

College Students' Understanding of the Value of Sports Dance Aesthetic Education

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Abstract: Sports dance combines sports, music and dance to form a new type of physical education curriculum. In the sports dance teaching, students can fully experience the physical beauty, action beauty, music beauty and costume beauty presented by the dance. The organic combination of education can purify the students' minds, effectively improve the behaviors of students and other aspects, stimulate interest in learning, cultivate sentiment, and improve personality, and correct behavior, which is of great significance to the healthy growth of students and the cultivation of personality. This paper analyzes the aesthetic characteristics of sports dance, and makes an in-depth study on the aesthetic value of college students' sports education, and provides new ideas for college students' sports dance aesthetic education value mining.

1. Introduction

College physical education undertakes the important task of strengthening college students' physical fitness, and cooperates closely with moral education, intellectual education and aesthetic education to achieve the macro education goals of college students with comprehensive quality development. Sports dance is a kind of sports that can enhance the aesthetic ability of college students and is a form of aesthetic education. Sports dance includes standard dance, Latin dance, and national standard and so on. The performance form presented by sports dance has strong comprehensive characteristics, rich aesthetic value, and certain artistic appreciation value. The music, dance, color and makeup in sports dance have certain aesthetic value and can be used for college students. The aesthetics of the students have a significant impact on the aesthetic consciousness of the students. Analysis of college students' understanding of the aesthetic value of sports dance, can find out the way students form the aesthetic value and existing defects, and help to find ways to enhance the value of sports dance aesthetic education.

2. Research on the value of college students' sports dance aesthetic education

2.1 Research background

The use of sports dance to enhance the aesthetic consciousness of college students, give full play to the aesthetic value of sports dance, in order to enhance the aesthetic consciousness of college students. Saying goodbye to the vulgar aesthetic taste and improving the aesthetic value system of college students can promote the formation of the spiritual civilization value system of college students. How does sports dance play the value of aesthetic education first, help college students identify ugliness, make college students more beautiful, and cultivate their sentiments. Second, to promote the improvement of college students' aesthetic ability, deepen their understanding of aesthetics, to more accurately understand aesthetic standards, understand aesthetics, and establish a correct aesthetic [1]. Third, it can fully implement the practical significance of the syllabus and provide a theoretical basis for the construction of spiritual civilization.

2.2 Research methods

Literature Analysis: Through the screening and combing of the literature on sports dance and aesthetic relationship in China National Knowledge Infrastructure and China Wanfang Database, the paper sorts out the viewpoints with certain guiding value, and then establishes the theoretical system of this paper. At the same time, the thesis organizes the books related to sports psychology and sports, and applies the relevant theories of aesthetic education value teaching to sports dance. From the perspectives of physical beauty and psychological beauty, it elaborates the aesthetic education of sports dance in multiple dimensions and systematically. Education.

Questionnaire method: The paper sorts out the research content and key links according to the arguments of this round. On the basis of determining the research ideas of this paper, a questionnaire survey is established according to the requirements of aesthetic education and physical education. The study on the cultivation of aesthetic consciousness of college students by dance, through the questionnaire distribution of 60 college students in our school, finally recovered 50 valid questionnaires, the effective rate was 83.33%.

2.3 Survey results

2.3.1 Learning motivation results

In view of the rapid development of the current social economy, people's pursuit of spiritual civilization is more urgent, and the aesthetic needs are increasing. The current aesthetic education has become an important component of the education of young children to adults, and college students are no exception. Sports dance training and learning is one of the important ways to realize the education of aesthetic education. It does not directly inform students about what is beautiful and ugly, what is good and evil, but by participating in dance education, so that every student can be spiritually cultivated and happy. In this process, the enjoyment of beauty is obtained, and in the process, the self-connotation and self-cultivation are continuously improved, and the person is sublimated in the process. In the aesthetic value survey of sports dance, about 80% of people think that sports dance can improve people's aesthetic ability, cultivate temperament, enhance artistic accomplishment, and at the same time enhance individual will and cultivate self-sentiment. This also fully demonstrates that students have fully realized that sports dance can enhance their own demeanor and temperament, and this concept has been deeply rooted and rooted. The athletes' enthusiasm, concentration, self-confidence and self-control ability in the field, and the ability of the forest farm to demonstrate the spirit of sports dance are all manifestations of promoting the value of sports dance aesthetic education.

Through this questionnaire survey, it can be known that although the introduction of university courses in the sports dance course has not been introduced, it has received the favor of students since its establishment, indicating that contemporary college students have begun to realize the importance of self-quality and social skills improvement, through sports dance. A sense of self-exercise has begun to take shape. From the perspective of analyzing the motivation of college students to participate in dance education, college students prefer the art form of sports dance. Pursuing bodybuilding, graceful and dignified posture, and harmonious body balance are the main reasons for students to choose college students' dance education.

The survey results of sports and dance majors in physical education colleges show that fitness accounts for 88.00%, ranking first, bodybuilding accounting for 76.00%, ranking second, improving aesthetic cultivation, accounting for 50.00%, ranking third. Other rankings are to improve athletic ability, weight loss, fashion needs and so on. The most important reason for students to learn sports dance is to keep fit, followed by the need to improve their aesthetics and obtain a more beautiful body shape, which fully demonstrates that contemporary college students have adopted sports dance as a way to enhance their self-esteem and enhance their lives [2-3]. The need for aesthetic ability. The data shows that in the elective college dance course, many students are selected on the basis of completely ignoring sports dance. Few students really understand sports dance, and even students will dance sports and common street dance and ethnic groups. Dancing and modern dance are

confused.

2.3.2 Aesthetic recognition of sports dance

The students' higher awareness of the aesthetic characteristics of sports dance is: infectivity, diversity, rhythm, and internationality. According to the survey, there are currently hundreds of millions of sports dance participants and 100,000 sports and dance athletes in China. Sports dance has been popular and popular among the public. Sports dance has rich cultural heritage, varied dance style, profound aesthetic content value, full of different cultural characteristics and aesthetic habits. At the same time, sports dance demand for sports venues is not high, just need an audio player and an open space [4-5]. Sports dance is not as obscure as other dances. The art form and beauty that you like to see makes it a fashion that can be widely accepted by the public. The development of sports dance requires students to be able to understand this form of performing arts, and to express inner feelings and spiritual realms through music and movements. According to surveys and interviews, although China is the fastest growing country in terms of the number and skills of sports dance participants, the level of sports dance in China is still far behind developed countries. The reason is that Western countries are more inclusive and open. It is more natural in the dance performance, and it is possible to dig out the deep meaning of the performance. However, China's sports dance competition is limited to imitation, and it is even more backward in the dance experience. The expression of music is also relatively simple, and it is impossible to achieve the combination of true form and feeling. This is a high-level dance performance with the world. The biggest difference between performances.

2.3.3 Investigation on the aesthetic experience of sports dance

Many contemporary college students are only children, and some students have developed a self-righteous and self-righteous attitude. In sports dance, we can give full play to the character advantages of mutual help and mutual understanding, create an environment of unity and cooperation, and harmonious interpersonal relationship, and create a good aesthetic space. Through different stages of sports dance teaching, from shallow to deep, step by step, students from the beginning of the strange to familiar, and then stimulate students' love of sports dance. The teaching process of sports dance can influence students' aesthetic education from both physical and psychological perspectives, thus enhancing students' aesthetic taste. Through research, it is found that after a period of sports dance learning, students can have a beautiful experience and perception of the movement and shape of sports dance, which greatly enhances the ability of aesthetic emotion recognition.

2.3.4 Sports Dance Spiritual Beauty Survey Results

What is spiritual beauty, that is, in the sports dance movement, consciously determine the training goal, and under the control of the target can adjust the self-mind, can psychologically recognize the beauty of sports dance, thereby overcoming various difficulties and completing sports dance training. The most fundamental difference between human beings and animals is that they have subjective initiative, can complete sports practice activities under the control of the will, and can take people as the center, discover the richness of sports activities throughout the process, and will dance sports. The effects are tested in self-awareness and peripheral collaboration. Throughout the study of sports dance, the student's body is exercised and the spirit is satisfied.

In the investigation of the spiritual beauty in sports dance, it is found that students have summarized the aesthetics of sports dance into the beauty of beauty, the beauty of will and the beauty of collaboration. All the researchers can discover the beauty of the spirit in sports dance, and can evoke the most primitive aesthetic enjoyment of human beings, so that students' aesthetic consciousness can be cultivated. After many years of development, sports dance has evolved from the randomness of the original movement to the current movement. This is not only the change of dance style, but also reflects the aesthetics of every student and dance athlete. Respect and recognition.

3. Ways to Improve the Aesthetic Value of College Students' Sports Dance

3.1 Sports dance teachers should strengthen the aesthetic education knowledge and aesthetic awareness

Improving the ability of teachers in sports dance teaching is the first step in promoting the learning of dance professional knowledge. In the ability training for teachers, the most important thing is to promote the teacher's aesthetic experience, and thus enhance the teacher's aesthetic value. There are many ways to improve the aesthetic value. The main purpose is to stimulate the inner taste of teachers, use the image of beauty to evoke emotional resonance, and deepen consciousness and belief, making aesthetics an internal emotional power [6]. Sports dance can stimulate people's emotions. Teachers will use internalized emotional aesthetics to use the music box's music box to rhythm influence students, adopt dance to enhance students' cognition and enthusiasm for beauty, and make students feel beauty in sports dance. To know beauty and create beauty.

3.2 Optimizing the sports dance teaching environment

The first step in optimizing the environment for dance teaching is the improvement of the venue facilities, including physical rooms, audio players, wooden floors, mirrors and many other equipment. According to the current educational facilities and equipment layout, some colleges and universities have upgraded the venue teaching environment from the quality and quantity, but some schools still cannot meet the basic requirements of sports dance teaching, and even some schools do not pay attention to it because of the school. Funding has not been invested in the increase and improvement of facilities and equipment, resulting in some schools still taking the form of outdoor lectures. For this reason, the necessary conditions for the sports dance class are the stadiums, but the improvement and increase of the facilities and equipment of the venues is not a one-step process, and needs to be gradually improved to improve the utilization rate of the facilities and equipment of the venues.

3.3 Reasonable Arrangement of Teaching Contents of Sports Dance in Colleges and Universities

At present, many schools are unreasonable in the arrangement of sports dance courses, paying too much attention to the practice of sports dance and neglecting theoretical teaching, which has led to the effective improvement of students' aesthetic consciousness^[7]. Therefore, the school needs to arrange the technical teaching content of sports dance according to the actual level of students. Especially when the student base is weak and the level is different, the dance theory teaching should be strengthened with the form and dance, and the student temperament can be realized. Enhance students' appreciation of sports dance with the improvement of music sense.

3.4 Instructing to strengthen sports dance with music and clothing

Sports and dance combine the beauty of form, the beauty of action and the beauty of music. It is an elegant and noble sport. The soul of the music room dance is an important component. The "sound" of music and the "shape" of action show the artistic nature of sports dance. Sports dance is divided into different dance styles, different styles, different rhythms and melody to promote different dance styles. Sports dance teaching must be closely related to the melody and rhythm of music, highlighting music teaching. In addition, the costumes are the artistic beauty of sports dance teaching. Different costumes need to match different costumes. The costumes reflect the action style, and also reflect different environments and occasions. Only different costume styles can reflect different dances. Forms of art. In college sports dance, it is necessary to fully combine the beauty of the costumes to reflect the beauty of the body and muscles, and to maintain the aesthetic characteristics of sports dance.

4. Conclusion

The rhythm of sports dance is clear and can be fully integrated with aesthetics, which highlights the aesthetic value of students. Sports dance combines form and music, seeks coordination in the formation of movements, pursues unity in change, and fully reflects beauty in a bright rhythm. The unique aesthetic education of sports dance can help students form correct and reasonable fitness methods and enrich the students' spiritual civilization. To this end, sports dance classrooms must improve their self-aesthetic ability. Starting from the cultivation of their own aesthetic values, and cultivating certain artistic accomplishments and aesthetic abilities, they can truly teach and educate people and realize the integration and embodiment of aesthetic value education in sports dance.

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