A Probe into the Infiltration Path of Aesthetic Education in College Dance Teaching Based on Multimedia Technology

Hao Wang1,*
1Chengdu Polytechnic Chengdu, SiChuan, China, 610041

*Corresponding author e-mail: wanghao@cdp.edu.cn

Abstract. Based on the interpretation of dance connotation and its aesthetic value, this article uses literature method and teaching practice method to study the aesthetic education path in college dance teaching. The research results show that with the help of multimedia technology, dance can help teachers and students, dance to cultivate the correct aesthetics, shape the form of beauty, and cultivate the aesthetic education function of the creative ability of beauty; college dance teachers should use "inject beauty in theoretical teaching" and "show in practical teaching" Three methods of "beauty" carry out aesthetic education to students.

Keywords: Colleges and Universities, Aesthetic Education, Dance Teaching, Multimedia Technology

1. Introduction
Sports dance is a new university physical education course in recent years. It combines music, sports, dance, performance, and art. It has strong ornamental and expressive power, and its artistic appeal cannot be underestimated. Therefore, sports dance teaching is well received by college students. Many colleges and universities have opened sports dance classes to facilitate students' learning. Sports dance is a very important course in college physical education1-3. With the popularization and development of sports dance courses in colleges and universities, more and more young students are keen on the study of sports dance. However, sports dance has strict requirements on artistic specifications and body shape, and its own physical quality, musical ability, artistic display ability and other factors also restrict the effect of sports dance teaching, making the aesthetic education and specific value of the course incomplet4-5. achieve. On the basis of interpreting the connotation of sports dance and aesthetic education, this paper discusses the status of aesthetic education in the teaching of sports dance and the idea of infiltrating aesthetic education in college students' sports dance teaching, hoping to help college students' sports dance teaching.

2. Dance connotation and its aesthetic value interpretation

2.1. The connotation of dance art
Dance is an art form that expresses people's thoughts and feelings through the coordination, organization and beautification of human body movements. It is called the “mother of art”. The dance
has rhythmic, dynamic, lyrical, styling, symbolic and other artistic characteristics. It can directly, vividly and concretely express people's inner deep spiritual world, and can shape beautiful forms, cultivate elegant temperament, and improve the level of physical fitness is therefore very popular among college students. There are many kinds of dances, rich styles and different styles. Dance can be divided into three major categories: professional dance, international standard ballroom dance and fashion dance. Professional dance includes classical dance, ballet, folk dance, modern dance, tap dance, folk dance, jazz dance, etc.; international standard ballroom dance includes Latin dance (Rumba, samba, exactly, etc.) and modern dance (waltz, tango, brisk, foxtrot, etc.); fashion dances include disco, sharp dance and so on, as shown in Table 2. According to the role and purpose, dance can be divided into two categories: life dance and art dance. Life dance refers to dances that are closely related to people's daily lives, simple in form, easy to learn, and have a broad mass base; art dance refers to the art of dancers through the observation, experience, analysis, concentration, generalization and imagination of social life. Create and create a dance with a clear theme, specific content, and complete form for the audience to enjoy.

### 2.2. The aesthetic value of dance art

As an art of human movement, dance can not only cultivate the artistic aesthetic concept of contemporary college students, but also play its due role in shaping the beauty of college students' form. At the same time, it can also cultivate the practice of creating beauty in college students in the aesthetic education of dance art. ability.

Cultivating the correct aesthetics. The so-called "aesthetic" refers to the general view of the aesthetic subject to the United States and is part of the worldview. Aesthetics is formed and developed in the social practice of human beings. It has the characteristics of nationality, time and humanity. Dance is a beautiful, good and truth-seeking art. Through the video materials of watching games and performances, the correct guidance of teachers and the demonstration role of other students in teaching, students can cultivate their sensibility and appreciation for beauty in the subtle way. Creativity and self-improvement ability to help students establish correct, healthy, noble and advanced aesthetics, and reject mistakes, backwardness and vulgar aesthetics.

The graceful shape and graceful form refer to the pleasing shape and graceful posture of the body, mainly represented by healthy body, beautiful posture and well-balanced body shape. Dance is a kind of physical practice. It is a beautiful and elegant fitness and bodybuilding method. Through the systematic ballet-based physical training in teaching, combined with the comprehensive practice of dance combination and routine, it can shape the healthy body and straightness of college students. Beautiful posture, elegant temperament, correcting the incorrect posture in daily life. We often see that the girls who have received the training of the dance system are well-proportioned, beautiful and beautiful, and the body lines are soft and slender. The boys are physically fit, tall and straight, and the muscles are healthy and powerful, giving people an intuitive and beautiful enjoyment.

### 3. Teaching methods and means of beauty penetration

#### 3.1. By means of art form

The art of infiltration of beauty is a concentrated expression of materialized aesthetic consciousness, which can be used as an aesthetic object to exert its unique meaning. Bodybuilding operation requires

| Dance               | Professional dance                                                                 | International standard ballroom dance | Fashion dance       |
|---------------------|------------------------------------------------------------------------------------|---------------------------------------|---------------------|
|                     | Classical dance, ballet, folk dance, modern dance, tap dance, folk dance, jazz dance, etc. | Latin Dance                           | disco               |
|                     |                                                                                     | Modern dance                          | Sharp dance         |

Table 1. Dance classification according to characteristics.
art to be taught in the form of art, while aesthetic education infiltration in the aerobics teaching process itself is creating beauty. Therefore, it is necessary to flexibly bring the law of artistic creation to the teaching process of aerobics. Through art forms such as music, dance, and performance, it runs through aerobics teaching. With the help of music, the rhythm of aerobics teaching can be enhanced as a whole, and a teaching interactive platform can be built. With the training of dance form, students can cultivate beautiful temperament and good body posture; with individual performances, group performances, group performances and role exchange performances, let students feel the beauty of the emotions.

![Diagram of Teaching Measures and Methods](image)

**Figure 1.** The infiltration path of aesthetic education in college dance teaching.

3.2. Art use teaching methods and methods

3.2.1. Teaching language and explanation
In the teaching process, the language strives to be accurate and vivid, and the tone change is obviously rhythmic, which enables students to deeply understand the movement and stimulate the interest in learning. At the same time, the teacher should strive to "speak more and practice more", that is, try to use the simplified language, sum up the oral decision, and extract the places that students easily overlook and the focus of learning.

3.2.2. Demonstration and non-verbal expression
The teacher's demonstration actions should be clean, generous, neat, skilled, accurate, beautiful and in place. It is necessary to flexibly demonstrate the position and type, so that the demonstration and the explanation can be combined in time, so that the non-verbal behaviour of the teacher is full and always runs through the classroom atmosphere. For example: eye encouragement and affirmation, face smiles, gestures "you are great", applause and so on, can influence students' attitude towards teachers and courses.

3.2.3. Multimedia Teaching
In the teaching of aerobics, we should focus on the storage of network technology, communication technology and multimedia technology. Through the introduction of rich images, audio information and video, it can help the teachers to promote the classroom atmosphere, effectively expand the students' learning space, and enable students to intuitively feel the beauty of aerobics and increase the aesthetics of students' practice. In the aerobics teaching activities, the teacher's actions are visually reproduced through multimedia presentations, so that the students can imitate all aspects. The students imitate the norms and proficiency of the movements, and can see the students' familiarity with the teaching content. Because multimedia can allow students to hear and see the teaching process, thus improving the self-improvement consciousness. For example, using some software teaching can enable students to create music and movements more intuitively. Using teaching equipment such as
video cameras and projectors to let students experience and feel their own images and actions, the enthusiasm for learning will increase.

4. Conclusion

As the art of human movement, dance has the aesthetic value of cultivating students' correct aesthetics, shaping the form of beauty, and cultivating beauty. In dance teaching in colleges and universities, teachers should adopt the methods of "injecting beauty into theory", "practical teaching to show beauty" and "music cooperation to add beauty" to infiltrate students into aesthetic education, so that students' sense of beauty can be appropriately stimulated. Enable students to acquire artistic literacy without understanding beauty. Improve.

Sports dance is a kind of performance art. In college sports dance teaching, the concept of infiltrating aesthetic education can make students feel the appropriate stimulation of the senses of beauty, and unknowingly enhance the quality and pursuit of students. At the same time, through the use of multimedia technology, the penetration of aesthetic education ideas can stimulate students' interest and enthusiasm for learning, and make sports dance more widely popular. From this point, it can be seen that the teaching of physical dance and aesthetic education for college students are complementary and indispensable. Put forward some views on aesthetic penetration

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