Research on the Cultivation of Artistic Accomplishment of Dance Education in Colleges and Universities

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Abstract. Dance art education, as one of the most important means, has broad prospects for future development. The college dance art teachers should be aware of their sense of mission and responsibility, and the dance art education and teaching work is still tortuous and long, and has a long way to go. To explore the strategies of cultivating college dance education is based on the specific artistic accomplishment, the lack of humanities, to analyze the current dance education in University in the process of art practice and not standard lack of problems, and expounds the influence of dance education on College Students' art quality, finally expounds the points of promotion of dance education in university the artistic accomplishment of teaching strategies, and hopes to be helpful in optimizing the dance curriculum construction quality.

Introduction

Dance is known as the "mother of art", mainly because it can listen to the artistic way of the individual's voice directly. Dance education art can be regarded as an effective way to promote the development of quality education. In recent years, colleges and universities in China have created dance teaching courses. Its purpose is to promote the development of dance education, enhance the overall artistic level of college students, and enhance the physical and mental health of college students. The cultural connotation of dance is interconnected with other subjects, and the learning of dance knowledge helps to enhance the students' cognition and depth of understanding of the subject. This paper analyzes the current situation, influence and strategy of dance education in Colleges and universities.

Analysis on the current situation of dance education in Colleges and Universities

Lack of Humanistic Quality

The overall analysis of the characteristics of the dance education in Chinese colleges and universities, the lack of students' humanistic quality is a very common phenomenon. The emphasis is placed on the traditional dance education training students physique and body movements, usually in the indoor practice course curriculum oriented to cultivate students’ professional dance skills for the purpose, not pay attention to the theory of knowledge, thus ignoring the humanistic knowledge will teach and study content. The special national standard of "overall" professional also caused the lack of humane quality. In the groups of college students, to understand his dancing skills but the subjects lack awareness of students humanistic quality It is often seen., poor difficult to meet the development needs of modern society, it is difficult to make students get a tiny bit of land in society . Some people learn to dance students as "vase", a gorgeous and elegant posture, but no rich heritage and internal. This style of dance can not convey the power of moving people, nor can they agree with the thought of the ornamental, and get a common sense of emotion.
Not Enough Art Practice

In the past dance education in Colleges and universities, art practice is only set up as an additional link in classroom teaching, and the proportion of class hour in dance teaching system is relatively small. Most schools only organize students to participate in the art practice only in the festival celebrations that organize large theatrical performances for the school. Such fixed and procedural art practice is not conducive to students' artistic talent, and in the environment of limited number and limited scale, the gap between students' artistic literacy is further extended. Most of the students in Colleges and universities in China only have the opportunity to touch the knowledge of dance culture in the classroom teaching, and play a part of the ordinary audience in the environment outside the classroom. In such a teaching environment, students' dance skills are not effectively exercised and perfected, while the learning interest of dance culture knowledge is relatively low. Dance education is a kind of spiritual discipline, body movements, facial expression of dancers, even breathing frequency can be complicated inner world of the show, the audience cannot get diversified aesthetic feelings, if the student is in a relatively closed environment to enhance skills, cannot convey the profound dance creator true feelings in boring environment. Growing up in a closed environment in the teaching of students, usually dance skills no progress and breakthrough, hidebound, although in the professional skills may have some achievements, but the choreography, dance and so on innovative practice ability cannot meet the serious lack of all-round dance talent development of modern society, the standard.

Lack of Standardization and Normalization

At present, most domestic universities create art curriculum subjects and lack of clear goals, teaching contents and teaching methods have a systematic plan, there is no reference to schools to carry out effective evaluation standard in the future development needs of the situation and professional, which resulted in some college dance education curriculum evolved into a kind of ornament. No, the importance is reflected in the growth of the students value, and students benefit in learning dance cultural knowledge in the process. In addition, the majority of the art courses in Colleges and universities are dominated by elective courses, including two types of optional courses and limited elective courses. Under the lack of systematic curriculum content planning, only a few students participate in the teaching of dance courses. At this time, the role of dance teaching in cultivating college students' artistic quality is self-evident.

The Influence of Dance Teaching on the Artistic Quality of College Students

Dance Teaching Helps to Improve College Students' Artistic Quality and Enhance Students' Understanding of Dance Art

As an elegant art, dance is not everyone's ability to master dance skills, but everyone has the right to appreciate and appreciate the beauty of dance art. With the help of dance appreciation in dance teaching, students can touch some basic knowledge of dance, deepen their understanding of the connotation of dance, appreciate the strong charm of dance, and know the meaning of dance. Only on the basis of understanding the deep meaning of the dance, the students have the ability to feel the spirit and emotion that they cover during the period of understanding. Therefore, in the follow-up development of college dance courses, dance appreciation courses should be created actively, and it is set up as an effective way to improve the artistic quality of college students.

Dance Teaching Can Enrich the Aesthetic Interest of College Students and Cultivate the Sentiments of College Students

The cultural connotation of dance art is diversified. Its cultural knowledge involves broad categories and reflects the holistic features. It is constructed by the branch of humanistic spirit, aesthetic art and philosophical thinking, which is conducive to edify the aesthetic taste of . With the help of participation in dance courses, college students enrich their knowledge system of dance, feel
different styles of dance, experience different ethnic customs, and recognize the difference between
eastern and Western dance cultures. In addition, dance teaching helps to cultivate students' sentiment with its unique appeal, and matches the emotional needs of the students. Under the guidance of dance art, college students are likely to form a positive attitude and an enterprising spirit of practice. From this level of analysis, the creation of dance teaching courses in Colleges and universities helps to help college students to form excellent moral integrity and shape good character.

**Dance Teaching Can Strengthen the Psychological Quality of College Students**

Dance is a kind of human behavior art, and the dance body movement is the product of fine design. There is a close relationship between choreography and individual image thinking in the planning process. The appreciation of dance art is also related to image thinking. College students can feel the inner spirit of dance works by way of associative ability. In the process of dance, students indulge them, and effectively relax the emotion development needs are met, life and academic pressure has been effectively released, mental pleasure immediately produce, promote the students' physical and mental health development process, improve their mental quality level.

**Dance Teaching is Helpful to the Aesthetic Education of College Students**

The teaching of dance art can be regarded as one of the important channels for college students to carry out aesthetic education. Dance teaching has the characteristics of intuition and image. Students experience beauty and create beauty in participating environment, thus deepening the understanding depth of aesthetic connotation. This kind of educational value is not adjacent to other disciplines. At the same time, dance teaching can help students to shape the shape, help students to cultivate good aesthetic consciousness and healthy aesthetic taste. On the basis of beautifying the consciousness of students, it will help us to enhance the unity and aesthetics of students' physique and mental development on the basis of transition to the level of concept and character, in terms of manners and manners.

**Countermeasures for the Cultivation of Artistic Accomplishment of Dance Education in Colleges and Universities**

**Dance Teaching Must Pay Attention to the Training of Dynamic Law in the Performance of the Repertoire**

From the microscopic point of view, the reason why the dance of a nation is in the undefeated forest in the traditional cultural system is mainly supported by the law of motion. The law of gravity can be regarded as a dance style, moves for a dance class and he dances mainly marked distinction. For example, the Mongolian dances are generally six dynamic laws, such as circular winding law, torsional and kneading law, yaw twisting law, undulating law, reflection law, and point dynamic law, such as. In the course of learning dance skills, students can grasp the characteristics of these laws in an all-round way, then they can also grasp the style of Mongolian dance. In the teaching of dance courses, teachers should pay a certain amount of attention to the following points:

1. Follow from simple to complex, step by step, many training principles. The law of training in a single action training is the basis of a gradual transition to all kinds of movements, teachers should be fine on the training content of planning and process, in order to make students accurate and normative in practice and improved continuously strengthen the body movement, do calm nature, clear and beautiful, with body movements will feeling full transfer out, fingers are filled with the beauty of music.

2. Assist students to identify the source of the law. In the teaching of dance theory and knowledge, teachers should speak clearly and thoroughly about the source of every middle law, so as to provide convenience for students to understand and master the characteristics of mobile law. For example, in the process of explaining the circle around the moving rule, teachers can use case teaching method, and use multimedia information technology to show the scenes related to the
production, life and customs of the herdsmen, so that the teaching of round around motion law in
dance has greater support.

(3) Should emphasize the internal and external consistency, avoid actions shall be from beginning
to end. In the process of imparting the skills of dance movements, teachers should give play to the
guiding role and stimulate the inner feeling of the students. For example, in the arrangement of
"Mongolian Bowl Dance" in the course of teaching, teachers use the yaw twisting law, to perfect the
Mongolian melodious, soulful disposition characteristics reveal out. "Horizontal" refers to the
consistency of movement and law in the left and right directions of the horizontal line. "Swing"
means that the two hands swing on the horizontal line up and down, and the twisting refers to the
corresponding twisting of the waist with the swaying of the two hands. The integration is called the
yaw pendulum law. This action is the foundation of the dancing, most people will know a little, but
not all can achieve the perfect standard per capita. In the process of imparting the rate of motion.
Teachers can use words to inspire students to guide them to apply body language and spirit to the
implicit, steady and large beauty that is unique to the performance of the Mongolia nation.

The Creation of an Art Community

Art associations play a leading role in dancing talents and realize artistic dream for college students.
They are developing into the effective force of enriching campus cultural life in the process of
university development. With the help of creating art associations, we can create a good space for
students to develop their artistic skills, help them build progressive self-confidence and enhance
their ability of collaborative communication. The construction of the art society can arouse the
students' enthusiasm to participate in the dance art activities and improve their artistic quality.

Promoting the Development of "Diversified" Teaching Mode

In the new era, in order to meet the development needs of quality education, dance education in
Colleges and universities should actively promote the development of teaching mode towards
diversification. The realization of the above goals is not to be accomplished overnight. The
following two aspects should be done well:

(1) Constantly strengthen the practice of teaching. Dance is a practical subject, so in practice
teaching, teachers are imparting professional knowledge of dance.

(2) Cultivate the spirit and habit of learning practical skills to improve the overall ability. The
form of dance education should be constantly strengthened. The dance elective course should be
oriented to ordinary college students, with the teaching content of style and interest as the leading
factor, encouraging students to communicate more and create more. In addition, various activities
such as Dance Exchange Association, salon, thematic discussion and other activities have been
carried out to expand the depth and breadth of activities, and constantly stimulate students'
enthusiasm for learning dance art.

Dance Teaching Must be Strengthened with the Practice of Performance

Dance is a highly practical art. Therefore, in dance teaching, teachers must reduce the distance
between rehearsal room and stage, pay attention to the training and training of skills, and pay
attention to students' understanding of dance content. In the teaching content, teachers can adopt a
combination of some part of the action for fine performance, to enhance the performance of
students ability to lay the foundation for subsequent stage practice. For example, "kneading back
combination" is a performance combination of the theme of singing the prairie and loving home.

Conclusion

The content of the full text will have a more comprehensive understanding of the significance and
status quo of the training of college dance education, and also grasp several teaching strategies to
enhance the artistic accomplishment of dance education in Colleges and universities. Colleges and
universities should give some attention to dance teaching, enrich the content of dance education and
innovate teaching mode. Efforts should be made to strengthen the construction of dance courses,
carry out dance appreciation activities in a targeted manner, so as to carry out the goal of College Students’ artistic quality education and deliver high-quality talents for social and economic development.

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