men, women, old and young, and high safety. Some experts have pointed out that 10

minutes of continuous rope skipping is equivalent to 20 minutes of fitness dance or 30 minutes of jogging, which is a sport with less time and more energy consumption. through the investigation and Research on the first popular rope skipping test held by Changsha County pattern rope skipping association in Hunan Province, the statistics of the number of people who took the test in Changsha City, to find out the problems and put forward the feasible suggestions for the development of pattern rope skipping in Changsha [3].

### 1.3. Literature review

#### 1.3.1. Modern transformation of domestic synchronized rope skipping

Han Yu found out more than 100 years ago in the modern development path of synchronized rope skipping that Hu Deshou, the father of Hu Anmin, the founder of synchronized rope skipping in Shaanxi Province, learned and practiced "fancy rope skipping" with his mother when he was young, and then passed on the rope skills to his son Hu Anmin. It has gone through 5 generations and 130 years. In 1939, at the national sports performance conference held in Shaxian County, Fujian Province, personal rope skipping was set as a performance item. In 1959, Shaanxi Normal University held the first "rope skipping training course" in China. In 2003, Shanghai Institute of physical education established "jump · Shanghai Rope Skipping Team", which is the first provincial Rope Skipping Association named after rope skipping in China. From December 7 to 10, 2007, the first nationwide rope skipping competition - "Ling electric cup" was held in Guangzhou, and it has been extended to now.

With the development of rope skipping, today's rope skipping has been developed in the continuous interpretation and promotion of the modern transformation of rope skipping by Wang Haiying. It has developed from a single jump in the past, a boring form, to an art form integrating gymnastics, dance, skills, martial arts, boxing, hip-hop and other popular sports elements and music, combining strength with speed, pattern and difficulty. It has gradually become an excellent sports event with multiple functions, such as fitness, entertainment, viewing, competition and performance - synchronized rope skipping. [4] Pattern skipping is rich in content and various in form, which is deeply loved by the masses, especially by teenagers.

#### 1.3.2. Effect of synchronized rope skipping on different groups of people

Jiao Jiaxin in "the influence of 12 week synchronized rope skipping on the physique of primary school students" concluded that there was a significant decrease in the body fat rate of female students' upper limbs, thighs and whole body. It may be because the completion of

each technical action of synchronized rope skipping requires the coordination of arm rope swinging and leg jumping off the ground, and the upper limbs and thighs need to consume more energy. The improvement of vital capacity in the intervention group and the control group was statistically significant. It may be because the subjects in this study take part in "jumping lattice" activities in physical education class, which improves the strength of respiratory muscles. In the intervention group, the female students' performance in vertical jump was significantly improved, which may be due to the fact that synchronized rope skipping can effectively increase the strength of ankle, knee joint ligament and lower limb muscle strength. Pattern skipping breaks through the traditional way of swinging rope at the waist. Pattern skipping can improve the physical form, cardiopulmonary endurance and speed quality of primary school students, and improve the level of sports skills.

Huang Dazhi's research on the intervention of synchronized rope skipping on the physical quality of college girls. Synchronized rope skipping intervention can effectively improve the maximum strength, strength endurance and explosive force of College Students' lower limbs. It is very effective to improve the results of 50m running, standing long jump and 800m. At the same time, it has a certain effect on the abdominal strength and core strength of college girls, which is helpful to improve the performance of sit ups. It is very effective to promote the enhancement of national quality [5].

Zhang Xiumei's "feasibility study of offering rope skipping courses in Higher Vocational Colleges" can improve the rate of reaching the standard of students' physical health; cultivate students' interest in learning and good habit of participating in extracurricular exercises; cultivate students' ability of independent innovation; cultivate students' coordination and sense of rhythm; and cultivate students' spirit of group cooperation.

#### 1.3.3. Research on the value of synchronized rope skipping

As an important team teaching activity, pattern skipping not only has certain requirements for students' technical action and movement coordination ability, but also helps students to establish a sense of team cooperation and cooperation mentality, effectively improve their sense of personal mission, and better complete team delivery Task. In order to achieve this goal, it is necessary to do a good job in teaching practice in different levels and stages. Through scientific team configuration, the introduction of efficient teaching management concept and strengthening the cultivation of learning interests and other activities, we can improve the level of team awareness training, create a good atmosphere of team cooperation, and finally create conditions for college students to improve their sports coordination ability and cooperation spirit.

He Jinhua's discussion on the value of skipping rope and the method system of skipping rope: the operation of pattern skipping rope is simple, the equipment is required to be easy to carry, and there are many kinds of patterns. It can effectively improve the physical quality of skippers, and at the same time, it can also cultivate the innovation ability, enhance self-confidence and enhance team consciousness of skippers, which is loved by the majority of students. [6] Rope skipping has been recognized and studied all over the world, and has developed rapidly, showing the characteristics of organization, standardization and popularization. Domestic pattern skipping started late. In recent years, the development trend is relatively rapid. To sum up, at present, synchronized rope skipping is in its infancy. Most provinces and regions have promoted it to schools. Scholars also have a lot of research in this field. However, there are few researches on amateur popular groups. Based on the current situation of Changsha pattern Skipping Association, combined with the research experience of scholars, this paper offers suggestions for the development of pattern skipping in Changsha.

## **2. Prospect Analysis of Changsha Pattern Skipping Association**

### **2.1. Cultural value of traditional sports**

The development of rope skipping in our country has a history of thousands of years. Since Sui and Tang Dynasties, it has been a traditional leisure sports in our country and has been developing and evolving constantly. Pattern skipping is based on the development and evolution of skipping. It is a traditional folk leisure sports activity created by Chinese folk people through daily production and labor, and gradually promoted and developed [7]. It has rich traditional sports culture connotation and is the inheritance and development of sports culture in China.

### **2.2. Fitness and entertainment value**

Pattern skipping rope has many effects. It can strengthen the body and take part in pattern skipping for a long time. It can not only exercise the muscles of the whole body, but also eliminate the excess fat, keep the body fit, improve the development of human organs, be beneficial to the body and health, and improve the overall quality. Synchronized rope skipping can also entertain the body. It integrates music, dance and other elements, with various forms, happy rhythm and beautiful movements. It has been used as a festival celebration since ancient times and has great fitness and entertainment value and should be widely promoted.

### **2.3. Cultural value of sports spirit**

Pattern skipping rope can teach students to learn the spirit of persistent learning. The learning of pattern skipping

rope is not a simple one, but through long-term learning and accumulated exercise. Only perseverance can master the technique of pattern skipping rope. It can cultivate students' innovation consciousness. Pattern skipping rope is created by integrating various elements, developing pattern skipping rope, and letting students. The creation and improvement of their own actions can exercise the students' ability of independent innovation; they can also enhance their team consciousness and ability of unity and cooperation. The two person project and team project in synchronized rope skipping need the cooperation and cooperation between students. The key to their performance lies in the tacit degree of cooperation between students. Regular synchronized rope skipping training can exercise the unity of students. The spirit of cooperation and the concept of collectivism, therefore, synchronized skipping has a high educational value.

### **2.4. Market value of rope skipping training**

The training course for coaches and referees of Changsha synchronized rope skipping association has been held since 2017. From the vertical perspective, the number of coaches and referees of Changsha synchronized rope skipping association is on the rise. From the first training session, there are only 30 people. In 2019, the number of coaches' public welfare training reaches 145, and the cumulative number reaches 220. However, compared with Shanghai, Guangdong, Guizhou and other cities, Changsha synchronized rope skipping coaches still can't meet the public demand. The participants in the coach training course are mainly concentrated in primary and secondary schools and colleges and universities. From the perspective of the current situation of the participants, primary and secondary schools are more interested in the synchronized rope skipping project. It can be seen from this that the key groups of the synchronized rope skipping coach training market development in Changsha are university students and primary and secondary school teachers aged 18-30 [8].

### **2.5. Current situation of training market in primary and secondary schools**

Changsha Rope Skipping Association learned from interviews with leaders of more than 40 primary and secondary schools in recent years that most of the leaders gave support and affirmative attitude to the development of rope skipping in our school. The reason is that in recent years, with the reform of physical education and the development of sunshine sports, the school is in urgent need of injecting new vitality into the school; the second is that quality-oriented education in The national development is more comprehensive, most of the schools advocate the improvement of students' quality; third, the synchronized skipping rope has good ornamental, students can perform in the school sports meeting, leaders'

inspection and other major activities. Primary and secondary schools are fertile soil for the development of pattern skipping market, and the content to be developed is relatively complex. At present, the structure of pattern skipping technology needs to be sorted out clearly, and teaching according to the technical level according to different ages and levels. At the same time, more publicity needs to be added in the network, television, newspapers and other multimedia, so that more people can understand pattern skipping more easily.

### 3. Current Situation of the Training Market of the Square Rope Skipping Club

#### 3.1. Square club has a single profit model

The club collects a small amount of membership fees and only needs to buy a skipping rope to join the club. Therefore, a skipping rope can be bought for 60-120 Yuan. However, the management of square skipping rope is very loose, similar to square fitness dance, led by one or more coaches with better skills, playing rhythm music and skipping rope at will, lacking scientific and reasonable training plan. However, the square rope skipping population is huge and the business opportunities are unlimited. If we make a reasonable market development plan and effectively use resources, we can develop a pattern rope skipping blueprint market.

To sum up, at present, the market training value of Changsha synchronized rope skipping mainly includes the coach and referee training class held by Changsha synchronized rope skipping association, the synchronized Rope Skipping Team Training in primary and secondary schools and the rope skipping club run by social forces. From the perspective of training content, it can be divided into three types: mass entertainment training, rope skipping performance training and professional far mobilization training. The main participants are rope skipping enthusiasts, parents of primary and secondary schools and young children [9].

#### 3.2. Promotion approaches and strategies of pattern skipping in Changsha

In the next 1-2 years, the focus of the market development of synchronized rope skipping in Changsha is to set up a performance team, coach training, entry class and summer camp. Performance teams are mainly set up for primary and secondary schools and community cultural centers; coaches train young college students and primary and secondary school physical education teachers aged 18-40; entry-level classes and summer camps are mainly for young people who like to jump rope. Another kind of potential training is the speed training of the middle school entrance examination, the arrangement of large-scale rope operation, and the excellent class, etc. Chinese pattern

### 4. Recommendations

Continue to increase the publicity and promotion of synchronized rope skipping, especially in suburban areas and counties, and attract more attention from relevant functional departments and the society, adhere to the school sports teaching promotion and do a good job in expanding the social competition and performance policies and plans, promote the school sports to the social sports track, so that more different groups can increase their understanding of synchronized rope skipping and drive the surrounding people to actively participate in it And one of them.

Improve the training system for the coaches and referees of rope skipping and improve the training efficiency; physical education teachers should constantly improve their personal professional skills and actively explore and develop appropriate training contents, methods and means for primary and secondary schools at all ages, and do a good job in teaching evaluation and feedback, which is the necessary guarantee for improving the teaching quality [10].

Standardize the current organization of the competition related to synchronized rope skipping in Changsha County, increase the individual competitions of synchronized rope skipping, such as interactive rope, wheel skipping, net rope and other representative individual competitions, constantly improve and standardize the rules of synchronized rope skipping competition according to the development trend, increase the theorization, standardization, organization and competition of synchronized rope skipping, and make it healthy, stable and positive development.

Synchronized rope skipping, which originated in China in the final analysis, is one of the National Traditional Sports in China. In recent years, it has become popular, and its development and attention are far less than that of foreign countries. China should strengthen the protection and inheritance of national sports culture, strengthen the training of national consciousness in primary and secondary schools, so that the excellent national traditional sports culture can be inherited.

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