

# *The Innovation and Practice of the Training Mode of Dance Section Art Examination—Taking Chinese Dance as an Example*

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**Abstract:** With the development of art education and the reform of art college entrance examination, the training mode of Chinese dance and dance is facing the demand of innovation. The research aims to explore and practice new training models to adapt to the current educational environment and student needs. The research focuses on the integration of diverse cultures, the combination of theory and practice, and the application of individualized teaching strategies. In this process, not only strengthen the technical training and art theory learning, but also pay attention to enhance the artistic quality and creativity of students. Through case analysis and practical exploration, it is found that innovative training mode can effectively improve students' comprehensive artistic ability and enhance their competitiveness in art entrance examination. In addition, the study also points out that the implementation of innovative training models requires teachers to have a high degree of professional competence and a deep understanding of multiculturalism. This study provides a new perspective and practical strategy for the art entrance examination training of Chinese dance, which is of great significance for promoting the development of art education.

## **1. Introduction**

Under the background of the current art education, the art entrance examination training of the Chinese dance section is facing unprecedented challenges and opportunities. The traditional training model has been unable to meet the increasingly diversified and specialized educational needs. Therefore, it is urgent to deeply explore and innovate the training mode of Chinese dance dance section art examination. The research is devoted to exploring how to improve students' artistic literacy and technical level through innovative training strategies, so as to better adapt to and lead the development trend of art education. The focus of the research is to analyze the shortcomings of traditional models, propose innovative solutions, and apply and verify them in practical teaching. Through this process, the aim is to provide effective teaching models and strategies for the field of Chinese dance and dance education, and contribute to cultivating more outstanding dance talents.<sup>[1]</sup>

## **2. Status quo and challenges of Chinese dance dance section training**

### **2.1 Limitations of existing training models**

In the current Chinese dance training system, the dominant position is still occupied by the traditional teaching mode. The core of this mode is usually skill training, and the mastery of basic dance movements cannot be separated from repeated practice. However, with the change of the concept of art education and the diversification of social needs, this traditional mode, which focuses on skill training, has shown obvious limitations. The traditional model is not enough to promote students' creativity and artistic expression. Students' personal style and creative expression are often affected by excessive emphasis on the precision and specification of skills and limited space. This situation restricts the creative play of students in dance, and they often can only use imitation and copying in artistic creation, and their personal characteristics can not be fully reflected. The existing training model can not fully meet the individual needs of students. Differences in physical condition, learning ability and artistic perception are reflected among students. However, the traditional model usually adopts a unified teaching method, ignoring the individual needs of students. In this case, the teaching effect is also negatively affected, and students may feel frustrated and dissatisfied in the learning process.<sup>[2]</sup>The traditional training mode has defects in the integration of theoretical knowledge and practical skills. In dance learning, skill training has been paid much attention, and excessive pursuit of skill may neglect the value of theoretical knowledge. Without sufficient support of dance theory, students may not be able to deeply understand the heritage and cultural origin of dance art, so that their cognition and understanding of dance art are limited.

### **2.2 Educational needs and challenges in the new situation**

The social development has promoted the renewal of the concept of art education, and new educational demands and challenges have come to Chinese dance and dance learning. The emergence of new needs and challenges prompts the training model to make adaptive changes and innovations. Society's demand for dance talents is gradually moving towards diversification and innovation. In contemporary society, dance is no longer limited to artistic performance, cross-cultural communication and an important part of creative industries. Therefore, one of the main purposes of dance education is to improve students' skill level, and it is crucial to pay attention to the cultivation of creativity, cross-cultural understanding and artistic expression. The educational concept is constantly updated, and the emphasis on the individualized and all-round development of students is gradually increasing.<sup>[3]</sup>Dance education is no longer limited to traditional skills training, and the focus should be on the individualized development of students, including the improvement of emotional expression, creative thinking and social communication ability. With the continuous progress of science and technology and the advent of the information age, the field of dance education is meeting the challenges brought by the integration of new technology and new media. This way not only affects the creation of dance, but also changes the form of performance, and also injects new vitality and difficulties into dance education. How to effectively use contemporary scientific and technological resources and improve teaching quality and efficiency have become the core issues that dance education cannot avoid.

## **3. Concept and strategy of innovative training model**

### **3.1 Concept of training model innovation**

The goal of the innovative dance education training model is to overcome the constraints of

conventional teaching methods and build a student-centered, comprehensive, flexible and efficient learning environment. This concept highlights individual education, and we firmly believe that each student's learning needs, interests and potential are unique. Therefore, the unique education mode should meet the individual needs of all kinds of students and awaken their creative potential and independent thinking. The teacher-student relationship needs to be reshaped with innovative thinking. In traditional education, teachers play the role of knowledge disseminator and authority, while students become passive receivers. Under the guidance of innovative ideas, the interaction between teachers and students tends to be more collaborative, and the role of teachers is transformed into guidance, promotion and support. This change helps to enhance students' self-learning ability, and improve their enthusiasm and creativity in the art of dance. The innovative training mode focuses on comprehensively improving individual quality. Traditional dance teaching lays too much emphasis on the cultivation of skills, but neglects the importance of promoting artistic appreciation, innovative thinking and cultural cognition. With the support of innovative ideas, the training covers dance skills, dance knowledge, music understanding, body language communication and other fields, and is committed to comprehensively improving students' artistic accomplishment. Modern technology plays an important role in the training of innovative ideas. Technological advances have given birth to new media and digital tools, injecting new vitality into dance education. By means of video teaching, network interaction and virtual reality, students are provided with more diversified learning materials, which also helps educators improve teaching planning and evaluation.<sup>[4]</sup>

### 3.2 Specific strategies and methods

According to each student's personality and needs, targeted teaching is carried out, and unique teaching programs are implemented. Teachers need to have a comprehensive grasp of students and assess them, including dance skills, willingness to learn, focus of interest and personality characteristics. Based on this data, teachers can develop a unique educational program for each student, so that they can acquire knowledge and improve in the environment that they think is most suitable. It integrates dance with other art forms (such as music, drama, visual arts, etc.), builds composite skills training, and provides an educational experience that integrates diverse disciplines. For example, by exploring the history and theory of dance, students can also improve their dancing skills, in addition to improving their understanding and appreciation of the art of dance. Through integration with other arts fields, it broadens students' horizons and cultivates creativity and critical thinking. It creates a learning space that inspires interaction and collaboration. In such an environment, students not only learn from teachers, but also discuss and learn together with their peers in the form of group collaboration, seminars and interactive workshops. This kind of interaction can also improve students' communication skills, in addition, it can promote the exchange of knowledge and ideas, and stimulate the production of innovative thinking. It gives full play to the advantages of digital technology and new media tools to improve the interactive and interesting degree of teaching. For example, using video analysis tools, students can more accurately understand their own dance performance and improvement direction; Through the online platform, students can have access to a wider variety of dance materials, in addition to communicating and learning from dance artists around the world. In accordance with the above measures, the innovative training model creates a more comprehensive, flexible and innovative learning space for students, so as to comprehensively enhance the professional ability and comprehensive quality of the dance art.

## **4. Innovative practice of dance skill training**

### **4.1 Method innovation of skill training**

The key of dance education lies in skill training. The effect of traditional training methods is quite obvious, but it shows certain limitations in the modern education environment. Therefore, this study presents a new skill training strategy aimed at improving the skill quality and aesthetic communication ability of dance students. The training method is compatible with various dance types. Based on the training system of traditional Chinese dance, it integrates multiple dance styles such as modern dance and ballet, with the goal of expanding students' knowledge of dance fields and improving their body's multiple functions and adaptability. For example, we can use modern dance to exercise physical relaxation and activities to enhance students' physical cooperation and expression skills; Complete basic ballet skills training, improve student control of the body, create elegant lines, and also utilize technology to help you train. Using video analysis tools, students dance movements are recorded and played, so that students can more concretely perceive their own shortcomings. At the same time, virtual reality (VR) is used to create a deep experience of dance practice space, guiding students to participate in the process of exploration and innovation. We're going to focus on the mind-body integration concept of movement. Integrating mind-body interaction into the skills training process, for example, through breathing regulation and body awareness exercises, encourages students to achieve mind-body balance. This integration not only improves the skill level, it also helps to enhance the student's dance performance. We should focus on the development of unique training programs, according to the individual differences of students, adjust the physical and mental state and skill level, and implement personalized exercise plans. This kind of personalized training can greatly improve the training effect, in addition, it can tap the potential of students and promote their all-round growth.

### **4.2 Practical effects of skill training**

The above innovative training methods have been applied and verified in practice. These innovative methods have an obvious effect on the improvement of students' dance skills and artistic expression. Students' dance adaptability and creativity have been significantly improved after training in the integration of multiple dance styles. Students have made progress in Chinese dance skills and are able to proficiently apply skills and presentation forms of other dance types to present a more diversified form of dance expression. Technology-enabled training methods have successfully improved learning outcomes. Video analysis enables students to find their own defects more clearly and optimize their treatment. The application of VR technology makes students enthusiastic about learning. While improving their skills, students benefit from the training concept of integrated mind and body, manage their emotions and stress levels, and thus show a more confident and relaxed atmosphere on stage. The implementation of a personalized training plan ensures that each student receives the most appropriate training according to their characteristics and needs to improve their performance in their areas of strength. These innovative skills training methods have achieved excellent results in practice, and the students' dancing skills have been significantly improved, in addition, their artistic accomplishment has also been comprehensively improved. In the future, these methods may be popularized and expanded in the field of dance education.

## **5. Integration of artistic accomplishment and theoretical knowledge**

### **5.1 Ways to cultivate artistic literacy**

Artistic accomplishment is embodied in the individual's overall quality and skill performance in art, involving many talents such as artistic understanding, innovation, appreciation and presentation. In the training of Chinese dance art examination, Chinese dance is the focus of learning, and the improvement of artistic accomplishment is the core of enhancing students' all-round artistic ability. Multicultural integration and learning play a key role in the process of improving artistic literacy. By exploring diverse cultures and mastering various dance techniques, students are able to broaden their perspectives in the field of art and enhance their artistic understanding and creativity. For example, dancers who incorporate the characteristics of classical dance and modern dance techniques allow students to innovate on the basis of inheritance and gain a deep understanding of tradition in the innovation process. In the course of training, emphasis is placed on the teaching of art theory and historical knowledge. The deep understanding of the connotation of dance can not be separated from the help of theoretical knowledge, but also can further strengthen their critical thinking and art appreciation skills. Through an in-depth understanding of the history of dance, students are more proficient in mastering the development trajectory of various categories of dance, which provides a high-level theoretical foundation for dance practice. Practice becomes the core element of improving artistic practice. Participating in various dance performances, competitions and workshops, students accumulate experience and improve themselves in practice. These activities can also enhance students' stage practice ability, and allow participants to interact and collaborate with various artists to improve personal artistic accomplishment through practical actions.

### **5.2 Combination of theory and practice**

The combination of practice and theory can create the high quality of dance education. Dance practice is guided by theoretical learning, and practical activities help to consolidate theoretical knowledge and practical application. Taking Chinese dance as the focus of learning and combining theory with practice is the key way to improve the teaching results. Dance theory teaching and dance skill training should be carried out simultaneously. By incorporating theoretical elements into technical training, such as the environment of the dance work and the dancer's point of view, students will benefit from mastering learning skills and comprehensively explore the essence and key points of dance. At the same time, the process of analyzing classical dance works allows students to master the principles and skills behind dance creation, and improve their innovation ability and display effect. We can combine theoretical courses with practical performance projects, engage students in dance creation and performance activities, and allow participants to apply their knowledge to the actual dance creation process. This approach also helps to enhance students' proficiency in theoretical knowledge and further strengthen their innovative strength and expression techniques. Teachers should encourage students to carry out independent dance creation and exploration. Under the guidance of teachers, students can explore specific dance topics in depth and create individual dance works by combining theory and practice. This process of research and creation also helps to enhance students' ability to think independently and tap their creative potential and artistic talent.

## 6. Case analysis and practical exploration

### 6.1 Case analysis of innovative training mode

In the process of innovating and practicing the training mode of Chinese dance art examination, many successful cases can be analyzed and emulated. The following is an example analysis. In practical application, the innovative training mode has achieved obvious results. A typical example is the "Diverse and Integrated Dance Training Program". The program aims to integrate various dance types and cultures, involving a variety of teaching methods, such as traditional skills training, modern dance creation, theoretical study and cross-cultural dance exchange activities. In this project, the student not only mastered the skills of traditional Chinese dance, but also dabble in the scope of Western modern dance. In addition, he also participated in the interaction and cooperation of international dance teams. With the help of this diversified and integrated educational method, the range of students' artistic insight has been greatly expanded, and their dance skills and creative strength have been significantly improved.<sup>[5]</sup> In addition, the integration of theoretical knowledge and practical skills in the program enables students to have a deeper understanding of the cultural and historical heritage of dance, and enhances their artistic identification skills and critical thinking.

### 6.2 Effectiveness and reflection of practical exploration

The results of practical exploration can be measured from the perspectives of students' artistic progress, skill enhancement and innovation ability growth. The students have made significant improvements in exploration practice, technical level has been improved to a certain extent, and remarkable breakthroughs in artistic presentation and innovation ability. In the process of practice and exploration, the phenomenon of encountering challenges and reflections cannot be ignored. Innovative teaching methods require teachers to have higher professional ability and rich cultural knowledge, which requires a higher level of teaching team. All kinds of students have different absorption potential and preference focus, so the improvement of teaching effect is inseparable from the formulation and implementation of personalized teaching strategies. In some cases, the integration of multiple dance styles and cultures may blur the boundaries of traditional dance, achieving a proper balance between preserving tradition and pioneering innovation.

## 7. Conclusion

Through the research of this paper, the innovation and practice of the training mode of Chinese dance art entrance examination are discussed comprehensively. The research shows that the innovative training model can better meet the needs of current art education and improve students' artistic literacy and skill level. In the future, the research and practice of this model should be further deepened to contribute to the development of dance education.

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