

The Construction of the National Standard Latin Dance Training Content System

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Abstract: With the widespread attention and popularization of sports dance, the national standard Latin dance has also developed rapidly. According to the actual situation of China, this article discusses the content of the national standard Latin dance training and the problems in the training, and studies the construction of a relatively complete Latin dance training content system.

1. Introduction

There is still a big difference between China's current sports dance level and the international level. It is impossible to catch up with advanced countries in the world by studying the movements and techniques of outstanding foreign players. Training should be improved through practice based on the cultural foundation and training situation of our players. We summarize the problems in the national standard Latin dance training to sum up a perfect Latin dance training content system, and then improve the overall development level of sports dance in china.

2. The Necessity of Building the Latin Dance Training System

With the gradual improvement of people's living standards and health awareness, sports dance gradually began to be welcomed by the public, and gradually promoted and popularized throughout the country. However, there is still some gap between the professional level and technical ability of Chinese dancers and other countries. At this stage, the basic training content and technical level of Latin dance in China are lack of ability, and there are fewer professional coaches, which makes the overall level of China's national standard Latin dance unable to catch up with the world level. The key to improving the technical level of the national standard Latin dance lies in basic training. So it is of great significance to construct a complete Latin dance training system. Basic training is not only the most important training mode of dance, but also the core process of sports dance training.

3. The Principles and Methods of Latin Dance Training

3.1 Training Principles

The national standard Latin dance involves a lot of learning content. So the coach should develop a more reasonable training plan for the students during training, focusing on the gradual training of the students' dance ability. There are many movements in the national standard Latin

dance, and different movements have different artistic values. Therefore, more targeted training should be combined with the characteristics of the national standard Latin dance. Then students can fully grasp the dance movements and technical essentials, so that they can have comprehensive development.

3.2 Training Methods

3.2.1 Decomposition Method and Complete Method

The coach decompose and explain the various aspects of Latin dance techniques. Students can practice a certain action repeatedly. The coach will demonstrate the action to ensure that students can fully grasp the technical essentials of the action. After the students are proficient in the decomposition movements, the coach should conduct complete teaching of the entire dance movements. So the students can connect the decomposition movements in series, accurately master the essentials of the movements, and effectively connect all the movements.

3.2.2 Observation Method and Language Method

In the early stage of the national standard Latin dance training, the coach can lead the students to watch the pictures and videos of the Latin dance to let the students have a preliminary understanding of the Latin dance and master the essentials of the movement through observation. The coach can give language guidance to the students while they are watching and explain the techniques and essentials of the movements, so that the students have a deeper understanding of the national standard Latin dance.

4. Problems during Latin Dance Training

4.1 Lack of Knowledge

Although China has gradually increased its attention to Latin dance, there are still some limitations in actual training. Traditional concepts have prevented many dancers from correctly cognizing Latin dance, and they did not realize that Latin dance as an art can play a role in educating and improving dancers' quality. Therefore, the training effect and level of Latin dance cannot be improved. From an objective point of view, as a dance art, the most important thing about Latin dance is the foundation. The basic training of Latin dance must be strengthened to effectively enhance the dancer's innovative ability. Through the training of dancers and the improvement of cultural literacy, the overall level of Latin dance can be effectively improved.

4.2 Weak Consciousness

During the training process, the coach and dancer's awareness of the Latin dance has a direct impact on the training effect. Many dancers have not been exposed to Latin dance before learning, thinking that the basic skills training of Latin dance is relatively simple and boring. It is easy to lose patience and enthusiasm for training, and even rebellious psychology may even occur in serious cases. During the training, dancers should always maintain a good attitude and focus on learning, and strengthen their own Latin dance awareness, so as to improve the level of training.

5. The Construction of the Latin Dance Training Content System

5.1 Training of Basic Dance Movements and Techniques

5.1.1 Basic Dance Movement Training

In the process of learning the national standard Latin dance, students should be proficient in basic dance moves. During training, the coach should also strengthen the teaching and training of basic dance movements. Basic dance moves are usually relatively simple and easier to accept and learn. In the training process, students will inevitably have non-standard movements and poor mastery. Adequate training of basic dance movements can enable students to better grasp the characteristics and style of Latin dance. Through the accumulation of basic and simple movements, students can effectively improve their dance literacy and pave the way for the future learning of difficult dance movements.

During the training process, the coach should formulate a reasonable and scientific training program for the students according to the actual situation of the students. And adopt suitable training programs according to the students' dance foundation and potential abilities, so as to ensure that the students fully master the basic movements of Latin dance and improve the standard degree of movement, and then deeply experience the unique charm of Latin dance.

5.1.2 Basic Dance Technique Training

The dance technique of the national standard Latin dance is basically the same as the movement training method. During the training, the body and the movement direction of the step should be focused on when the movement is completed, so that the movement can be accurately connected and completed. Effective control of the body is necessary to ensure that the movements can be properly connected when stretching and undulating. The basic dance technique of the national standard Latin dance is not difficult. The difficulty lies in how to connect the movements together scientifically and rationally, and to achieve proficient control of the body. This is the difficulty of learning Latin dance, so the coach should increase the training in this area, so that students can fully master the technical points and improve the training level of Latin dance.

5.2 Physical Fitness Training

The most important part of the national standard Latin dance training content system is the physical fitness training. Students must have good physical fitness to ensure the efficiency of Latin dance learning and improve the learning level of Latin dance. Coaches should train students in all aspects.

5.2.1 Flexibility Training

Flexibility is an important ability in sports, which can directly affect the dance style of the national standard Latin dance. In the Latin dance competition, the players must make full use of the flexibility of the body so that they can achieve good results in the competition. In the training process, the coach should strengthen the training of the flexibility of the students and conduct targeted training for the flexibility between the shoulders, waist, and legs. The flexibility can also be trained by turning or pulling.

5.2.2 Endurance Training

Endurance is also an important physical quality necessary for learning Latin dance. Endurance can directly affect the performance of Latin dance. Players cannot complete many difficult movements if they do not have enough endurance during the competition. Therefore, in the training process, the coach should increase the endurance training of the students. We can use skipping rope

or long-distance running to improve the endurance of the students, thereby improving the overall physical fitness of the students.

5.3 Comprehensive Dance Quality Training

In order to improve the overall training level of the national standard Latin dance, it is feasible to construct a scientific and reasonable training content system. And the coach should strengthen the comprehensive dance quality training of the students.

5.3.1 Integrate Dance Ability

In the process of training, students should integrate all the movements in the dance scientifically and reasonably. Coaches can use different methods to train such as watching videos and language explanations. Students can continuously improve their ability to integrate movements during the training process, making the dance movements more smooth and natural, so that they can improve the quality of Latin dance.

5.3.2 Ability of Feel the Musical

The performance of Latin dance is inseparable from music, and music can have the most direct impact on the performance of Latin dance. Mastery of music is also necessary for outstanding Latin dancers. Dancers need to fully feel the music and integrate music and dance together, so that they can show the charm and graceful dance of Latin dance. In the process of training, the coach also needs to train the students' ability to feel music, so that the students can better master the rhythm and improve the training level of Latin dance.

6. Conclusion

In summary, in the process of constructing the Latin dance training content system, the coach should fully grasp the training rules and teaching principles and pay attention to whether the training method is suitable for students. In addition, they need to strengthen the training for movement, physical fitness and comprehensive ability. And then improve the dance competition level of students, so as to reflect the important value of the Latin dance training content system.

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