

Analysis of Influencing Factors of Dancing Performance of Sports Dancers Based on Flip Class

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Abstract: Dancing Expressiveness is an Important Factor That Affects Dancers to Achieve Excellent Results. the Expressiveness of Dancers in Dance is the Key Factor Affecting the Level of Sports Dance. Judging from the Overall Level of Chinese Sports Dance At Present, the Performance of Athletes in Sports Dance is Not Enough and Needs to Be Further Strengthened. Based on the Flip Classroom, This Paper Analyses the Influencing Factors of the Artistic Expression of Sports Dance from the Aspects of Sports Humanistic Accomplishment and Sports Artistic Accomplishment, and Puts Forward Its Own Views on How to Cultivate the Artistic Expression of Sports Dance.

1. Introduction

Sports Dance is an Extremely Beautiful and Comprehensive Artistic Sports Event Integrating Sports, Dance Art, Music Performance and Clothing. Athletes Express Their Inner Understanding and Pursuit of Artistic Beauty by Shaping Intuitive and Dynamic Bodies to Present Perceptual Images [1]. the Information-Based Teaching of Sports Dance “Internet Plus” is the Progress and Development of Sports Teaching in the New Era. the Creation of a Reversed Classroom Mode Enables the Full Integration of Teaching Resources and the Classroom, Thus Improving the Efficiency and Quality of Classroom Teaching [2]. Flipping Class is Essentially Based on the Rapid Development of Information Technology and Requires Interaction between Students and Teachers to Achieve Teaching Objectives. Sports is a Favorite Activity of Human Beings, Showing Themselves, Improving Themselves, Surpassing Themselves, Showing the Vitality of Human Life [3]. Although Sports Dance Has Been on Campus for Many Years, the Teaching of Sports Dance is Mostly Based on the Traditional Sports Teaching Mode. Teachers Explain and Demonstrate It. Students Simply Imitate the Practice. They Can Not Deeply Understand the Artistic Conception and Charm of Sports Dance, and It is Difficult to Bring Emotions into the Sense of Dance. Based on the Key Link of How to Improve the Dancing Expressiveness of Sports Dancers in the Flip Classroom, This Paper Analyses the Factors Affecting the Dancers' Expressiveness. It is Hoped That It Can Provide Reference for Dancers to Create Excellent Results.

2. Sports Dance Flip Classroom and Its Artistic Expressive Force

The sports dance flip classroom is a teaching method in the field of informational physical education. On the basis of inheriting the modern teaching concept, the information technology is integrated into the teaching process, so that the teaching work can achieve twice the result with half the effort [4]. In the trend of education modernization, the development of college sports also needs to adapt to the information-based teaching methods to carry out reform and innovation. Online classes will be a trend in the future classroom. Artistic expression is an ability of performers to express subjective emotions through external art forms, and is one of the important factors in judging a work of art and the artist's comprehensive artistic ability. On the premise of relying on new media or multi-media technology, teachers will transfer pre-recorded teaching contents or relevant dance learning videos to students before class. Students will use the pre-class time to understand basic dance knowledge and have a preliminary sensory understanding of dance teaching contents [5]. Perfect the basic teaching form, so that learning methods and interactive behaviors will change together with the Internet, which is suitable for a presentation of future science and

technology classrooms, better serve learners, experience more convenient classrooms, keep university classrooms up to date with the development needs of the times, and become a tool for improving the current classroom environment. The specific implementation contents of sports dance flip class include warm-up dance, complete display of dance movements, segmentation and refinement of movements, standardized explanation and demonstration by teachers, student exercises and grouping, movement exercises and error correction, and relaxation dance.

Artistic expression refers to the harmony and unity of human's inner artistic temperament in spirit and external body movements. It is expressed through human's facial emotion and human's body movement language. It enables the audience to directly feel the artistic style and emotion expressed by artistic performers through appreciation. Sports dance is an art that takes human body movements as the main means of expression. It is a silent language that expresses emotion through body movements. The quality of movement change and motion modeling is an important link that directly affects the level of dancers' expressive ability. Athletes with strong psychological quality can give full play to their dancing level in the competition. On the contrary, athletes with poor psychological quality can not control their performance and have no chance to express themselves in the competition. Therefore, in order to win in the sports dance competition, it is necessary for us to deeply understand the influencing factors of the artistic expression of sports dance, so as to improve the artistic expression of sports dancers and win the competition.

3. Analysis of the Key Factors Influencing the Artistic Expressiveness of Sports Dance

3.1 Sports Humanistic Literacy

Sports dance is not only a kind of fitness training in body movements, but also a kind of sports dance art sports with great humanistic quality. Because, all kinds of sports dances are gradually evolved in their unique regional environment through long-term cultural accumulation and absorption of cultural nutrients of various nationalities. Its formation and development will naturally deeply imprint on the history and culture of various nationalities [6]. From the cultural implication of dance performance, it is different from the long-term education and national interest of Confucianism and Taoism. Therefore, athletes should correctly grasp the cultural implication contained in sports dance and understand the background and development direction of sports dance. The emergence and development of any kind of sports dance is carried out under a certain historical and cultural background [7]. For the regional cultural environment that gave birth to her, she will actively absorb the excellent nutrients in excellent culture, with local rich regional cultural characteristics. The rapid development of informationization in modern society, the application of the inverted classroom teaching model in the practice of college sports dance teaching provides another new idea for the reform of college physical education in China, and it is also a new trend in the development of college sports dance in China.

3.2 Sports Art Literacy

The artistic literacy of sports dancers is mainly through their understanding of art theory and the rhythm of music to achieve a rational understanding of the artistic conservation. Some students have some misunderstandings in the learning process, paying too much attention to sports skills, and ignoring the cultivation of dance consciousness. As a result, the performance of sports dance is too rigid and lacks a kind of dynamic, spiritual and aesthetic expression [8]. Sports dance is the same as other types of dance. It belongs to the category of human language art. It should also pay attention to physical training, physical training, and then the basic training of dance according to the requirements of various dances. It can be achieved through hard training in dance movement techniques, but the key is to improve the players' overall quality, physical movements, performing skills and graceful dance art forms. Sports dancers with good musical attainments can perform wonderful physical movements under wonderful music. Other types of sports dance also have their historical origins of formation and development, and their styles and characteristics have their own characteristics. Only when dancers grasp the cultural information and historical origin contained in

each kind of dance can they reach the state of dancing to convey the text and the spirit.

3.3 Partner Coordination Factor

The highest level of sports dance is that the two dancers are fully integrated, such as Latin dance, tango and other double dances in the performance into a single dance. This requires the two dancers to show the same artistic style of dance, dance music processing should also be consistent. Any kind of communication should be based on emotion. Secondly, we should strengthen the training of sports dance learning motivation. Good professional quality can improve students' sense of music rhythm, performance skills, emotional expression ability, and ultimately to show a complete and infectious performance. To achieve this artistic realm, dance partners need to cooperate with each other for a long time. The core of the cooperation between male and female partners lies in a balanced state that they support each other in the process of dancing. On the basis of skilled body movements, they will enhance their dance performance consciousness and performance ability, thus contributing to the improvement of their artistic expression. Sports dance comes from life and reflects life. Players are close to life and improve their experience of life. Sports dance, like other dance art forms, belongs to the art of human body language. The first step in sports dance training is body training, and then the basic dance skills training is carried out according to the requirements of various dances. After a lot of dance training and careful observation, we can find that the dancers' harmonious emotional communication language and the balance they show to the audience can greatly enhance the artistic expression and appeal of dance.

4. Training Methods of Artistic Expression of Sports Dance

4.1 To Improve the Professional Quality of Players

As a professional sports dancer, the cultivation of professional accomplishment includes not only professional basic body movements, but also various performing techniques and expressive force. In the flip classroom teaching mode, students have insufficient records or doubts through pre-class exercises on written and video materials. Through the classroom, teachers combine the actual situation of students to carry out targeted guidance and correction, so as to cultivate students to learn good habits and dance posture. In the flip classroom teaching mode, students can use the network platform for self-study and practice. In the classroom, teachers give corresponding correction and guidance. After the class, the teaching content can be consolidated through interactive communication. According to different age groups of students and learning level to choose teaching content. For younger beginners, more attention should be paid to the cultivation of various abilities. For students with solid foundation, they should pay attention to the cultivation of cultural accomplishment. Only by strictly checking the standard of basic body movements and the evaluation of players' basic performance ability can the expressive force of basic body movements be improved and the coordination of various parts of the body be more skilled. To become a qualified sport dancer, we must improve the overall quality, not only to improve the movement skills in daily training, but also to establish a good sense of dance, so as to enhance the overall dance performance.

4.2 Strengthen the Athlete's Sports Dance Consciousness

Consciousness is a creative process in which people subjectively screen information from the outside world and then express their subjective knowledge of the objective world. Sports dance is an artistic component of dance. It is a process in which athletes form artistic forms by means of continuous and coordinated body movements. In the process of physical education teaching, students should be regarded as the main role, so that students' learning and training can be carried out under the conditions full of entertainment and interesting. Integrate the key points, difficulties and some new knowledge of the course, and create relevant teaching videos. Students use after-class time to learn new courses independently by watching teaching videos, so as to realize the process of knowledge transfer. Only in this way can sports dancers grasp the essence of sports

dance and perform it better. Attention should be paid to the cultivation of students' personality in teaching. According to different styles of dance, interpret different emotions, do not blindly imitate and lose personal charm. When athletes perform sports dance, through unconscious movement control and conscious movement coordination, they can creatively express the artistic image beauty and subjective artistic emotion of performers displayed by graceful dance modeling and body modeling. The correct use of these advanced techniques can not only effectively decorate the dance, but also increase the artistic appeal of the dance. It is a necessary ability for dancers to improve their performance.

4.3 Strengthen the Training of Athletes' Sense of Rhythm in Sports Accompaniment Music

Rhythm is the symbol and life of music. Dancing is also a rhythmic art, but it is a silent body rhythm that needs sound music rhythm and beautiful rhythm to hide. Sports dance is a diversified sport. It is not only a simple exercise, but also a fusion of dance feeling and music. The harmony reflected by the fortitude of men and the gentleness of women in the dance cannot be ignored. In teaching, the background knowledge of these dances can be understood through teachers' introduction and students' reading more books about sports dance after class. As an important content of cultural accomplishment, dancers must correctly express the cultural connotation of dance. They need a solid cultural foundation and broad knowledge. Otherwise, they cannot correctly understand the cultural connotation of dance. Dance does not have strong expressiveness. We may all have a deep understanding that in the sports dance competition, the rhythm of the player's physical movement is one of the evaluation factors for judging its artistic expression and the level of sports dance. Re-recognizing the sports dance techniques realized by the classroom, and quickly improving students' mastery of sports dance skills. Establish a good teacher-student, student-student interaction mechanism, and provide students with a platform for pre-study and review of sports dance courses.

5. Conclusion

The flipping classroom of sports dance is a new type of education mode. It is a good embodiment of the college PE teachers to update the teaching methods in a timely manner, adjust the teaching methods, and keep up with the development of the times. The aesthetic standard of Chinese dance has turned to the artistic traits of dance itself, emphasizing the beauty and ideological nature of dance choreography, with particular emphasis on the artistic expression of the dancers themselves and the penetration of inner emotions. Expressiveness plays a very important role in sports dance. To cultivate expressiveness, we should not only pay attention to the comprehensive analysis of students' learning motivation, but also deeply discuss sports dance teaching, so as to inspire students from teaching practice. Only when we truly realize the importance and urgency of improving dance performance and practice from both internal essence and external form can we shorten the gap between the overall level of our country's sports dancers and the world's advanced countries..

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