Exploration and Practice of Dance Teaching Mode under the Internet Background

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Abstract: In early 2020, the new crown pneumonia epidemic swept in, in order to block the spread of the epidemic to the campus, the Ministry of Education issued the "spring semester delayed school opening" request," stop classes do not stop "the voice immediately rang. At one time, how to combine modern information technology with the teaching content of various subjects to maximize the efficiency of online teaching has become the primary problem for every teacher to think about, and in this environment, the dance educators who are mainly based on the traditional teaching form of "oral teaching" also ushered in a great test. By analyzing the advantages and disadvantages of traditional dance teaching methods and based on the author's online teaching practice activities for one semester, this paper makes a comprehensive analysis of the application value and significance of modern information technology in Chinese dance teaching, in order to further enrich the Chinese dance teaching mode, optimize the dance teaching resources, make the dance teaching methods and contents more in line with the requirements of China's modern technology, and provide theoretical basis and practical operation guidance for the future modern dance teaching mode.

Keywords: modern information technology; college dance teaching

1. The Main Problems of Dance Education
In the current Chinese dance teaching activities, the traditional teaching mode of "oral teaching" still occupies the main position. The so-called "oral instruction ", from the literal meaning, that is, contains" language explanation "and" practice "two parts. As a whole, most of the dance teaching forms used in our country at present are mainly used by teachers to explain the action, teach the essentials and permeate the spirit first, construct the students' theoretical concepts from the level of consciousness, and then "demonstrate by the body ", bring students more intuitive perceptual knowledge, and learn in the form of" imitation ". For a long time, the traditional teaching method of "oral teaching" can help students better adapt to the rhythm of the whole dance and integrate into the teaching of dance action decomposition more quickly. But in fact, this kind of dance teaching process makes students become passive recipients of dance in the process of learning, and can not play the initiative of students in learning, which is not conducive to the students to produce their own unique views and thoughts on the dance they have learned.[1]As a result, it is worth all dance teachers to reflect on how to explore the complementary hybrid teaching mode of dance education "online + offline" with the help of modern electronic information technology.

Specifically, at present, the problems existing in the combination of dance education and modern electronic information technology in China are mainly reflected in the following aspects:
1.1. The application of Internet information technology in dance teaching in colleges and universities is low

With the rapid development of modern society, electronic information technology has been widely used in the field of education, but to be sure, in the actual process of dance teaching, the application of computer technology in China has not met the requirements of social development. As mentioned above, the famous concepts of "flipping classroom" and "admiration class" have little influence on dance teaching mode. Although contemporary college students and young teachers are both a generation growing up under the background of the vigorous development of the Internet, they have a certain ability to control electronic information technology, but this "ability" is not equivalent to the teaching ability of application software organization teaching. Because the Internet information technology applied in dance education is relatively single and the degree of application is low, it is not conducive to cultivating students' interest in dance art and enthusiasm for active learning, but also to improve the overall quality of dance teaching and the level of dance teaching in China[2].

1.2. Limited application of electronic information technology by dance teachers

The practical application of computer technology in dance teaching requires teachers to have a certain level of computer application in the task of preparing lessons for dance teaching and teaching. But in practice, the computer operation level of dance teachers is not very high, which can not meet the requirements of modern dance teaching tasks, which affects the full combination of computer technology and dance teaching methods, and reduces the efficiency of dance teaching. The application level of computer technology in dance teaching is not high, and there is still a certain distance from the requirements of teaching tasks.

1.3. Less research on the combination of modern electronic information technology and dance teaching

In the course of the development of dance education in our country, dance has always made teachers pay more attention to practical teaching because of its artistic characteristics of "can only be understood, can not be spoken ", and few educators have explored its online teaching mode. Therefore, the research on dance education, especially the theoretical research on the combination of modern electronic information technology and dance education mode, can be said to be very few in the field of education in China. However, in the special period of epidemic prevention and control, and with the continuous development of electronic information technology, the practical application of Internet information technology, such as digital media and image dissemination, in dance education in China should become the key topic of the dance art research, so that relevant professionals can discuss and analyze it[3]. In fact, it is precise because of the lack of theoretical literature on the combination of modern electronic information technology and dance teaching that dance education lacks corresponding theoretical guidance that most dance teachers are caught off guard by the deployment of "no classes and no school ", and can only start teaching activities hastily under the condition of" no preparation "," no experience "and" no reference ".

2. Application Value of Modern Electronic Information Technology in College Dance Teaching

As we all know, the traditional dance teaching method needs to be based on the teacher's own professional theoretical knowledge and skill reserve, in order to endow students with deep perceptual and rational knowledge, so as to help students improve their professional and technical ability. But because students are too dependent on teachers in the process of learning, lack of autonomy and innovation, so that the content of learning is more limited. Therefore, the dance teaching mode in colleges and universities should fully adapt to the development of the Internet era, change its dance teaching mode, and give play to the important value of modern electronic information technology in dance teaching[4].

Specifically, the application value of modern electronic information technology in dance teaching in colleges and universities is mainly reflected in the following aspects:
2.1. Modern electronic information technology helps to increase students' motivation.
For dance teachers, the richness of modern electronic information technology and multimedia digital technology provides a more diversified choice. Teachers can select the most suitable dance course related materials, such as "dance video ", " video MV ", "MOOC" and other video materials, and apply them to dance teaching to enhance students' understanding of dance movements and expressive force, so as to improve the quality of dance movements technology completion, so that students can successfully discover their interests in the rich learning resources, and then improve students' enthusiasm for learning.

2.2. Modern electronic information technology makes dance teaching simpler and more efficient.
In the process of development, computer technology has enriched the expression form of "teaching demonstration" and improved the quality of dance teaching. Such as the application of "slow play" and "replay" when playing dance teaching video in computer technology to help students better learn dance professional knowledge, master the heavy and difficult points of dance movements, at the same time, we can also use app programs such as WeChat and QQ as carriers to strengthen communication and interaction between teachers and students, help students understand new knowledge and improve artistic literacy so that the whole dance teaching process becomes simple and efficient.

3. Application of Modern Electronic Information Technology in Dance Teaching in Colleges and Universities

3.1. Using multimedia to display teaching contents to stimulate students' interest in learning dance
In the process of dance teaching using multimedia information technology to carry out dance teaching, we should pay attention to the important role of multimedia in teaching, and make full use of multimedia to display the teaching content. This teaching method is mainly to use multimedia to create a dance teaching situation for students, so that students seem to be in the real scene, can spread their own thinking in dance learning, actively seek creativity and inspiration, and increase the enthusiasm of students to learn. As mentioned above, the traditional dance teaching method is mainly through the continuous demonstration of teachers to let students imitate and familiarize themselves with the process, the nature of which is the same as the traditional Chinese politics and other teaching methods, are stiffly instilling professional knowledge into the students' minds, forcing students to accept this knowledge, which has a certain inhibitory effect on students' interest in dance, and is not conducive to the effective promotion of students' enthusiasm for learning.

In view of this situation, in the dance teaching class, we can make full use of the methods and means of modern computer technology, so that students have a clearer and deeper understanding of dance content in their brains, a more comprehensive understanding of the content of dance knowledge to be imparted by teachers, and a clearer understanding of their own acceptance and acceptance of these knowledge, so that students can find their existing problems and shortcomings in the process of learning, how to conduct more profound study and research on these problematic areas, and make their understanding of dance art more comprehensive and accurate. In order to make the application of computer technology in dance teaching play the greatest value[5]Through the maximum use of computer technology in dance teaching mode, students feel less boring and boring in the process of learning than before, feel the importance and interest of dance learning, take the initiative to learn dance knowledge, but also let students better understand the teaching content of dance teachers, help teachers to complete teaching tasks faster, improve the training ability of dance professionals in China, improve the quality of dance talents, and ultimately promote the improvement of dance art level in China.

3.2. Using multimedia for video learning to enhance students' learning efficiency in dance.
Because of the great value of multimedia equipment in the informatization process of modern education in our country, we should make full use of multimedia as a computer medium to find relevant dance videos which accord with the educational theme and content when preparing the course, and present them directly to the students in the teaching process.[6]. Because the multimedia
equipment can perform the basic functions of "slow play" and "replay" when playing all kinds of video and image resources, it provides more convenient conditions for students to learn dance. Through these practical functions, students can watch repeatedly where there is no understanding or problem in the teaching video, and strengthen students' understanding of dance teaching content, which is conducive to the effective improvement of dance teaching quality and teaching level.

3.3. Using multimedia to show the background of dance to promote students to improve their artistic level of dance
Teachers will also introduce the background of dance creation and deepen students' understanding of dance art. Fully apply computer technology to show the educational background of the dance course, deepen students' impression of dance course, perfectly show the essence and expressiveness of dance, cultivate students' aesthetic ability and appreciation level of dance, cultivate students' unique style of dance in imperceptible, and promote students' effective improvement of dance art level[7].

3.4. Using multimedia to carry on the dance teaching feedback, effectively enhances the student dance study efficiency
From the actual point of view, dance teaching feedback is an important embodiment of teaching level, but also an effective way to improve the quality of dance teaching. The timely updating and feedback of teachers' teaching tasks and students' learning situation through computer technology can help dance teachers to better discover the problems existing in teaching and the aspects that can be improved, at the same time, help students to find the mistakes they have in the process of learning, improve students' dance learning efficiency by correcting these mistakes and problems in time, and promote the overall development of dance teaching industry in China.

4. Conclusion
In 2015, UNESCO, in the International Conference on Educational Informatization held in China, put forward the declaration of "taking the digital opportunity and leading the transformation of education as the theme, committed to the goal of educational informatization to be achieved from now to 2030, and promoting the successful integration of technology into teaching and learning ", and made clear the determination of educational informatization reform in China. In fact, the innovation of dance education teaching mode is not a total negation of the traditional dance teaching mode, but a new exploration of the concrete application of modern electronic information technology in dance teaching under the premise of respecting the essence and law of dance art. This paper analyzes the importance and practical application methods of using Internet information technology to carry out dance teaching under the condition of the rapid development of science and technology information.

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