

# Research on Application Effect of Competition Method in College Sports Dance Course

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**Abstract:** The rise of sports dance in China is still short, but it has a strong influence, and it has gradually become the first choice for mass fitness. The value of sports dance is gradually integrated with the field of education. The article cuts in from the perspective of the use of the competition method in college sports dances, starting from the application advantages of the competition method, clarifying the specific application practice strategy, starting from the teaching objectives, teaching methods and teaching evaluation and other angles, and proposing specific feasible strategies and suggestions. Finally, the application of the competition method is used to test the application effect of the method in the sports dance course, which provides ideas for the innovation of college sports dance course.

## 1. Introduction

Sports dance integrates body beauty and artistic connotation. It contains people's love and passion for life. From the development of sports dance, we feel more the popularization of art. Since the 1980s, sports dance has been popular in countries all over the world because of its extensive attention and fitness. In the initial stage, the function of sports dance was mainly reflected in people's social interaction, and the name "social dance" was born. Modern sports dance is developed on the basis of international standard dance. It covers body dance, music configuration, costume changes and temperament, etc., involving the art world and education. Relative to the individual, its exercise value is a preliminary manifestation, the more important thing is to appreciate the function and spiritual cultivation value, with a strong sense of the times. From the internal structure of the human body, sports dance interprets the existence of life in the interpretation of physiological representations. It requires music as accompaniment, and in the change of personal limb movements and shapes, it conveys rich emotions and skills to enhance its physical fitness. Of course, nowadays sports dance has become an indispensable sport, and gradually develops into two aspects of competitive sports and mass sports. It has only been used for more than 30 years since the introduction of sports dance to the rapid popularization in China. In the promotion of the "National Fitness" sport, sports dance has become a major choice, and it has achieved good application results and is welcomed by people of all ages. The charm of sports dance has gradually entered the school's sports education environment. In order to maximize the effectiveness of the application of sports dance in the field of education, the relevant content around the innovation of sports dance teaching methods has gradually increased. The competition rules are one of them. How to tap the application value of the game method also needs to formulate a clear teaching plan.

## 2. Advantages of competition method in college sports dance course

Contemporary college students are impacted and influenced by diverse information, and are exposed to more content. Most of the fragmented time is spent in leisure and entertainment. Scientific physical exercise habits are not developed. The flexible use of the competition method in the teaching of sports dance courses can successfully attract the attention of students and actively participate in it, so that under the "desire of victory and defeat", the participation enthusiasm is higher. In the specific practice, physical education teachers should do a good job of grouping, so

that each student has sufficient space for self-expression, and release their own flash points. Scientific grouping enhances the complementarity within the group, the competition between the groups is more balanced, and naturally more attractive, so that the value of the game method can be fully demonstrated. Compared with the traditional single teaching mode, the application of the game method can activate students' enthusiasm and enterprising spirit.

The application of the game method in the practice of college sports dance courses, every college student is driven by "victory", which makes the fierce competition significantly increased. But in order to win a sports dance competition, students' adaptability and self-control are the key. In the course of the game, it is usually affected by unpredictable factors, which extremely test the students' resilience and reaction speed. Of course, good self-control is also the key to sports dance's charm. Flexible scientific arrangements for competition law have a positive impact on the resilience and self-control of college students.

Moral education has always been a difficult problem in the development of higher education. The effectiveness of moral education is related to the healthy growth of students. At present, starting from the goal of establishing morality, try to integrate moral education with physical education courses to form a joint force of integration and development. Through the application of the competition method in sports dance teaching, it has provided a new way of thinking for moral education. That is, in the teaching practice of the sports dance competition method, the idea of "friendship first, competition second" is emphasized, so that each student can play his own good moral qualities in the competition and respond to the competition with a serious attitude Give the game a unique charm in mutual respect.

Sports dance is a concentrated manifestation of power and beauty. Following the rhythm of music to dance rhythm is itself a way of presenting the process of beauty. The rapid popularization of sports dance and its integration into the school's educational environment also shows that the popularity of sports dance is relatively high. To this end, we must constantly strengthen the core skills of sports dance, so as to better show the charm of sports dance. The competition method activates the enthusiasm of the students in sports dance and is also the key to winning. Through the competition method, students' sports dance skills are maximized. For example, after the teacher explains and demonstrates dance moves, if the students are only allowed to practice independently, the enthusiasm of the students is compressed due to the lack of interaction in the process. But if divided into groups and developed in a group competition, the effect will be completely different.

Sports dance is a form of team project. If sports dance is to exert its own influence, then coordination and cooperation among college students are the key points. The application and experimentation of the competition method have made the players in different groups pay more attention to sports dance, and are more willing to cooperate with each other, with the team as the core, so as to achieve the goal of victory and obtain a successful experience. Through this method, students' team consciousness is gradually developed, and the effect is remarkable.

From the form of sports dance, there are 10 different types. Different types of dance also have different requirements for dancers' technical movements. But one thing is the same, that is, it is necessary to ensure the coordination of the movements of various parts of the limbs, and pay attention to the exercise of the flexibility of the human muscles. Compared with college students, they need to pay attention to the technical characteristics of different dance steps. From the positioning of the support point to the determination of the stride, from the forward and backward rotation to the grasp of the center of gravity. These all put forward a test for the flexibility of the step joints, the flexibility of the knee joints, and the elasticity of the ankle joints. At the same time, sports dance can also indirectly exercise the vestibular organs, promoting its stability. Therefore, it stems from the value of repeated body movements to the exercise ability of students. Sports dance can effectively improve students' physical skills and promote the comprehensive development of their endurance and other qualities.

The performance of sports dance is inseparable from the infection of music. Regardless of the style of the dance itself and how the movements are constructed, this relationship remains unchanged. The understanding of dance is also inseparable from the role of music. In the

atmosphere of beautiful music, dancers often find it difficult to restrain themselves, and the spirit of the music rhythm is also encouraged. Students often unblock their suppressed emotions and enjoy their body and mind in the experience of sports dance. At the same time, sports dance, as a way of physical and mental exercise, has a great effect on the excitation of the nervous system of students and the cultivation of the psychological reaction period of limbs. It can alleviate the students' nerve contraction caused by learning stress through the improvement of brain cell support ability and physical fitness. In addition, when the student's emotions fluctuate, a reasonable dance exercise can accelerate brain nerve relief, coordinate nerve excitement and suppress balance, and then stabilize the body and mind, so that their physical and mental development tends to be healthy and stable.

### **3. Applied Practice of Applying Competition Method in College Sports Dance Course**

The specific practice of using the competition method in college sports dance courses, from the perspective of teaching objectives, teaching methods and teaching evaluation, try to create a multi-dimensional, three-dimensional sports dance competition method application framework, to fully explore the application value and advantages of the competition method, Give colleges and universities sports dance courses a new form.

The development of sports dance courses in colleges and universities mostly adopts the “large class teaching” method, and the teaching model based on the class is created. Although the students have the initiative and enthusiasm for sports dance, the unevenness in the level is common. The reason is mainly due to the differences in this group's interests, cognitive style, knowledge level and technical ability. In view of this situation, if you want the competition method to be better integrated into the sports dance course, you need to develop a level of teaching goals. First, the scientific grouping. In the practice of sports dance teaching, we must observe and measure the basic situation of each student, divide the students into different groups, and adhere to the core of the grouping is the “balance between groups, differences within groups” method, so that each group member can play Its own role to accurately locate its basic situation and mobilize students' subjective initiative. Scientific grouping is a prerequisite for the implementation of the game law, and it is very important; Second, formulate teaching goals for individual students. The formation of teaching goals guides the process of teaching practice. The whole process should be carried out around students, in accordance with the goals from low to high level. For students with basic deviations in sports dance, the goal itself should be easy to achieve and can highlight the core content of sports dance. At this level, students should be able to get a good participation experience, perceive and understand the charm of sports dance, and achieve self-breakthrough. For students with a good foundation in sports dance, in the learning stage of sports dance technology, the goal should be to increase the difficulty appropriately, mobilize the students' spirit of inquiry, and also let this group help students with low levels of progress in the group. In collaboration, improve the overall level of the group and lay a solid foundation for the orderly implementation of the competition method. Third, teachers should formulate hierarchical teaching plans for students at different levels to make the teaching goals more specific and comprehensive. Reasonable arrangement of hierarchical teaching goals is of great significance for the subsequent implementation of the competition method.

With the support of clear objectives, the teaching of sports dance teaching in colleges and universities is advancing in an orderly manner, and the atmosphere of the competition method has been initially formed. In order to ensure the application value of the competition method, a variety of competition teaching methods are set here, so as to achieve a full-scale investigation of the students' sports dance ability. First, the teaching competition method. This competition method refers to the targeted training of students according to some rules of sports dance teaching, and the effect of special training is maximized by the method of competition. For example, in the process of explaining the dance movements of the sports dance course, teachers can divide students into several groups, let the group members learn to help each other, and complete the dance movements under clear requirements. This way of competition, which emphasizes on teaching, is a new form of enriching the classroom teaching environment, serving the needs of teaching, so that students can play their normal level; second, the simulation competition method. This method refers to after

learning sports dance in the initial stage. Teachers arrange members of different groups to create sports dance activities, giving members of the group a wider autonomous space, independent choice of dance moves, independent choice of music, independent creation, etc. The whole process is based on the wisdom and innovation of the members of the group Foundation, fully activate students' interest in learning. Targeted strengthening of sports dance techniques, specific practices in the form of simulated competitions, each group can accurately position their own growth and obtain a good learning experience in innovative practice; third, the adaptive competition method. As the name implies, the application of this method is based on the premise of enhancing the adaptability of students, so as to effectively adapt to the teaching needs of sports dance. In the application of sports dance adaptive competition method, it is usually based on human-simulated competition training, effectively adapting to the rhythm of the competition, making the process of the competition more effective, and improving the comprehensive literacy of college students. More fully; Fourth, check the sex game method. The construction of the test competition method aims to comprehensively test college students' understanding of sports dance. Teachers form a test framework according to the teaching objectives, observe the basic situation of each student with the creation of the game method, and counteract the results of the game method In the practice of sports dance movements, it achieves the teaching effect of doing more with less.

The use of the competition method in college sports dance courses also needs to do a targeted teaching evaluation, so that the teaching content is more comprehensive and full, and the application value of the competition method is tested. In the process of implementing the competition method, although the students' desire to participate and teamwork spirit are activated, it is necessary to combine scientific evaluation to test the results. To this end, it is necessary to formulate targeted evaluation programs and evaluation strategies for the individual differences of students, and to achieve the goal of horizontal evaluation based on the overall performance of different groups. In the evaluation phase of the competition method, the performance of sports dance is one of the core points of consideration, but it is not only relying on the elements of final evaluation, but also from multiple angles to form a complete teaching and evaluation program The overall performance of the students in the unit is incorporated into the assessment elements, and a scientific assessment result and evaluation mode are obtained. Throughout the evaluation process, a complete evaluation process and evaluation strategy are formulated to keep the cooperation of the members in the group smoother. Teachers should always commend the group members so that they can build up their self-confidence in learning, make persistent efforts, integrate them into the physical education environment, and perceive physical dance Core function and charm.

#### **4. Application effect of competition method in college sports dance course**

The use of the competition method in college sports dance courses is a comprehensive innovation of the traditional teaching environment, breaking the constraints of the traditional teaching framework, optimizing the practice method, and making the content performance more specific and complete. Investigate the current status of the application of the game method and find that the application effect is as follows:

From the perspective of a sports dance teacher. The process of grouping students is extremely testing the teachers' comprehensive literacy, testing teachers' understanding of the students' basic situation. Throughout the grouping process, the teacher's grouping is more reasonable, and the creation and creation of various multiple competition methods, the implementation process and the overall arrangement have shown effectiveness, and the implementation effect is good. During this process, the sports dance teacher continuously consults relevant materials in order to use the competition method flexibly. Not only has the innovation of teaching methods been achieved, but also the comprehensive quality of teachers has been comprehensively improved and strengthened.

From the perspective of students under the sports dance course. Compared with the traditional sports dance course teaching mode, the application of the competition method is relatively new, which attracts and mobilizes the enthusiasm of students, allowing students to more actively integrate into sports dance and perceive the charm of sports dance. In addition, in the

communication and discussion within the group, the interactive atmosphere and interactive space of the members of the group can be formed, so that the sports dance competition method can be sublimated in the collision of interaction and thinking, and promote the innovation of sports dance teaching. The students showed a high level of enthusiasm in the practice of the entire sports dance competition method, and the skill level of sports dance was significantly improved.

All in all, the reform of college sports dance courses should keep pace with the times, try to use multiple teaching methods to bring students a good sports learning experience. The use of the competition method in a variety of forms has shown good application effects, played a positive role in the growth of students, and provided new ideas for the innovation of college sports dance courses.

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