

Study on the New Teaching Mode of Physical Dance in Colleges and Universities Based on "Internet Plus"

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Abstract. With the advent of the "Internet Plus" era, the teaching of dance in colleges and universities has encountered new opportunities for development. Teachers of dance major in colleges and universities should further explore the teaching plan based on "Internet Plus" education to diversify the teaching content and space. This paper mainly analyzed the advantages and functions of "Internet Plus", and studied the classroom teaching and extracurricular teaching of college physical dance under the environment of "Internet Plus", and realized the overall optimization and expansion of dance teaching. The research results are as follows.

Introduction

In the traditional dance teaching process, teachers control the classroom situation with strong subjective consciousness, ignore the communication and interaction between students, take clear teaching content as the standard, and ignore the play of students' subjective initiative. This kind of cognition of teacher is not rational enough. It cuts off the interaction between teachers and students and greatly reduces the teaching effect [1]. When the "Internet Plus" technology is applied in the teaching practice, the traditional teaching concept of teachers is broken, and the tendency of students' subjective feelings being advocated is more obvious [2-3]. At the same time, the teaching form is separated from the tradition and moved towards the track of convenient and rapid development.

The Necessity of the Teaching Reform of Physical Dance in College and Universities Based on "Internet Plus"

Information technology can make teaching more diversified and dance halls more three-dimensional, so that students can watch images and information aparting from teacher demonstration at any time. The integration of "Internet Plus" and dance teaching in colleges and universities can promote the continuous progress of dance teaching in colleges and universities, and make the ideas of dance teaching optimization clearer [4].

Firstly, the dance rhythm tends to be lively. First, in the context of "Internet Plus", it is more conducive to provide a bright rhythm. In the process of routine dance learning and practice, teachers can give full play to the role of information technology. For example, computer technology can help students to carry out timely and appropriate rhythm accompaniment practice, so as to resolve the disadvantages of traditional technology such as tape recorder and sound system. Compared with traditional technical means, the sound quality effect of information equipment is excellent, and it is easy for students to have emotional resonance. In addition to its fast and convenient operation advantages and outstanding electronic restore ability, it can help students to experience the lively and melodious rhythm of accompaniment music, which is helpful for routine dance practice [5].

Secondly, the role of norms tends to be significant. The application of intelligent teaching methods in the context of "Internet Plus" can perfectly reflect the normative demonstration role of dance. Intelligent devices can play video or audio while instructing students to practice a certain action in a more accurate way. When students make mistakes in details, they can also use the video courseware to give targeted explanations. In addition, this kind of normative function also promotes

the teacher demonstration to be incomparably superior. Namely, the teacher gives the demonstration movement. Although the details are very good, but after all, there is no opportunity to show the overall beauty of the dance. Driven by the "Internet Plus" teaching system, students can form a comprehensive perception of the artistic conception of dance in their minds and experience the effect that choreographers want to express, thus providing important reference and reference for their own dance ability construction. In addition, after watching excellent demonstration dance movements in three-dimensional form, students can form more creative dance impressions according to their own unique understandings, which is very beneficial to the training of students' independent learning ability and the expansion of their learning horizons [6].

Thirdly, theoretical explanation becomes convenient. Convenient theoretical explanation of dance knowledge is another advantage of "Internet Plus" teaching system. For example, when college dance teachers explain the content related to ancient Chinese dance to students, such as the music and dance in the Tang dynasty, they don't actually need students to carry out practical operation, but clear expression by teachers is essential. In this way, because of the boring language, students can not deeply understand the characteristics of Tang dynasty music and dance, and weaken their interest in learning [7]. In this case, the teaching platform based on "Internet Plus" can bring more vivid related images to students, and its novel information content will also closely cooperate with teachers' language, so that students will show enough desire to seek knowledge and explore the teaching content that is originally theoretical and easy to lead to boring.

Construction of Physical Dance Teaching Platform Based on "Internet Plus" in Colleges and Universities

Classroom Teaching Design based on "Internet Plus". In the physical dance teaching in colleges and universities based on "Internet Plus", the overall information and creation background of the dance should be firstly summarized and displayed in "Internet Plus" in the most concise language and animation. Moreover, the principles of brevity is easy to be understood, and precise words and video animation should be followed. Secondly, the main content of the dance should be designed, including the total number of beats, dance sequence, description of dance prelude, dance terminology, dance code, and dance description, which takes a large part in the "Internet Plus" teaching. This part should be designed in two steps according to the structural characteristics of granulation:

The first step is the combing and layout at the macro level. The main content of the whole dance should be sorted out and analyzed in a segmented way. The number of episodes based on "Internet Plus" dance teaching should be designed according to the length of 5 to 10 minutes for each episode.

The second step is to promote the micro level. We need to refine the design of the main content of each episode and determine the concept of the main content. We should identify the key points, difficulties and highlights [8]. By means of information technology (animation prompts, mind map, etc.), the doubtful points and high-tide points in the learning process of learners are extracted, so that learners and professors can interact synchronously and the logical relationship of dance knowledge points can be clearer. Take the teaching process of 1-8 beats of the newly promoted song "Magic China" in 2017 as an example. The specific situation is shown in Table 1.

Table 1 Teaching of "Internet Plus" in Magic China

Aspect	Design content
Design idea	Instructional design architecture (skill point) → Recording script design (prologue that fits the theme, narratives, "Internet Plus" presentation of team learning, closing words) → Preparation of recording equipment and marking of key shots and close-up shots of each segment of the recording → Recording site, and establishment of personnel → Later video editing
Teaching development	<p>Prologue: highlight "Magic China" dance style interpretation, so that students have an intuitive first impression. By using AE (Visual processing) software to edit the opening animation, the main title and silhouette of the "Internet Plus" teaching are displayed. In the teaching introduction link (controlled within 15s), display the American East Coast rocking culture background picture, video, animation and other multimedia materials, and combine with dance title to add the design of Chinese elements.</p> <p>Teaching: make decomposition demonstration and explain dance steps description, dance code, center of gravity and other important difficulties and highlights; at the same time, provide solutions and make proper use of software technology to make the course get rid of the traditional teaching, and make the content logical more clear, as well as observation points become more stereoscopic.</p> <p>Deduction: let students combine the content of video teaching to carry on the training, and free group can carry on the correction study, and complete the video teaching with all kinds of content deduction.</p> <p>Ending: in the center of gravity jump flow, show happy interaction of high-five and eye contact form.</p>
Evaluation summary	This paper evaluated the students' understanding and training, and analyzed the subjective initiative of students' learning, and scored teachers and students respectively by means of two-way evaluation path, as well as adjusted and optimized the teaching in combination with the evaluation results.

Extracurricular Teaching Design based on "Internet Plus". Firstly, we can conduct online interactive dance learning and communication through forum. In this way, the students can find the confusion in the dance learning, and find the cognition of some dance works and the experiences and suggestions in the course of the dance learning, and post it through the BBS to seek the help and support of the experts, teachers and other students. At the same time, through BBS browsing, students can also learn a lot of related dance knowledge, and get free space to play a good role in their study [9].

Secondly, we can upload our dance works to forum on the Internet and receive comments from experts and dance teachers. At the same time, we can also see the works of other dancers and improve our own dance performance through comparison and communication. The Internet not only can provide the detailed data of dance, and also have a lot of dance audio and dance video data downloaded through network. Students can choose interesting play to download and study the dance moves, and make unlimited repeated study; according to their own actual situation, this will undoubtedly play an important role in broadening horizons of dance enthusiasts and students' and in learning the dance repertoire.

Thirdly, you can click on your favorite dance works for appreciation, and you can express your feelings and communicate with other students. The open and rich network environment provides a vast development space for the appreciation of dance works [10]. As in the appreciation of western ballet *Swan Lake*, through understanding the cultural background of ages of the works, as well as through the network, ballet, theme and plot, students can quickly enjoy ballet *Swan Lake*. Through the actor's perfect physical performance, the vivid stage picture and the classical Tchaikovsky

background music, it depicts the character image, unfolds the drama conflict and deepens the theme.

Fourthly, we can build a special speech video chat room, and then we can publicize the time of video dance teaching and the location of the chat room in forum, to determine the participants, including teachers and students [11]. This teaching method not only can let students in different places learn dance together, but also can let students who have no conditions contact with the masters on the Internet for professional dance. Thus, it has played a huge role for dance teaching in extension of timeliness and spatiality.

Summary

Dance teachers in colleges and universities should accurately analyze the current situation of dance teaching, make use of the advantages of "Internet Plus" dance teaching, and provide students with more advanced theoretical support and method guidance. The classroom and extracurricular teaching design based on "Internet Plus" should be well done to provide broad learning space and platform for students, so that students can comprehensively improve their ability level by combining various teaching contents and perfectly combining dance art with practical training. In addition, it can fundamentally improve the teaching effect of physical dance in colleges and universities.

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