

Discussion on the Teaching Countermeasures of Folk Dance Performance under the Influence of Traditional Culture

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Abstract: In the long history of China, traditional culture, like a bright pearl, shines with the brilliance of cultural spirit. Based on this background, this paper deeply analyzes the important position of traditional culture in folk dance performance and its far-reaching influence on modern dance teaching. This paper emphasizes that traditional culture is not only the treasure of cultural spirit, but also the soul of folk dance performance. As a unique cultural phenomenon, folk dance performance bears the essence of traditional culture, and they are interdependent and develop together. It is found that traditional culture plays an important role in folk dance performance and has a noticeable influence on modern dance teaching. However, in actual teaching, problems such as insufficient integration of traditional culture and single teaching methods and means are still outstanding. In view of these problems, this paper puts forward some countermeasures, such as strengthening traditional culture education, innovating teaching methods and means, improving teachers' quality and constructing scientific evaluation system. This study provides strong theoretical support and practical guidance for the inheritance and development of folk dance performance art.

1. Introduction

Traditional culture, like a pearl of cultural spirit, shines brightly in folk dance performances [1]. It injects unique charm into folk dance and endows it with profound cultural connotation [2]. As a carrier of culture, folk dance performance is not only a display of traditional customs and aesthetic taste, but also a bridge of historical memory and cultural inheritance [3]. In the vast world of modern dance teaching, the shadow of traditional culture is everywhere. It provides a steady stream of materials and inspiration for teaching, which makes the performing art of folk dance constantly glow with new vitality in inheritance and innovation [4]. Therefore, it is the key to promote the inheritance and development of art and the necessary way to understand and carry forward the value of traditional culture to deeply explore the important position of traditional culture in folk dance performance and its influence on modern dance teaching [5]. The research on this topic can enhance our cultural self-confidence and contribute wisdom and strength to the prosperity of folk dance performing arts.

In recent years, the academic research on traditional culture and folk dance performance teaching has made great achievements [6]. Scholars have conducted in-depth discussions from different angles and levels, providing us with rich theoretical resources and teaching experience. However, the existing research on how to integrate traditional culture into modern dance teaching and innovative teaching methods is still insufficient [7]. This study aims to fill this gap and explore new integration paths and innovative methods by expanding the research perspective. Analyzing and discussing this topic is an in-depth analysis of folk dance performance art, and it is also an active exploration of the inheritance and development path of traditional culture in modern society. Through research, we can more clearly understand the core position of traditional culture in folk dance performance, and explore how to better integrate and inherit these cultural elements in modern dance teaching, so as to point out the direction for the future of folk dance performance art. Through this study, we hope to contribute to the inheritance and development of folk dance performance art.

2. Overview of traditional culture and folk dance performance

The precipitation of wisdom and history has created the treasure of traditional culture. It embodies the cultural spiritual pursuit, value concept, aesthetic preference and code of conduct [8]. Traditional culture is branded with distinct historical traces. As a precious heritage handed down from generation to generation, it records the cultural memory and historical steps. At the same time, it also shows the uniqueness of traditional culture and reflects the local customs and cultural characteristics of all ethnic groups. Traditional culture presents regional characteristics, and the natural environment, social activities and cultural traditions in different regions have given birth to different regional cultures. These characteristics together constitute the richness of traditional culture and provide a solid cultural foundation and rich artistic resources for folk dance performances.

As a unique art form, folk dance performance is famous for its distinctive cultural characteristics, strong flavor of life and unique performance skills [9]. It is rooted in people's daily life and reflects people's production practice, customs and emotional expression. Folk dance performance emphasizes the rhythm and rhythm of action, and conveys emotion and artistic conception through the ups and downs of body language. In addition, it also attaches importance to the use of costumes and props, with the help of exquisite costumes and special props to enhance the artistry and expressiveness of dance. These artistic characteristics make the folk dance performance unique and deeply loved by the public.

Traditional culture has a profound and comprehensive influence on folk dance performance. On the one hand, it provides rich creative materials and inspiration for folk dance [10]. Many dance works draw myths, historical stories and folk elements from traditional culture, and show the essence of these cultures vividly through dance. On the other hand, traditional culture has shaped the unique style and personality of folk dance performance. The difference of regional culture makes the folk dance show diversity in action, rhythm and costume, forming its own unique performance style. Traditional culture also affects the inheritance and progress of folk dance performances. Many dance traditions are spread through oral teaching and telepathy, and the values and codes of conduct in traditional culture can be continued and carried forward in this process.

3. Analysis of the current situation of folk dance performance teaching under the influence of traditional culture

At present, folk dance performance teaching occupies an important position in the field of art education. With the society's re-understanding of traditional culture and the improvement of aesthetic pursuit, this teaching field is gradually gaining more and more attention. All kinds of art colleges, cultural institutions and community activity centers have set up folk dance performance courses to inherit and carry forward the traditional dance culture. In teaching, teachers pay attention to cultivating students' dance skills, expressive force and artistic accomplishment. Through systematic training and practice, students can master the basic movements and style characteristics of folk dance. However, the teaching of folk dance performance also faces some challenges, such as Table 1, which need to be explored and improved constantly in teaching.

Table 1 Challenges Faced in Folk Dance Performance Teaching

Challenge	Related Aspects
Balancing tradition and innovation	Curriculum content design
Varying dance foundations among students	Student selection and training
Aligning teaching content with current needs	Curriculum setup and updating
Faculty strength and professional training needs	Teacher recruitment and training
Limitations in teaching facilities and resources	Hardware facilities and funding investment
Integrating cultural differences into teaching	Cross-cultural communication and understanding
Providing practical opportunities and stage experience	Performance arrangements and collaboration opportunities
Enhancing social awareness and recognition	Promotion and public engagement
Updating teaching methods and approaches	Teaching technology and innovative applications

In the teaching practice of folk dance performance, the depth of traditional culture integration is directly related to the teaching results and the cultural connotation of dance works. Recently, more and more teachers have begun to attach importance to the combination of traditional cultural elements and folk dance teaching, and help students understand the inner spirit and value of dance more deeply by explaining the historical stories, cultural implications and folk customs behind dance. Teachers also encourage students to actively explore the artistic wealth in traditional culture and apply it to personal dance creation during the learning process. Nevertheless, the degree of integration of traditional culture in teaching still needs to be improved. Some teaching still pays too much attention to skill training and ignores the transmission of cultural connotation, which needs to be optimized and improved in future teaching.

4. Countermeasures and suggestions on folk dance performance teaching under the influence of traditional culture

(1) Strengthen the position of traditional culture education in folk dance performance teaching.

The core position of traditional culture education should be further highlighted in the teaching of folk dance performance. This requires us to take traditional culture as the soul of folk dance teaching, not only to teach dance skills, but also to deeply explain the cultural implication and historical origin behind dance. This can be done by setting up special traditional culture courses or integrating traditional culture knowledge into daily dance training, so that students can master dance movements and deeply understand the cultural connotation carried by dance. We should also encourage students to actively participate in traditional cultural practice activities, deepen their understanding and recognition of traditional culture by personal experience, and then better integrate it into folk dance performances.

(2) Innovating teaching methods and means of folk dance performance.

In order to meet the teaching needs of the new era, the teaching methods and means of folk dance performance must be constantly innovated. We can use modern scientific and technological means, such as multimedia teaching and virtual reality technology, to provide more abundant and intuitive teaching resources for folk dance teaching. At the same time, heuristic and inquiry teaching methods are adopted to stimulate students' learning interest and creativity, guide them to innovate on the basis of inheritance, and make folk dance performances more in line with modern aesthetics. In addition, we can also carry out interdisciplinary cooperative teaching, as shown in Table 2, so as to broaden students' artistic horizons and improve their comprehensive quality.

Table 2 Innovation and Interdisciplinary Teaching Approaches for Folk Dance Performance Education

Innovative Means/Methods	Interdisciplinary Teaching Fields
Multimedia Teaching	Digital Media Art
Application of Virtual Reality Technology	Computer Science and Technology
Heuristic Teaching Method	Education
Inquiry-Based Learning Approach	Psychology
Instructional Design to Stimulate Creativity and Interest	Creative Writing/Drama Performance
Curriculum Integration of Tradition and Innovation	Musicology/Ethnomusicology
Interdisciplinary Art Practice Projects	Visual Communication Design/Fashion Design
Incorporation of Modern Aesthetics into Folk Dance Teaching	Fashion Trend Research/Cultural Studies

Table 2 shows the innovative means and cooperative teaching fields of folk dance performance teaching in the new era. Its purpose is to broaden students' artistic vision, improve their comprehensive quality and make folk dance performance teaching more in line with the needs of modern education through modern scientific and technological means, innovative teaching methods and interdisciplinary cooperation.

(3) Improve the traditional cultural accomplishment of folk dance performance teachers.

In the teaching of folk dance performance, teachers play a key role, and their cultural literacy is directly related to the teaching quality. Therefore, we must attach importance to improving the

traditional cultural accomplishment of folk dance performance teachers. By organizing teacher training, academic exchanges and other activities, teachers can deeply understand the essence and connotation of traditional culture and enhance their cultural consciousness and self-confidence. At the same time, teachers are encouraged to actively participate in the research and practice of traditional culture and integrate the latest research results and teaching experience into teaching, so as to continuously improve the teaching quality and level.

(4) Build an evaluation system integrating traditional culture and folk dance performance teaching.

In order to effectively integrate traditional culture into folk dance performance teaching, it is necessary to construct a scientific and reasonable evaluation system. The system should comprehensively consider the transmission of dance skills and cultural connotation. We can comprehensively evaluate students' learning achievements and teachers' teaching effectiveness by setting specific evaluation indicators, such as the cultural charm, cultural characteristics and innovation of dance. The evaluation process should pay attention to diversity and openness, and encourage teachers and students to participate together, so as to reflect the teaching practice more comprehensively and objectively and provide a solid basis for teaching improvement.

5. Conclusions

This paper deeply discusses the important influence of traditional culture on folk dance performance teaching, as well as the challenges and opportunities existing in the current teaching situation. Through analysis, this paper finds that traditional culture is the soul and foundation of folk dance performance, and it is also the source to promote the continuous innovation and development of its teaching. Summarizing the past, we deeply realize the irreplaceable role of traditional culture in folk dance performance teaching. It enriches the connotation and expression of dance, and also enhances the artistic appeal and inheritance value of dance. At the same time, we also realize that there are still some problems in the current teaching practice, such as insufficient integration of traditional culture, relatively simple teaching methods and means. This requires us to attach great importance to and actively seek solutions.

With the society's increasing attention to traditional culture, folk dance performance teaching will step into a broader development world and face unlimited opportunities. We will make unremitting efforts to further promote the deep integration of traditional culture and folk dance performance teaching, explore novel teaching strategies and means, and improve teachers' ability to understand and master traditional culture. At the same time, we will also strive to build a more scientific and reasonable evaluation system. Looking forward to the near future, folk dance performance teaching will surely shine more brightly and make more significant contributions to the inheritance and development of the excellent traditional culture of the Chinese nation.

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