

# Strengthen the Integration of Music and Dance to Stimulate the Reform of Dance Teaching in Colleges and Universities

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**Abstract:** With the deepening of quality education in China, the teaching reform is also deepening. The rapid development of social economy and increasingly fierce social competition, scientific and technological competition, talent competition development pattern strongly stimulates human beings to put forward higher requirements for their own quality, development and innovation become the first element. Dance is a sport that combines various contents. The dance teaching teachers in colleges and universities should make corresponding adjustment plans according to the students' basic qualities and the actual problems in the process of dance music fusion. Dance movements are inseparable from the guidance of dance music, and dance music can only achieve the purpose of creation with the organic cooperation of dance movements. Sports that take place at all ages can change a lot. Ensuring the integration of music and dance and the goal of reforming dance teaching in colleges and universities can be achieved.

## 1. Introduction

Sports dance, which originated from the developed countries of Western economy, is a valuable art and culture developed by excellent dancers. With the continuous development and progress of our society, it has led to the rapid development of modern science and technology [1]. Relevant departments, units and personnel in our country are also continually carrying out in-depth research on dance. The rapid development of social economy and increasingly fierce social competition, scientific and technological competition, talent competition development pattern strongly stimulates human beings to put forward higher requirements for their own quality, development and innovation become the first element [2]. In the actual teaching process, in order to promote students' learning of dance music more comprehensively, it is necessary to understand the students' dance and music skills in advance [3]. A common main content that music and dance want to express is human emotions. And the inner world of man can be fully expressed in the dance under the guidance of music. China is indeed not a strong country in sports dance development [4]. The most important factor is that the basic motor skills of sports dance athletes in China are not well controlled.

In order to better occupy the living space, it is necessary to continuously enrich the knowledge level through various educational learning channels [5]. As learning time and learning intensity increase, it brings unprecedented pressure on the body and mind. The dance teaching teachers in colleges and universities should make corresponding adjustment plans according to the students' basic qualities and the problems existing in the process of dance music fusion [6]. Human emotions can be fully expressed in the organic combination of music and dance. Dance movements are inseparable from the guidance of dance music, and dance music can only achieve the purpose of creation with the organic cooperation of dance movements [7]. Designers need to create both dance movements and dance music. According to the current situation, the main problem in the process of dance teaching in Colleges and universities in China is the weak teaching staff [8]. In order to alleviate the pressure and adapt to the development of lifelong education, we should always adhere to physical exercise from the beginning to the end of life. But there will be great changes in sports at all ages. Ensuring the integration of music and dance and the goal of dance teaching reform in Colleges and universities can be achieved.

## 2. An Important Analysis of Music in Dance Teaching in Colleges and Universities

Many colleges and universities in the development of dance courses, teachers are still using the traditional teaching model for teaching, teaching content is relatively boring. So that the students have been repeating the practice and teaching of dance movements. The teaching process of sports dance course has obvious sociological characteristics, and teaching activities are always restricted by social behavior norms and other aspects. The rhythm of dance can not be separated from the rhythm of music, and music plays an important role in the rhythmic dance movements. In the process of selecting the accompaniment music, the teacher should choose the music with the beautiful melody and the student's favorite as much as possible according to the students' preferences. Then it is actively and effectively guided to combine its own movements and accompaniment music in the process of learning dance movements.

Under the new situation, in order to carry out reasonable reforms on college dance teaching, it is necessary to expand the faculty to improve the overall quality of teachers and the professional dance level. Teaching is an educational activity composed of the teaching of teachers and the learning of students under the norms of educational purposes. Higher education should focus on cultivating college students' innovative thinking ability, practicing cognitive ability and active entrepreneurial spirit, and comprehensively improving the humanities quality of college students. Dance teaching in colleges and universities, strengthening the emphasis on music and dance, and reforming dance teaching in colleges and universities. It helps to improve the efficiency of dance teaching in colleges and universities. Some movements in dance training are extremely boring, which inevitably leads to some students' boredom. Students cannot effectively grasp the dance movements with strong sense of rhythm under the simple explanation of teachers. The environment of dance teaching in Colleges and universities is relatively poor, and there is a lack of professional Wudang teaching venues and training equipment. And the stage lighting facilities are also very old, which is not conducive to the cultivation of students' interest in dance.

For the teaching process of sports dance itself, it also has certain social structure and social activity process. In the process of college dance teaching, there are many elements associated with dance, but the closest is the integration of music and dance. Record dancers' body movements from different angles and process data. In the clarity of the dancer model, the shape of the skin is affected by multiple bones. In the later processing, data processing is performed by matching the corresponding music. SuiTable for multi-angle, multi-faceted dance performance. In order to improve the speed of motion capture process, the hierarchical tree is usually constructed to optimize various situations. The simulation of motion capture model is improved by using virtual reality technology. The model is shown in Figure 1.

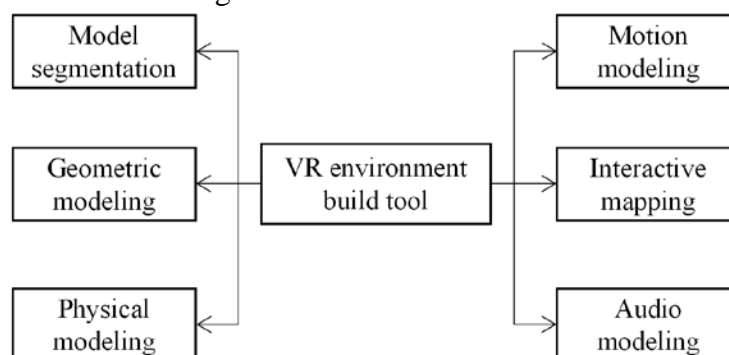


Fig. 1 VR simulation modeling

In college dance teaching, we must constantly optimize the way between teaching and learning. Let students learn something in the dance teaching course, and they can also serve as a small teacher and teach middle school. Dance is an art form that realizes people's spiritual life. It can reflect people's life, labor, customs, thoughts and feelings and other straightforward and sincere reflections [9]. People can enter the realm of poetry under the influence of graceful dance. Under the new situation, colleges and universities must cultivate high-quality professional talents for the

society. Colleges and universities should innovate teaching models and establish sound assessment standards for dance teachers. The form of assessment can encourage teachers to update teaching methods. In order to accomplish the teaching task effectively and qualitatively in the whole sports dance teaching activities, we must correctly select and effectively use the teaching methods. Only by scientifically and systematically selecting training methods can we improve the teaching quality and training effect of sports dance. Music plays a very important role in the dance teaching process, which can maximize the quality of dance teaching and teaching results.

### 3. Rational Application of Music in Dance Teaching in Colleges and Universities

In many colleges and universities, dance learning courses are generally taught by teachers and followed by students. Teachers should optimize teaching objectives effectively. First of all, arouse students' interest in learning music and dance. Dance teaching differs from other disciplines to some extent, and dance teaching mainly focuses on practice. Teachers should supervise and guide students through demonstration. Teaching facilities provide preconditions for teaching activities. Teaching materials, that is, teaching contents, closely link teachers and students. Good teaching facilities can provide material basis for high-quality teaching, but also one of the key factors affecting the quality of teaching. Only in this way can students creatively participate in music and dance teaching, and actively have a preliminary understanding of dance style, movement rhythm and other characteristics. It is necessary to change the mode of teaching and learning, and truly be student-oriented. When necessary, students can be used as teachers to actively change the way they teach and learn. From the original teaching, the students can learn independently with the melody of music.

If necessary, the related image data can be stored and played by using multimedia technology. Give the classmates a more difficult action to slow down and loop at the appropriate time. There is only one muscle torque peak during the support in the ankle joint. Unlike the rapid transition between the hip and knee flexion and extension angles, the ankle joint muscle moment has no transition between flexion and extension moments, but only the plantar flexion moment. There is a significant difference in the peak of the ankle flexor moment between the two phases. The ankle joint foot moment during the acceleration phase is less than the maximum speed phase. As shown in Table 1. Compare the bending moments of different joints at different time points, as shown in Figure 2.

Dance teaching is a kind of performing arts, but also a dynamic art, which requires professional talents to rationalize the teaching of students. Since the sports dance entered the university, it has received the love of the majority of students. From the first few sports colleges to offer sports dance courses, many colleges and universities now offer sports dance courses. Whether in the practice teaching process or in daily life, dance and music are a way and means to express people's spiritual world [10]. Music and dance can really show people's emotions in life and thought. In music and dance teaching activities, we should be based on the characteristics of students' interests. Tightly around the teaching objectives to guide students' learning methods. To enable students to give full play to their enthusiasm and creativity. In normal teaching activities, dance teachers in Colleges and universities should also record the actual situation of students' learning. Be able to understand each student's dance style and movement rhythm, so as to help each student find their own strengths.

Table 1 Comparison of peak torque of lower limbs in the sprint acceleration phase and the maximum speed phase swing period

	Acceleration phase	Maximum velocity stage	Difference value
Peak flexion moment of hip joint	125.39	189.6	64.21
Peak flexion moment of knee joint	239.69	241.78	2.09
Peak flexion moment of ankle joint	136.45	147.84	11.39

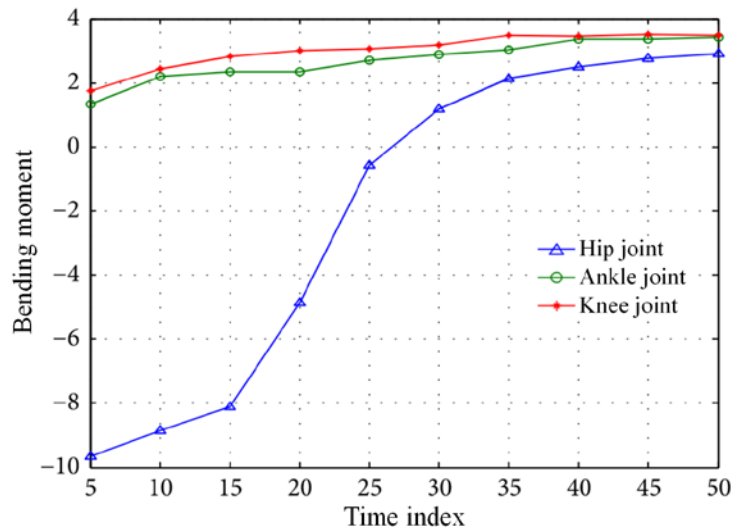


Fig. 2 Different moments of different joints in different joints

With the continuous development and progress of science and technology, colleges and universities must increase the investment of funds. We will continue to build up modern multimedia teaching equipment and effectively integrate advanced multimedia equipment in the teaching process. It is necessary to strengthen students' theoretical knowledge of music and dance and enhance their artistic accomplishment. So that students can combine practice and theory, and be more able to achieve integration and comprehensive art education. In order to greatly enhance the enthusiasm and initiative of students, it is also conducive to improving the quality and level of teaching. Both music and dance should be combined with each other to transform the way of teaching and learning. Promote students to learn effectively in college dance teaching. Effectively guide students to make a sense of the beauty of music and dance. Further sublimation of its own artistic conception of dance art, effectively inspire students' love of dance.

#### 4. Conclusion

The progress and development of the education level, the new curriculum reform also put forward more stringent standards in dance teaching. How to strengthen the integration of music and dance and realize the reform of college dance teaching is one of the urgent problems to be solved. The application of music in college dance teaching still has certain constraints, which has a certain influence on the integration and development of music and dance. Therefore, the majority of college dance teachers should actively explore the integration of music and dance measures to train comprehensive quality talents. The integration of music and dance can make students feel the charm of art and cultivate their sentiment in the process of learning. Strengthening the integration of music and dance and realizing the reform of dance teaching in Colleges and universities are of great significance for promoting students' all-round development, improving the level of dance education in Colleges and universities, and enabling students to receive good dance teaching. We should adhere to the line of sustainable development and combine multimedia technology with dance teaching. So as to improve the quality and level of teaching and lay a good foundation for improving the comprehensive quality of students.

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