

Analysis on the Teaching Reform of National Folk Dance in Colleges and Universities

Li Wen

Liaocheng University, Liaocheng City, Shandong Province, 252000, China

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Abstract: with the vigorous development of national culture and the all-round development of national cultural construction, the cultivation of excellent reserve talents to promote the prosperity and development of folk art has received a high degree of attention, which has led to the progress of national folk dance education.

1. Introduction

Nowadays, many colleges and universities actively set up the teaching of national folk dance, which allows students to inherit and carry forward the culture and art, and also provides vitality for the development of national folk dance in our country. In order to ensure the training effect of outstanding talents, colleges and universities must reform the traditional teaching mode, eliminate the obstacles that affect the promotion of national folk dance teaching innovation, and develop students' comprehensive artistic quality and creativity through reform.

2. Introduction

National folk dance is a comprehensive national art form formed by the blending of regional culture and customs and national spiritual quality. it is a treasure and wealth in the cultural and artistic system of the Chinese nation. Actively designing the teaching of national folk dance in higher education can not only inherit and carry forward this unique dance art, but also cultivate more excellent dance talents. so that they can inherit the cultural tradition and inherit the national folk dance in the process of inheriting the regional and national spirit and culture. In order to effectively promote the development of national folk dance in colleges and universities, colleges and universities need to cater to the current trend of educational reform, innovate and make use of the previous teaching models to be more flexible and diverse, especially innovative teaching methods, to tap the power of national folk dance and cultivate dance art talents with excellent comprehensive quality.

3. Summary of the Present Situation of National Folk Dance Teaching in Colleges and Universities.

National folk dance is an art formed by the deep blending of traditional regional culture and national spiritual culture. dance is the medium to promote the inheritance and development of

Chinese traditional culture, whether in the form of dance art or in the expression of connotation, all have distinct national characteristics and profound cultural connotations. In order to effectively inherit and carry forward this art, it is necessary for colleges and universities to assume the responsibility of national folk dance teaching and recognize the current situation of education in order to grasp the breakthrough of improvement in the specific implementation.

The teaching of national folk dance in colleges and universities must not only be based on traditional culture, but also need to grasp the diversified elements of folk culture in order to enrich the educational content and optimize the curriculum design.

From the current learning situation of students, students are lack of unique personality in dance performance, often the performance of the same, can not reflect the charm of traditional national culture, nor can they jump out of the mechanical imitation of teachers' demonstration. In addition, in the arrangement of theoretical and practical teaching, teachers often spend more time on theoretical explanation, and on this basis, they provide students with specific action demonstration methods, requiring students to imitate the movements and complete the corresponding performances. This single mechanical teaching method will not only affect students' learning motivation, but also restrict the innovative development of overall teaching, and can not make today's dance teaching meet the requirements of the information age.

After analyzing the current situation of national folk dance teaching in colleges and universities, we can see that only by speeding up the pace of teaching reform and thoroughly changing the backward teaching strategies in the past can we find a way out for national folk dance teaching and create a platform for the training of excellent dance talents.

4. The Significance and Principles of the Teaching Reform of National Folk Dance in Colleges and Universities.

Under the circumstances that education reform has become a trend and inevitable trend, if colleges and universities want to change the backwardness of national folk dance teaching and train qualified dance talents, they must regard teaching reform as the top priority and firmly grasp the correct direction of the reform. From the point of view of the significance of the reform, strengthening the reform of national folk dance teaching in colleges and universities as a whole can effectively make up for the shortcomings of traditional teaching, solve the practical problems existing in previous teaching, and enable students to find the right learning goal and direction of effort. eliminate students' sense of strangeness and blindness in practical learning.

It is helpful to train qualified talents who can adapt to modern society and effectively inherit and carry forward national folk dance, so that they can find their own advantages and strengths and devote themselves to the comprehensive construction of national folk dance. to make a positive contribution to the prosperity and development of this traditional art in our country. It will help to improve students' sense of responsibility and mission of cultural inheritance, improve students' awareness of the importance of the protection of China's excellent traditional culture, and provide guarantee for the realization of the goal of establishing morality and cultivating people and the development of students' comprehensive quality.

Teaching reform is not only a systematic project, but also a breakthrough in the development of national folk dance teaching in colleges and universities. in order to ensure the smooth construction of this project, we must follow the correct principles: first, the principle of combining theory with practice. In order to solve the problem of the disconnection between theory and practice and the unreasonable arrangement of teaching proportion in dance learning, teachers need to take the combination of theory with practice as an important teaching principle, which should not only pay attention to imparting professional theory to students, but also explain for students how to exercise

practical skills under the guidance of theory and cultivate qualified talents under the comprehensive expansion of theory and practice. The second is the principle of the combination of modern and traditional.

The combination of modern and traditional is to combine modern educational technology with educational means and traditional methods, to retain the essence of traditional teaching, and to use modern educational and teaching skills on this basis. bring students novel and unique learning enjoyment, achieve innovation on the basis of inheritance and traditional essence, and ensure the effect of reform.

5. Practical Measures for the Teaching Reform of National Folk Dance in Colleges and Universities.

5.1 Scientific Design and Selection of Teaching Materials.

In the teaching reform, the teaching content is the basis and focus of the reform, because the teaching content is the main part of the teaching activities, the rationality and effectiveness of the content setting will further improve the effectiveness of the teaching reform. Teaching materials are the basic carrier of teaching content. in order to ensure the effectiveness of teaching content reform, colleges and universities first need to design and select excellent teaching materials that are highly consistent with the requirements of national folk dance teaching. Qualified teaching materials need to meet the requirements that can highlight the contemporary characteristics and spirit of national folk dance, can carry and reflect the cultural connotation of dance art.

In the construction of teaching materials, colleges and universities can consciously supplement and adjust the existing teaching materials, so that the teaching materials can be gradually improved to meet the art learning needs of students. Of course, colleges and universities can also create school-based teaching materials according to the educational requirements of students and their own characteristics, invite experts and excellent performers in national folk dance to participate in the creation of teaching materials, and even let students participate in expressing their opinions and suggestions, so that the integrity and innovation of teaching materials can better meet the requirements of students. In addition to teaching materials, teachers also need to make good use of supplementary materials in setting up teaching content, especially to be good at finding high-quality materials from the network platform, so as to play an active role in the expansion and innovation of teaching content.

5.2 Reform of Lagging Teaching Methods.

National folk dance is an important carrier of China's excellent national culture, which not only has the practical characteristics of dance art, but also has profound cultural color. In order to ensure the overall teaching quality in the teaching reform, in addition to the improvement and optimization of teaching materials, it is also necessary to adjust the old and backward teaching methods in the past, which cannot be mechanically instilled, let alone according to the script. nor can it be mechanized to carry out movement training, so as not to arouse students' disgust and hinder the training of students' ability.

In the reform of lagging teaching methods, colleges and universities should consider the background of the information age, strengthen the use of advanced educational technology, and pay attention to presenting the original abstract content in a concrete way, so as to help students break through the important and difficult points of learning. enhance students' understanding of dance art. For example, when teachers guide students to learn Tibetan dance, in order to enable students to master the complex skills, they can use multimedia equipment to present video materials to students,

pause or slow down the details and key points of the dance, so that students can speculate carefully and optimize practice. While watching the materials, learning and thinking, students can better grasp the style and form of dance works, accumulate experience and skills in learning national folk martial arts, and develop the comprehensive quality of students.

5.3 Infiltrate the Cultural Connotation of Dance.

The reason why the national folk dance has been enduring in the long-term inheritance and development and has always shown a unique charm, attracted and influenced, generation after generation of people is because the national folk dance not only has the characteristics of dance art, but also has the infiltration and expression of cultural connotation. Therefore, in the teaching reform activities of national folk dance, we must also take the analysis and excavation of cultural connotations as the top priority, especially to let students infiltrate cultural connotations into the performance of dances. improve students' understanding of the cultural charm and customs shown by dance art, so as to prevent students from breaking away from the regional and national foundation in the performance activities.

In order to promote the infiltration of the cultural connotation of dance, when introducing dance works to students, teachers should consciously supplement cultural background materials and talk about the technical skills used in dance creation and the cultural connotation and spirit embodied through the works. let students take the initiative to integrate the elements of cultural spirit into their dance movements and improve the expressive force of the movements and the cultural connotation of the whole work. In addition, teachers also need to set an example for students in educational practice, encourage students to learn the analysis of teachers' methods in the processing of works while collecting materials independently, and how teachers integrate cultural spirit into their works. in the absorption and reference to help students to innovate and grow.

5.4 Strengthen Emotional Education.

Emotional education is an indispensable part of dance education. For national folk dance, the art without dance can not produce moving power, let alone give effective inspiration and guidance to students. Dance, like other art forms, is an important emotional art, insisting on moving people with emotion, using a variety of body movements and dance skills to reflect the essence and true feelings of the works.

However, in the past national folk dance teaching, teachers often do not focus on emotional supplement, but require students to practice difficult dance skills, resulting in dance only functional but not emotional value. In the educational reform in the new period, teachers should take emotional education as a breakthrough, lead students to think about how to express the internal emotion of dance works with external movements, and integrate true feelings into dance performance and actual creation. to ensure the coordination and cooperation of various movements to create a more high-quality and plump artistic image.

6. Conclusion

The implementation of higher education reform is in full swing, which not only further promotes the development of higher education, but also provides vitality and strong driving force for the training of modern talents. We should grasp the law of reform, comply with the requirements of educational reform, change the contents of national folk dance teaching in colleges and universities that do not adapt to the times and the development of students and provide students with a high-quality learning environment. Promoting the comprehensive development of students'

theoretical and practical quality is the content that needs to be paid more attention to in the educational reform.

Colleges and universities must analyze the current situation of national folk dance teaching based on reality, recognize the importance of strengthening reform as well as find effective dance teaching reform measures according to the needs of personnel training and the requirements of cultural inheritance and development, and most importantly, train qualified talents for inheriting dance culture.

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