

The Reform and Innovation of Dance Talents Training Course on Campus Based on Psychological Cognition

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Abstract: With the deepening of education system reform and the increasing demand for diversified talents in the market, the training of dance talents in China's education industry has gradually paid more attention to the continuous innovation of education methods and models. Dance art is an important part of campus education. Both art colleges and universities will adopt different education methods or attach importance to the research of dance teaching level and teaching methods. This article first expounds the current situation and existing problems of the Campus Training of dance talents, and discusses how to effectively promote the reform and innovation of the course of Campus Training of dance talents from the perspective of psychological cognition.

1. Introduction

Dance has always been a popular form of art and entertainment. It originated from the body language and movement expression in ancient ritual activities. Dance art contains the use of the body and the effect of the body to convey emotion. Training dance talents in the campus can effectively improve the physical quality of students, and also can cultivate students' aesthetic ability and physical coordination. From the perspective of professional dance talent training, we need the diversification of teaching methods and the formulation of multi-level and multi-mode professional training courses. With a view to cultivating more professional dance talents with solid dance basic theory, rich practical experience and good comprehensive quality for modern dance art.



Figure 1 Dance talents

2. The Current Situation of Dance Talent Training Course Content and Teaching Status

Art comes from life, and dance art is closely related to life. And life is constantly changing, and driven by the progress of the times, people's understanding of dance is also constantly in-depth. Although the school has made some achievements in the training of dance talents, the demand and

requirements for dance talents have also changed under the influence of the new situation of market economy and education, especially in the era when diversified talents training has gradually become the goal and direction of modern teaching development. The campus dance talent training courses gradually can not meet the changes of market demand. In the course of teaching, the disadvantages of theoretical research over practical training gradually appear. Moreover, there are also biases and incompleteness in the components of the teaching theory curriculum system, and the dance teaching methods are relatively single and lack of innovation. The teaching mode is old, which has a reduced impact on students' enthusiasm for learning [1].

In addition, there is a serious lack of excellent teachers with high professional quality and comprehensive quality in the training and teaching of campus dance talents, especially in the new situation in line with the requirements of diversified training of dance talents.



Figure 2 Campus dance talent training

3. Problems In The Training and Teaching of Dance Talents on Campus

3.1. On the Significance of Teaching

Dance teaching is not only an important way to train dance talents with very special significance, but also a way to the stage of dance art. Through professional dance courses, a large number of excellent dance talents can be produced, especially in the sense of teaching dance and other related majors, we must be able to clearly distinguish the practical and spiritual meaning of dance art. It is also the basic premise to improve the artistic quality and comprehensive quality of dance talents, and also a huge driving force to realize the development of dance art.

3.2. On the Renewal of Teaching Ideas

With the development of society and the progress of science and technology, it seems that modern people have gradually forgotten the cultural atmosphere contained in some arts. The proportion of national dance and classical dance in popular dance is getting smaller and smaller, and modern dance, mechanical dance and other dances are getting more and more.



Figure 3 Mechanical dance

From the perspective of concept, dance art is an art form with high diversity and inclusiveness. It is also the inevitable trend of the development of the times, and there are great differences in the understanding of dance art among people of every nationality, region and age class. Reflected in the teaching, we can find a problem. The teaching concept and teaching concept of campus dance talent training course cannot keep up with the pace of the times. Adjustments must be made.

3.3. On the Professional Quality of Modern and Diversified Professional Teachers

Most of the dance teachers on campus are part-time dancers or performing artists. It has high attainments in dance art, but there are some deficiencies in teaching methods and teaching ideas, especially in professional quality. For example, in a group of dance movements, the standard requires that we should be able to do enough strict requirements and hard training for ourselves, but we have different attitudes towards students. The root is that there are still cognitive and qualitative problems between dancers and teachers as a dance art inheritor, whose essence is the deviation in concept and cognition.

4. An Analysis of Measures to Effectively Promote the Reform and Innovation of Dance Talent Training Curriculum From the Perspective of Psychological Cognition

4.1. Deep Understanding of the Characteristics of the Times and the Connotation of Dance Art and Combining Modern Ideas to Set Teaching Objectives

Different from the traditional dance talent training courses, modern dance teaching pays more attention to the setting of teaching objectives from the perspective of psychological cognition, that is, the training of diversified dance elements and multi angle physical quality. Traditional dance talent training courses only focus on the theoretical knowledge and the imitation and research of dance movements.

Modern dance teaching pays more attention to the teaching and training of ideology, thinking, body thought and body expression [3].



Figure 4 Basic dance skills training

Therefore, the establishment of modern teaching objectives must have the characteristics of the times, the connotation of modern dance art and the understanding and expression of modern thoughts. This requires not only theoretical teaching but also in-depth exploration of dance culture and cultivation of aesthetic quality. At the same time, according to the needs of dance teaching, the design of teaching objectives can broaden the students' curriculum space and improve the teaching effect. In addition, dance art is also an art of thinking. When dancers create and practice dance, they often produce some new ideas and new ideas. Teachers should respect students' ideas and innovation about dance, and do not restrain students' creativity and pursuit of dance art. To encourage and give full play to the imagination of students, and understand and help students to constantly improve dance ideas. So that it can reach a new height and achieve the cultivation of dance talents. Therefore, the cultivation of dance art talents is not only the technical training and theoretical explanation, but also the cultivation of students' attitude and spirit to pursue the ultimate art, which is the promotion of dance art.

4.2. The Cultivation of Teaching Contents, Teaching Methods and Teaching Skills From the Perspective of Psychological Cognition

Teaching methods and contents are not immutable, but also need to be integrated and innovated with the development of the times and modern popular elements. Therefore, in terms of teaching content, it is necessary to consider more about the integration of some cultural connotations and popular elements. In terms of teaching methods, it is also necessary to make continuous innovation, from the space scene to the action design to the whole dance body matching and matching teaching design. In terms of teaching skills, teachers should pay attention to the innovation of students' attention, enthusiasm, feeling and dance cognitive process and the teaching training of creativity [4]. Therefore, teachers should sum up the skills from the aspects of thinking, dance movement cohesion and rhythm and teach them to students. At the same time, they should also stimulate students' imagination and creativity on the basis of strengthening communication and communication, cultivate their innovation ability and enhance the effect of dance teaching.

4.3. Strengthen the Construction of Professional Teachers

If the school wants to strengthen the training of dance talents, it must establish professional dance teachers. Training and absorption of high-level and high comprehensive quality dance teachers to join the ranks of dance talent training. Teachers are the foundation of education and the source of developing education, which is also an important teaching resource in teaching. The school should take into account the number and professional level of dance classrooms, and focus on the training of teachers' teaching ability and practice Chen Guo. Combined with the needs of curriculum reform in the new situation, the school should re educate and further develop teachers so

that they can improve their teaching ability on the basis of accumulating dance performance experience. In particular, we need to pay attention to the cultivation of teachers' professional ethics and professionalism [5]. To improve teachers' ability and teaching skills from multiple perspectives, especially in thinking and quality, to build a dance teacher team with high quality and high level, to lay a solid foundation for the cultivation of dance talents.

4.4. Pay Attention to the Expansion of Students' Practice Space and Accumulate Dance Performance Experience

Dance art needs a lot of practical experience to constantly improve their own artistic ideas and dance skills. Dance is the art of stage. It is the ultimate dream of every dancer to show the artistic charm of dance on stage. Dance talents pay special attention to this point.

Therefore, the reform and innovation of dance talent training course should also focus on the expansion of students' practice space and the accumulation of stage performance experience. It is the biggest affirmation for dancers to actively organize some practical activities of stage performance, seize all opportunities to enhance the performance experience of dance students, and meet the performance desire of dancers. The same is true for dance students in the learning stage [6].

5. Conclusion

The cultivation of dance talents does not depend on how many problems they will face, but whether they have the belief and executive power to solve problems and make innovations. At the same time, the cultivation of dance talents also promotes and encourages their creativity and artistic pursuit, so that they can truly experience the charm of dance art and strive for it. Dance plays an important role in the cultivation of art talents. In view of the current teaching situation of campus dance talent training course in China, there are still some deficiencies and problems. We must combine the teaching concept and teaching content to make the teaching objectives, strengthen the training of professional dance teachers' team, actively improve the professional cultivation of teachers, and constantly improve the dance teaching content and innovative teaching methods, so as to continuously improve dance Comprehensive quality of talents.

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