

Study on the Aesthetic Education Value of College Sports Dance and Its Realization Approach

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Keywords: Sports dance; Aesthetic education

Abstract. With the development of social economy, the role of leisure sports has been paid more and more attention by the state, especially for the aesthetic education of college students. Now college students because of multiple reasons addicted to the network, skipped classes to play games, eating the phenomenon of irregularities in colleges and universities ubiquitous, sports dance is to become college students to eliminate empty and lonely channels, is the contemporary college students go out of the network, out of the bedroom, one of the best leisure sports options. Sports dance for the contemporary college students to pursue the United States, enjoy the United States, appreciation of the United States, found that the United States has a great role in promoting the students to develop their physical posture beauty, physical beauty, interpersonal harmony and improve the appreciation of music, play an extremely important role.

In the 21st century, the development of social economy has promoted the vigorous development of China's competitive sports, China is in the transition from the emphasis on the development of competitive sports to the emphasis on leisure sports. Sports dance as a general leisure movement, favored by the extensive crowd of all ages. Sports dance, especially for contemporary college students, has great aesthetic education significance, it can improve the aesthetic awareness, learning and understanding of college students, college students in the process of learning sports dance can promote the development of interpersonal skills, cultivate college students elegant health aesthetic values. In recent years, National Ministry of Education put forward three steps aiming at preventing college students away from online games, strengthening the movement, to be positive and hard work. While the nature and characteristics of sports dance is to meet the needs of contemporary college students.

In the process of learning and appreciation of sports dance, people tend to only focus on the physical form, the aesthetic level of sports technology, however, the concerns of sports dance in cultivating people's aesthetic awareness and aesthetic ability is not enough. At present, most of these studies only focus on the macro level, function and understanding of the sports dance aesthetic education is not deep enough. Therefore, to further expand and enrich the aesthetic value of sports dance has become an important issue.

The Aesthetic Value of Sports Dance

Sports dance can effectively improve the students' awareness of beauty, learning and understanding to aesthetics, in the process of sports dance learning, through the learning of shape, attitude, costumes, rituals, dance, move, music, spirit, technology, you can create a beautiful body and the ability of music appreciation, to promote the development of interpersonal skills, and cultivate elegant and health aesthetic values for college students. Sports dance has a great role in for the contemporary college students to pursue the beauty, enjoy the beauty, appreciate the beauty, find the beauty, play an extremely important role in developing physical posture beauty, physical beauty, interpersonal harmony and the ability of appreciation of music.

Sports Dance can improve the Beauty of Posture and Shape for College Students. College students learning sports dance can improve their posture beauty. The posture beauty of sports dance is the posture of body, the embodiment of the movement of the body, through the various joints of body, skeletal muscle tissue to present the beauty of the external body shape, it can fully show the stature of college students temperament. The requirements of sports dance on the body shape and physical posture to the dancers are particularly high, and on the basis of disciplines of the sports

anatomy, training and other disciplines, they follow the correct law of the human body joints, it requires dancers in practice or competition must be knee on the floor, tail drum, pull the teeth, lift the chest, stress the shoulder, take the chin these body posture, so that each body gestures can give people the feeling of beauty. Body stretch and tension change, elegant and dignified body posture show the dancers with superb spirit, the audience like it more. Therefore, college students adhere to study and practice sports dance in the long-term, not only cultivate the dignified atmosphere without losing the elegant dancers temperament, but also as the posture basis of national dance, ballet and other dances.

College students learning sports dance can improve their physical beauty. The beauty of sports dance is the basis condition of the formation of sports dance beauty, the body shape and sexy muscle lines can show the physical beauty. Its beauty is shown through the instep, legs, waist, back, chest, shoulder, and neck and neck of the dancers. Due to gender differences, sports dance in the physical characteristics for men and women show a unique aesthetic characteristics. The soft feelings of male and female dancers are integrated into the physical dance of the physical movements under the accompaniment of music, which shaped the body image of dancers, just to prove that the sports dance itself "began in the situation but showed in the body."

Sports Dance can Improve the Health Beauty and Music Beauty of College Students.

College students learn sports dance can improve their health beauty. The most obvious positive effect of sports dance on the human body is reflected in the body shaping of the dancers, this body shaping is completed under the guidance of the law of the aesthetic theory. Through scientific and rigorous sports dance teaching and training, College students can promote the bodybuilding development of the body bones and muscles, thus shaping the symmetry and healthy body shape, beautiful body posture, strong body bones, strong muscle tissue and healthy color. The College students learning and practicing sports dance can promote its cardiovascular tissue and cardiopulmonary function to get a great exercise.

College students learning sports dance can improving their musical beauty. Sports dance music is roughly divided into three categories of lyrical soft, passionate, lively and vigorous. Beautiful and elegant melody, bright and cheerful combination of rhythm, colorful dance style and dance together show the perfect combination of visual, emotional and auditory beauty of the aesthetic enjoyment, so that the unique artistic expression of sports dance become much richer, but should be on the condition of the perfect combination of dance emotion and music emotion. Sports dance music is one of the ways to reflect the style of dance, different dance music embodies the different styles of dance taste, that is, it can mobilize people's same emotions with the emotional rhythm of music, but also give people different beauty to enjoy. Each of sports dance has a personality to express the music distinctively and delicately, combining with the dance action to reflect the aesthetic value of sports arts.

Sports Dance can improve the Performance Beauty and Ritual Beauty of College Students.

College students learn sports dance can improve their performance beauty. The performance of the drama story in sports dance is one of the biggest viewing highlights of sports dancing. Male and female dancers in the dance through the body language, dance movements and the sincere feelings by expression can infect the audience, giving people the perfect unity of beauty in the visual, auditory and the soul.

College students learning sports dance improve their ritual beauty. In the sports dance, there is a specific set of normative etiquette that men invite ladies, ladies also have a set of specially accepted men invited the norms of etiquette, this etiquette is indispensable in the invitation of the dance partner in the dance and dance competition. Men and women dancers must follow the rules of any ritual movements, that not only reflects the ritual beauty of the mutual respect, but also the greatest ceremonial respect on the audience. Sports dance this set of ritual aesthetic orientation determines the atmosphere of sports dancers without losing the elegant temperament and high personal accomplishment.

Sports Dance can improve the Clothing Beauty and Spirit Beauty of College Students.

College students learning sports dance can improve their clothing beauty. The dress of sports dance,

modern dancers wear tuxedo, ladies wear evening dress. These colorful costumes highlight the pursuit of curve style beauty and free and unrestrained dance emotions in the sports arts movement, while improving the sport dance unique ornamental, is an essential condition of sports dance beauty.

College students learning sports dance can improve their spiritual beauty. Sports dance is an elegant and civilized sports art project, sports dance style, ritual express rich connotation of the spirit of dancers. In the process of learning and practicing sports dance, college students can not only liberate from the repeated online games, promoting the development of physical and psychological, but also cultivate people to dress generously decent and neat habit and civilized courtesy behavior, as well as self-reliance, self-confidence and self-esteem personality characteristics. So that sports dance is a high level of spiritual enjoyment, is a necessary condition for college students to face the society.

The Way to Realize the Value of Aesthetic Education in Sports Dance

Open Sports Dance Public Elective Course. Open sports dance public elective course. The traditional teaching method is that the teacher's explanation and demonstration of dance technical action, the students take exercise in order to learn to action, this will lead to the utilitarian of learning purpose of students. Sports dance itself is the process of learning step by step, on the condition of limited time, we should focus on training students to learn healthy psychology of dance. Before the sports dance elective course, stay some time for students to see some of the master's dance works in the activities of stretching. And in the practice of sports dance movements, each student video can be shot down, for them to correct their actions after school, they can improve their own learning in the dance technology, to promote students to pursuit of aesthetic training in the study of sports dance.

Establish Sports Dance Association. The establishment of sports dance association, members in association learn from each other, promote each other, make a progress together in a common hobby environment. It can cultivate students' communicative ability, learn how to help others to make a progress together in the process of studying sports dance, promote the development of their psychological beauty. Because the sports dance itself is very strict with the etiquette, men should be very gentle to the female companion, inclusive, kind and friendly to his teammates. In such a ritual environment, the relationship between the members of the association can be harmonious development, run the school cultural activities well by collaborative school other societies, not only can cultivate students' sense of responsibility and ability to work, but also can promote the cultivation of students' moral beauty.

Open Sports Dance Party. The dance party can be regularly held In the weekend, sports dance has a specific set of normative etiquette that men invite ladies, ladies also have a specially designed etiquette to accept the invitation of men, this etiquette is indispensable in an invitation for dance partner. Men and women dancers must follow the rules for any ritual movements, so it not only reflects the mutual respect between the ritual of beauty, but also the greatest ceremonial respect on the audience. This set of ritual aesthetic orientation for sports dance determines the atmosphere of sports dancers without losing the elegant temperament and high personal accomplishment.

Participate in School Performances Inside and Outside. Sports dance action are arranged based on sports anatomy, training, human science and other disciplines, following the body joint movement force order, so it is the complete unity of the dance in visual, auditory and tactile, the performance is also highly ornamental and artistic. Sports dance is an elegant and civilized sports art project, dance style, ritual expression the rich connotation of the spirit of dancers, the audience will also be got the infection of its connotation in the appreciation of sports dance performances. The beauty of the rituals of sports dancing can also promote the perception and understanding of the audience, and further subtle it and become their own things. Moreover, for performers participating in sports dance, it can promote its external expression and communication skills.

Open Sports Dance Public Course. Sports dancing are very strict with the body requirements of dancers, it requires the dancers in the practice must be done on the knee on the floor, tail drum, teeth, lift the chest, pres the shoulder, pull away jaw these body postures, so that each body posture

action can give people the feeling of beauty. While now many students in the colleges and universities are obsessed with the network, these students get physical body deformation, no regular accommodation and do not love sports due to long-term online. Through the open course, students can learn sports dance, learning sports dance body requirements, spiritual connotation, entertainment beauty, students long-term addiction in the online game find good channels to vanish empty, boring and lonely, and cultivate good habits, find self-confidence, gradually cultivate their own psychological beauty, strengthen personal accomplishment.

Conclusion

Sports dance, it is very strict on the dance action or rituals and dress, developing on the basis of anatomy, training and aesthetic disciplines, and today the sports dance we see is evolved by following a certain development law. Learning sports dance can cultivate the etiquette of college students, dress neat, and further improve personal accomplishment and the ability of finding beauty, appreciating beauty and creating beauty. Learning process of sports dance itself is repeated, long-term, adhering to the study of sports dance can cultivate willpower and self-confidence of college students .

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