

The Inheritance and Development of Folk Dance Art in College Dance Education

Huang Qinglin

Kunming University, Kunming, Yunnan, 650214, China

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Abstract: Dance game is a kind of teaching method which can help students to promote dance level and entertain themselves. If it can be applied to college dance teaching and training, it is very helpful for middle school students to improve college dance level. By making full use of the competitive spirit of dance games, dance teachers should start with the foundation of college dance teaching and training, explain the college dance skills to students and let them understand the important value of playing college dance well.

1. Introduction

Stretching exercise training is the most common item in dance teaching, it has a great auxiliary role in dance teaching, it can promote students' interest and love of dance this subject. The core essence of stretching exercise training is to make students find the fun of learning in the process of learning stretching exercise, only to help them find the fun of learning can improve dance performance. According to the analysis of relevant research data, it can be concluded that stretching is the most popular dance project for students. Most students, especially boys, like to organize their friends in their spare time to play stretching sports. Dance games are effective teaching methods in dance teaching. It has a great auxiliary effect on dance teaching, and it can promote students' interest and love in the subject of dance. The core essence of dance games is to make students find the fun of learning in the process of learning college dance, only to help them find the fun of learning can improve dance performance. As a modern game form which mainly helps students to promote college dance practice, it is scientific to combine entertainment with college dance well, and it plays a great role in basketball teaching by adding this game entertainment mode to college dance training process [1]. It can be seen that the value of dance games in college dance teaching and training lies in the research and discussion of baked oil.

2. Skills in Dance Teaching and Training in University

Among the many dance projects, college dance should be the favorite of middle school students, mainly because it can not only exercise students' body and improve students' physical quality, but also promote students' love and pursuit of dance projects, so as to promote the comprehensive development of students, so that students in the school can "moral, intellectual, physical and labor" comprehensive development [2]. There are many college dance skills included in the teaching and training of college dance, which requires a patient and detailed explanation by the dance teacher. If students can use these skills well, they can not only improve the quality and efficiency of college dance teaching, but also enable students to better understand the college dance movement and master the college dance skills, thus further stimulate the students' love of college dance.

College dance is not just a physical exercise, it is also a sport with ductility and skill. It also involves a lot of rules that need to be followed, and if they are violated in the competition, they will be eliminated, so it also increases the difficulty of college dance teaching and the complexity of training. Most importantly, college dance is a team-related sport, which consists of five core positions: center, power forward, small forward, point guard and point guard. Therefore, in the actual teaching process, dance teachers should not only give students the skills to play college dance, but also cultivate their sense of teamwork and cooperation [3]. Through such teaching methods, we

can really achieve the main purpose of college dance teaching.



Figure 1 Launching ceremony of dance training

College dance training is crucial, it is more important than theoretical knowledge, because many things can not understand the true meaning of it by speaking, only through their own personal practice can understand. Therefore, middle school dance teachers in the course of college dance teaching training, should constantly strengthen practical training and increase the difficulty, according to the students' college dance level to formulate a specific teaching training plan, students with better college dance skills in the class can be divided into two equal teams, first let them train the college dance skills and then show the training results to the whole class, to provide students with a good reference template, the latter training process can be guided by the students of the two college dance teams of the other students in the class, which not only trained their college dance skills, but also reduced the burden for dance teachers.

3. The Significance of Teaching Dance Games

3.1. Dance Games are Good for Restoring College Dance Interests

The fun of the game can help students to have interest in dance, let students get rid of fear of dance psychology, and in the course of the game with teachers to communicate and communicate, with teachers to complete the task of college dance teaching. In the course of the game, the teacher designs many different levels of levels according to the situation, and the students need to go through the gate and finish the game task continuously [4]. It is of great help to study college dance, so as to solve the doubts in learning college dance. After the success of the game clearance, students are given appropriate rewards to get a sense of achievement, thus helping them to regain their interest in college dance, so as to improve the efficiency of learning college dance.

3.2. Dance Games are Beneficial for Learning College Dance

According to scientific research, compared with traditional teaching methods in the past, game-based teaching can make students acquire a lot of knowledge in the process of learning. In fact, for middle school students, dance is more difficult, because the general physical quality of middle school students is too poor, sports cells are too weak. Dance activities have a certain resistance to them, traditional dance teaching methods can not mention their confidence in dance [5]. The game is entertaining, and teenagers like entertaining activities more now, so using game-based teaching can not only create a relaxed and pleasant learning atmosphere for students, but also enable students to learn more knowledge in the process of playing, thus slowly repelling their aversion to dance and improving their learning effect.



Figure 2 Field dance training in the playground

3.3. Dance Games Help Develop Teamwork Skills

Games are one of the ways to help students effectively understand how to improve their survival skills. By imitating the virtual game world of the real world, so as to use the rules of the game to let students understand the survival of the fittest, in the cruel elimination system to quickly learn the way to survive, can effectively cultivate students' learning ability. In addition, the game needs to set the level of teamwork, but also to develop the ability of teamwork students.

4. College Dance

4.1. Develop Teamwork Spirit

Dance is not just a physical exercise, it is also a sport with ductility and skill. It also involves a lot of rules that need to be followed, and if they are violated in the competition, they will be eliminated, so it also increases the difficulty of dance teaching and the complexity of training. Most importantly, dance is a team-related sport, which consists of five core positions: center, power forward, small forward, point guard and point guard. Therefore, in the process of actual teaching, dance teachers should not only give students the skills to play dance, but also cultivate their sense of teamwork and cooperation. Through such teaching methods, so as to truly achieve the main purpose of dance teaching.



Figure 3 Team player

4.2. Enhancement of Dance Training

Dance training is crucial, it is more important than theoretical knowledge, because many things can not understand the true meaning of it by speaking, only through their own personal practice can understand. Therefore, in the process of carrying out dance teaching and training, college dance teachers should constantly strengthen the practical training and increase the difficulty, and make a specific teaching and training plan according to the students' dance level. Students with better dance skills in the class can be divided into two equal teams, first let them train the dance skills and then

show the training results to the whole class, to provide students with a good reference template, the following training process can be guided by the students of the two dance teams in the class, which not only trains their dance skills, but also reduces the burden for dance teachers.

5. Conclusion

To sum up, if the school wants to break through the difficult predicament of the current university dance work, the school should keep pace with the times, meet the development needs of the current big situation, do a good job in the reform of the university dance within the school, and effectively integrate it with the management mode and economic benefits, and provide a more safe and reliable environment for the development of the school. To improve the quality of college dance teaching is to help students to exercise better and cultivate students' good physical habits. In dance teaching, dance teachers should make corresponding teaching plans according to the characteristics of students in order to better help students improve their dance level, promote students' interest and love of dance, and encourage students to better strengthen their dance skills. This article through a series of in-depth studies of dance teaching, we can find that more scientific and effective dance teaching, we must have sufficient teachers and equipment, while training students, but also pay attention to the safety management of students, because in dance practice is easy to hurt, to achieve these points, basically has been in line with the effectiveness of college dance teaching. The key of this teaching method is to help students master college dance ability and cultivate dance spirit through the education of teaching and learning, so as to promote the development of dance learning.

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