

Practical Analysis of Sports Dance Teaching in Colleges and Universities

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Abstract. Sports dance is one of sports events, with the characteristics of competition, communication and interaction. The establishment of sports dance in colleges and universities must be highly valued by teachers. It is very important to accumulate experience and sump up lessons in practice and to find ways to promote the two-way development of students' comprehensive quality and comprehensive ability. In the process of sports dance teaching, teachers should use a variety of teaching methods to fully stimulate students' interest in learning, should learn to respect students and encourage them, and guide them to break through themselves in the right direction, thereby achieving the twice desired results with half the effort, and accelerating the long-term planning process of the higher education business.

1. Introduction

Sports dance is the main content of physical education classroom teaching in colleges and universities. Under the background of the new curriculum reform, the optimization of sports dance teaching model, the supplement of teaching content and the study of teaching strategies are carried. The targeted action guidance shall be carried out according to the students' physical conditions. Meanwhile, cultivating students' psychological quality and aesthetic is a difficult task that teachers must accomplish. In view of this, the author deliberately elaborated several to different views, hoping to bring some positive impact to the orderly progress of other teachers' practical work.

2. Embodiment of the Value of Sports Dance Exercise

Sports dance is an aerobic sport. The author analyzes the value of sports dance exercise from different angles. First of all, sports dance has fitness value [1]. On the whole, people's heart and lung function will be improved, metabolism will be accelerated and the purpose of delaying aging will be achieved if they often participate in sports dance exercise activity. Only when people's constitution has changed, their ability to move will become better and better. Secondly, sports dance has a healthy value. Music and dance are created to meet people's emotional needs, and help people to constantly enhance their vitality and vent bad emotions. When music with beautiful melody and clear rhythm is played, coupled with elegant, light and graceful dance steps, people will gain a different emotional experience, feel the strong aesthetic edification. Sports dance can eliminate fatigue and purify the mind. The widespread promotion of sports dance as an effective means of mental health care has a certain practical significance. Thirdly, sports dance has bodybuilding. We dance in the beautiful music melody to present the static things and show the dynamic posture with superb dance skills, successfully create the wonderful artistic conception, and keep creating in the enjoyment of the beauty, thus truly realizing the organic combination of health and beauty. Finally, sports dance has communicative value. In modern society, sports dance is a very popular social activity, and it is also entertaining and can produce healthy civilization. The opportunities of communication can be increased in the training of sports dance to meet people's psychological needs and spiritual needs, and to enhance communication in a pleasant atmosphere. As a result, not only the integration of people's thoughts and emotions and people gain psychological enjoyment, but also people's amateur life becomes very rich. When faced with challenges and various choices, people will become extremely firm and make themselves more confident.

3. Practical Significance of Sports Dance Teaching in Colleges and Universities

3.1 Promote students' healthy development

Sports dance teaching in colleges and universities is an emerging sports program, aiming at cultivating students' civility and courtesy, manner of dealing with people, physical posture, so as to promote the development of their comprehensive quality and the improvement of talent value. Sports dance includes walking, jumping, turning, etc., and guiding students in correct posture during normal training has great significance for the perfect coordination of their body shape^[2]. Giving full play to the corrective role of sports dance is more conducive to college students' physical and mental health, and the growth of their main advantages.

3.2 Guide students' appreciation sentiment

In terms of form of expression, sports dance is an individual and collective practice. During the exercise, participants are required to cooperate with each other and dance in a good musical atmosphere. The training process of sports dance pursues the combination of creating beauty, artistic beauty and realistic beauty. Teachers guide students to actively participate, which is beneficial to the improvement of their appreciation ability, performance ability and practice ability. Sports dance is a pleasing teaching activity. During the practice process, it gives students spiritual pleasure and personality edification. Its value of sentiment education needs to be explored.

3.3 Advance the socialization process

College students have their own special way of thinking, and sports dance helps students develop non-cognitive factors. The teachers' design of teaching programs and the organization of training activities should focus on cultivating students' good qualities such as decisiveness, self-control, independence and collectivism. As a result, students have a positive and optimistic attitude, coordinated body, healthy growth of mind and body, and a sense of teamwork and cooperation established in a subtle and step-by-step progress, which will benefit them for life [3]. College students' psychological characteristics and physiological characteristics have basically matured. They hope to take the road they want to go. The course of sports dance specially offered by colleges and universities will add different colors to students' lives in the future, open a new chapter in quality education and promote the sustained growth of the overall education level in our country.

4. Relevant Recommendations for Practice of Sports Dance in Colleges and Universities

4.1 Cultivating the interest in sports dance

Students' participation in any kind of learning activities must have a keen interest. The interest dominates motivation, motivation strengthens learning, which makes all complex factors simple, virtually reduces the teacher's teaching burden and optimizes the classroom teaching effect. Sports dance is an action, in which students need motivation to participate. For example, in order to improve their own dance level; in order to open up their own development space; in order to have a higher talent value, strive to become the high-quality and versatile pillar of society, and occupy an absolute dominant position in fierce social competition. The sports dance teaching in colleges and universities should first stimulate students' strong interest in learning, mobilize students' strong learning motivation, and try to change their state of passive thinking and blind practice, which is more conducive to the smooth implementation of the follow-up talent training plan. Teachers need to make more efforts and invest more energy to explore students' intrinsic motivation needs during their learning. Whether it is the choice of teaching materials or the innovation of teaching methods, teachers should consider students' actual situation and meet their main will. The sports dance is characterized by producing music beauty, action beauty, posture beauty and shape beauty, and mobilizing students' emotional pursuits, so that they can find the charm of sports dance in specific

situations, and are determined to be an outstanding person having ideals and pursuits, achieve success step by step, and create their own beautiful new life in the future.

4.2 Improve the Teaching of Sports Dance

Physical education teachers in colleges and universities should improve their teaching ability and improve the teaching content and teaching methods of sports dance. As the more teaching methods, the higher the interest of students. The choice of appropriate content can solve the tedious teaching steps and the formalization of teaching. Sports dance has different styles and different sports characteristics. Therefore, teachers must combine the specific dance content, improve the students' cognitive system in rationalized teaching, take them as the center, and take fun teaching as the goal, and constantly improve the students' personality, continuously enhance the effectiveness of teaching. After enhancing the ability of social interaction in the sports dance activities, students will have more room for growth. We have been adhering to this principle, and will soon harvest the outstanding achievements of higher education.

4.3 Build a New Teaching Model

Network and multimedia teaching is a new teaching method. Building a new teaching mode and advocating students to learn independently is the core of sports dance teaching in colleges and universities. First of all, the multimedia equipment can be used to play video materials, so that students can dynamically watch dance movements and learn dance skills carefully, and at the same time, teachers can encourage them, so as to promote teaching efficiently and intuitively; secondly, information technology, network technology and other modern teaching method can be used to organize students to learn professional knowledge of dance, infiltrate the concept of dance projects, and induce students to devote themselves to training; thirdly, where applicable, teachers can guide the student group to cooperate in learning, so that the "excellent students" can lead the "students with learning difficulties", and the "medium students" help the "backward students". Watching the courseware of sports dance can achieve the purpose of self-study, and make up their own defects [4]. The students can actively think about the video and have a new understanding of the video content. As a result, teachers gradually infiltrate new ideas, the effect of students' understanding can be imagined, the overall teaching has a clear direction, and the value of research on sports dance is huge. Then some of the problems that follow can be solved. Being targeted in practice, students' growth into highly qualified talents can be expected soon.

5. Problems that Must be Paid Attention to in Sports Dance Teaching in Colleges and Universities

College students accept new things faster, and their characteristics of knowledge understanding and knowledge application are relatively strong. At the beginning of sports dance teaching, they shall be taught that the cultural concepts, information sources, evolution history and background information belongs to the humanistic factors of sports, and that the ethnic dances, dance movements, training techniques and activity points belong to the interactive factors of sports. Only when teachers have a comprehensive understanding of sports dance and have improved their level of teaching service, students can accept, understand and love sports dance[5]. Highlighting the humanistic connection of sports dance and cultivating students' humanistic qualities can not be achieved overnight. Therefore, it is very difficult to optimize the teaching effect and enhance students' interactive enthusiasm. The essential part of sports dance teaching is "teaching students in accordance with their aptitude", because the targeted teaching practice has a certain practical significance, students' active thinking and active participation can guarantee the control of the overall teaching rhythm. However, some students hold the attitude of "no great importance". They blindly participate in the sports dance training, just remember what teachers teach, do not take the initiative to think, and even dare not break through the limitations. In order to solve the problem, our college teachers should choose scientific content, highlight the social nature of the teaching, encourage students to feed back their

training results in a timely manner, and thus revise and adjust the teaching plan. Only when each link is perfectly matched, the true value of physical teaching work and sports dance teaching in colleges and universities can be reflected incisively and vividly.

6. Conclusion

All in all, sports dance is an important content of physical education in colleges and universities, and there are some problems to be solved in the course of activities. We should focus on the growth of students and understand students' actual needs from different angles, so as to optimize the teaching plan and improve the teaching efficiency. By grasping students' personality characteristics and cognitive laws in details and promoting their individualized development, the function of educating people in colleges and universities will be better played and more effective.

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