

The Cultivation of College Students' Quality Education: Taking Dance Teaching in Colleges and Universities as an Example

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Keywords: Dance Teaching in Colleges and Universities; College Student; Art Quality Education

Abstract: With the development of the education industry in recent years, the education system has become increasingly mature, and the society has paid more attention to educational resources. Among them, art education in colleges and universities is an important part. Due to the continuous promotion of educational reform, art education in colleges and universities has not only made certain progress, but also put forward higher requirements. In the field of dance education in colleges and universities, the importance of imparting dance knowledge and skills is emphasized. The cultivation of students' dance literacy and the improvement of their artistic quality are also topics worthy of in-depth exploration.

1. Introduction

More and more people are further aware of the importance of quality education in the constant updating and iteration of educational concepts, and the development of art quality education for college students is the top priority. As an art subject, dance can not only improve students' temperament, but also cultivate their sentiment. If it can keep pace with the development of modern society and organically combine with the concept of quality education, it will bring immeasurable benefits to students' artistic accomplishment and sound development.

2. The importance of dance teaching in colleges and universities

2.1. Improving the comprehensive quality of students

With the development of modern society, the requirements of the talent market for students are no longer limited to the level of professional knowledge, but more inclined to the proportion of their comprehensive quality. Therefore, it is necessary for the education industry to adjust its strategies in time and attach importance to the innovation and optimization of teaching methods in curriculum reform. The actual situation at this stage is that most colleges and universities have paid more and more attention to dance courses. However, the variability and complexity of dance education has led to many problems in the specific content and methods of dance course teaching in many colleges and

universities, such as uneven professional quality of teachers, unreasonable curriculum content settings, and inflexible teaching methods. Over time, these leftover problems indirectly affect the development of students' comprehensive quality. To this end, colleges and universities need to solve these problems one by one, shoulder their own responsibilities, actively provide students with a public curriculum platform, and create conditions for improving artistic accomplishment.

2.2. It is conducive to the improvement of college students' own aesthetic level

As an artistic carrier carrying rich emotional connotation, dance realizes the artistic expression of the emotional world with the help of body language. There is no lack of profound humanistic and philosophical ideas, which is worthy of respect and analysis by viewers and performers. Through the study of dance education, college students can not only absorb professional dance knowledge, but also divergent thinking. They can improve their aesthetic level and ability from the form, connotation, history, origin and other aspects of dance.[1] On the one hand, they expand their knowledge reserves, on the other hand, they can have a broader vision and a more comprehensive cognitive level. In the dance, appreciate the differences of different regions and cultures, and find the profound significance behind the dance. Therefore, effective dance teaching can not only deepen students' understanding of life, but also improve their own understanding of art, and enhance their own artistic aesthetic level and cultural literacy.

2.3. Cultivating relevant interests and enriching after-school life

The creation of the Internet and multimedia teaching mode has given the current rapid development of social economy and the continuous progress and improvement of social sciences. However, in the specific learning process of some non-art majors, due to the depth of their own professional knowledge, their learning contents are somewhat obscure and difficult to understand. In addition, the "shadow" of traditional education concepts has not been completely eliminated, which makes the learning process of such majors easy to show a dull situation. In the long run, students' interest in learning has declined. Through the establishment of art courses, students can be well provided with a condiment in life, which can be separated from the original miscellaneous professional knowledge learning, and realize the cultivation of interest in the art field, so that their spare time life can be enriched and wonderful. The two can give positive feedback to each other and improve the learning effect. Just like this, dance teaching conforms to the needs and is increasingly widely incorporated into the curriculum system to further help students improve their comprehensive quality and promote their all-round development.

3. Effective measures of dance teaching in colleges and universities to implement artistic quality education for college students

3.1. Changing the thought of dance teaching in colleges and universities

Most colleges and universities themselves lack of thinking about the benefits of artistic quality education, and do not realize the positive role that artistic quality education can play in the overall development of college students. This is also the fundamental reason why artistic quality education has not been vigorously promoted and applied, and the teaching of professional theory and culture still occupies the core position.[2] Therefore, it is a prerequisite to carry out art quality education to first complete the transformation of college students' misconceptions in the field of dance teaching and strengthen their understanding of this level. Secondly, in order to achieve the goal of quality

education, colleges and universities need to actively open and add relevant dance teaching courses, give students the space and opportunity to choose, so that students can participate in it. With the promotion of reasonable curriculum arrangements, teachers can achieve the correct guidance in the field of students' dance, so as to improve students' dance literacy and corresponding aesthetic ability.

3.2. Reasonably improving the form of dance teaching in colleges and universities

The effective promotion of any education field requires students to invest enough interest and enthusiasm in learning, which requires the dance teaching in colleges and universities to adjust, improve and optimize the teaching form organically and flexibly in combination with their own conditions and the current development trend of the times, to fully lay out the "big network" of art quality education and improve students' learning efficiency. For this reason, dance teachers in colleges and universities can reasonably intersperse the teaching of relevant dance theory knowledge, and follow the positive education policy to complete the transmission of dance ideas, so as to guide students to participate in the study of the dance field and seek to improve their artistic quality. Therefore, it requires colleges and universities and teachers to observe and study more, understand the interests and hobbies of college students in today's social background, master the trend and general characteristics of their psychological activities, and dabble in a variety of dance to meet different students' needs in the teaching process, and further strengthen students' interest in dance learning.

In addition, the development of modern high and new technology has provided rich technical support for the education industry. The teaching means led by multimedia teaching equipment can enable college teachers to teach students relevant dance knowledge in the form of audio, video, graphics and video when they carry out dance teaching. For example, teachers can collect all kinds of dance videos of current hot spots in advance before teaching, including but not limited to dance style videos with high professional level, strong ornamental or interesting features, so as to teach students dance culture knowledge and dance spirit connotation. In this way, it not only guarantees the students' initiative in the learning process, but also enables students to more profoundly strengthen their memory and understanding of the knowledge they have learned. After that, colleges and universities can try to hire as many professional dancers and teachers as possible, teach students in accordance with their aptitude from the perspective of students' personal preferences, and teach them about their favorite dance styles.

3.3. Effectively enriching the content of dance teaching in colleges and universities

In most colleges and universities, most students are non-dance majors. If teachers want to improve students' artistic quality in dance teaching, they can improve students' appreciation of dance and their aesthetic level, deepen students' artistic expression of dance with the help of rich teaching content, so as to improve students' artistic quality in dance teaching. Therefore, university teachers can combine the students' understanding ability and learning level with the corresponding dance teaching content to enhance their richness. At the same time, teachers can also combine the historical and cultural background embodied in the dance works to better understand the relevant dance works. Teachers should also combine the historical and cultural background, cultural background cultural background: For example, contemporary college students prefer trendy things. Teachers can choose to play videos of jazz or hip-hop dance works for students to watch. If teachers have certain strength, they can also demonstrate in person. This can stimulate students' passion for learning, and also explain the origin and cultural background of this dance, so that students can enrich their dance knowledge, and improve their own understanding of dance, so as to effectively improve students' artistic quality and enrich

their dance knowledge.

3.4. Create a good cultural atmosphere and cultivate cultural literacy

College students are scholars of the new era with vigor and innovation, and the learning of dance content requires students to have a lot of practice to have a good performance effect. Dance teaching content setting in universities tend to prefer to professional structure but does not pay attention to the integrity of the knowledge structure, the implementation of the teaching form can only make college students under the guidance of teachers form outstanding performance skills, and the flexibility of dance practice knowledge is lack of state, with the development of dance professional talent students gradually lost. Cultivate high quality talents under the concept of teaching objectives need teachers attaches great importance to college students 'dance skills also need teachers to attach importance to the students' artistic quality education, because dance compared with other professional teaching idea is relatively open, but teachers also need for students quality education concept practice of dance classroom, and should not stay in the interpretation of dance movement teaching. Teachers should pay attention to the creation of a good cultural atmosphere, based on the characteristics of the school to carry out rich and colorful cultural activities, so as to fully mobilize the importance of college students to cultural quality education.

In addition, to realize the cultivation of students' artistic and cultural accomplishment, teachers need to set up teaching content with the combination of innovation and traditional culture or create a certain cultural teaching situation atmosphere for students, so as to fully guide students to the generation of new things cannot be separated from the preparation of old things. Teachers can explain the traditional dancing method of the folk dance in an oral way, and then explain the new movements combined with the characteristics of The Times. Through the combination of the old and new movements to form a beautiful folk dance, so as to fully mobilize students' interest in learning the dance. Teachers also need to play for the students about the source of the national dance video, in order to enrich the students 'knowledge vision, make students have certain understanding of dance professional, students in the teacher to dance movements, and in the students of the practice of the students' health, improve the students in the dance professional at the same time also can improve personal physical quality. Finally, teachers can choose students who perform well in practice to show, so as to fully improve students' confidence in dance, and cultivate the psychology and ability of college students. Let the students in the dance course learning can also actively participate in the social practice to go.

3.5. Pay attention to practice and interaction, learn to apply

Due to the strong practical performance of dance itself, not all the students in the university are affiliated to the dance academy. For non-dance majors, they need to explain the basic rhythm of dance and also adjust the physical coordination of college students, so that students can form a good dance concept with the help of teachers. In the process of dance teaching, teachers also need to set for students with social practical dance teaching framework, to the students the corresponding dance knowledge and skills, and on the basis of teachers also need to create opportunities for students to stage, and the stage is the most important exercise students to dance movement memory and the degree of practice, let the students have the opportunity to contact performance, make the students will learn dance knowledge fully practice and social practice and social service, in order to fully exercise students and society, cultivate college students' sense of social responsibility consciousness. Dance teaching is a major based on practice. Non-dance major students need to pay a lot of time to

the practice of dance movements, and the time effort also improves the students' psychology to overcome the difficulties in the unknown fields.

For example, teachers can regularly organize students to participate in dance professional social practice activities, the practice is the students learned dance performance to the old people or children in the welfare institutions, through the vitality of college students to render the atmosphere, the teachers can lead the Latin, ethnic, street dance learning different dance students to social practice, in the practice process college students can realize help the old man get psychological pride and comfort, through the dance practice performance this medium to improve the students' ideological and moral quality, through dance performance to realize their own value. College students can also pass on the dance movements they have learned to more people who need warmth, so as to fully improve their love for dance major and their interest in improving other skills, and experience the spiritual warmth brought by them.

4. Conclusion

In a word, following the pace of the development of the times, by grasping the historical and economic trends, to complete the training of comprehensive quality talents at the current stage is the core concept that the future college education should follow, and it is also its responsibility and obligation. As an effective means that has long emphasized the cultivation of people's sentiments, dance plays a positive role in both the development of physical and mental health and the shaping of comprehensive quality. Therefore, colleges and universities need to comprehensively consider the introduction and strengthening of their own teachers, ensure the effective implementation of art education courses by increasing resource input, and combine with corresponding measures, in order to realize the organic combination of dance education and the improvement of students' comprehensive quality.

References

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