

Research on the Teaching Reform of Sports Dance in Colleges and Universities

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Abstract: As a new type of sports, sports dance unifies many aspects such as music, dance, sports and so on. It has remarkable aesthetic and fitness value. Sports Dance, as a course, has been attached great importance to by colleges and universities to a certain extent, although it has only been opened for a short time in China's colleges and universities. However, there are many problems in the teaching of sports dance in Colleges and universities, which need to be reformed and innovated urgently. Therefore, this paper analyses the reform measures of college sports dance teaching.

This research has improved teachers' understanding of physical education to a certain extent. Sports dance is a combination of artistic beauty and sports beauty. It is based on sports and aesthetic core. It can effectively promote students' physical and mental health by combining body, music and dance. In order to embody the value of sports dance and meet the needs of young students, some colleges and universities have set up sports dance classes. Although in recent years the teaching level of sports dance has been continuously improved, the teaching of sports dance in domestic universities is still in the exploratory period, and there are many aspects that need to be improved and innovated. Therefore, how to realize the reform of college sports dance teaching is a problem that physical education attaches great importance to.

1. The Significance of Sports Dance Teaching in Colleges and Universities

1.1 Sports Dance in Colleges and Universities is conducive to the cultivation of students' comprehensive quality and ability

First of all, it combines sports dance dress, body, music, so that students can experience the aesthetic literacy of the creator. Sports dance teaching combined with appreciation of beautiful music, beautiful clothing and so on, can let students cultivate sentiment, sublimate spirit, comfort the soul. Besides When college students train, sports dance can correct their bad posture and realize the gradual perfection of students' posture. The Period of Studying in Colleges and Universities is a Good Period for Cultivating Students' Aesthetic View. Colleges and universities should pay close attention to this problem and carry out sports dance to improve students' aesthetic quality. Especially crucial is that after a certain period of sports dance training and learning, students not only really experience beauty in the teaching process, but also can release their intelligence. Students can combine the choreography of various dance movements to present various kinds of beauty, so as to

improve their aestheticability. Secondly, sports dance teaching can promote students to improve their interpersonal skills.Sports dance is a kind of communicative behavior. In order to cooperate with each other and finish dancing, students are required to have a high degree of tacit understanding. Therefore, students need to actively communicate to improve their cooperation with others, to improve their communicative competence and expand the scope of communication. Thirdly, in overcoming the psychological mastery of College students, sports dance teaching can also achieve ideal results.Under the long-term restriction of a series of factors such as school, family and society, students'negative psychological reactions (depression, worry, loss, melancholy, etc.) are very easy to form. If they have not been concerned and solved, then students may form some psychological problems.In the study of sports dance, students can combine physical training and music to relax the brain and reduce the negative burden.In short, sports dance teaching is conducive to the cultivation of students'comprehensive quality and ability.

1.2 Sports Dance Teaching in Colleges and Universities Helps to Accelerate the Construction of Campus Spiritual Civilization.

The construction of spiritual civilization is a key index in the construction and development of colleges and universities at present. Developing spiritual civilization construction activities is conducive to improving students'ideological and moral accomplishment. The prominent features of sports dance course are entertainment and communication. In the spare time, organizing a series of sports dance competitions and exchange activities, such as group dance competitions, can promote the construction of spiritual civilization in Colleges and universities in a sense, so as to enable colleges and universities to have a harmonious and civilized campus environment.

2. The Present Situation of Sports Dance Teaching in Colleges and Universities

2.1 Defects of Teaching Facilities of Sports Dance in Colleges and Universities

Physical dance teaching in Colleges and universities is facing the shortcomings of imperfect infrastructure, which makes it difficult to promote the normal development of physical dance teaching in Colleges and universities in terms of hardware. Analytical data confirm that most of the college sports dance teaching is facing the shortcomings of inadequate infrastructure, and even some colleges and universities do not have the facilities and venues to organize sports dance teaching, often arrange activities outdoors, which is very easy to disrupt students'learning initiative.

2.2 The Lower Teachers'Ability of Sports Dance in Colleges and Universities

Physical dance teaching in Colleges and universities is faced with the phenomenon of low teachers'ability, which is very easy to reduce the efficiency and quality of physical dance teaching in Colleges and universities, and it is difficult to ensure students' learning, digestion and absorption.At present, the discipline of sports dance is still in the initial stage of construction and development. Due to the relatively short time, most of the teachers are not born in sports dance. Although they have corresponding theoretical knowledge, lack of practical teaching experience, it is difficult to impart the essence of sports dance to students.

2.3 The backward and single teaching mode of college sports dance

Physical dance teaching in Colleges and universities is facing the shortcomings of backward and single teaching mode, and students'enthusiasm for learning is low.At present, the teaching of sports

dance in Colleges and universities is still carried out in the order of teachers' explanation and demonstration, students' imitation and students' self-repetitive training. In this way, students' learning is more passive, it is difficult to fully reflect the main status of students, and it is also difficult to improve the efficiency of sports dance teaching. In the long run, it is not conducive to the cultivation of students' innovative thinking ability.

3. Measures for the Reform of Sports Dance Teaching in Colleges and Universities

3.1 Transforming the Teaching Idea of Sports Dance in Colleges and Universities

Under the new situation, university leaders should pay attention to the teaching of sports dance, attach great importance to the curriculum, ensure appropriate teaching time, organize corresponding professional teachers, and ensure that the teaching of sports dance in Colleges and universities has the strength of teachers and the arrangement of class hours. Sports dance teachers in Colleges and universities should change their teaching ideas, keep open to the outside world, and truly recognize the practical value of sports dance to college students. Teachers pay attention to propaganda in teaching, so that students can further clarify the meaning of sports dance in their own life and learning, which can effectively arouse students' cognitive and ideological attention, and enable students to form good habits in practice. In addition, college sports dance teachers should infiltrate new teaching concepts into sports dance teaching, pay attention to students' practical experience, and highlight students' learning subjectivity. Teachers should also leave a large number of opportunities for students to develop and learn independently, so that students can get promotion and exercise, so as to truly realize the improvement of students' comprehensive quality and ability. In addition, teachers can also guide students to establish various forms and forms of sports dance associations, so as to create a good cultural atmosphere of sports dance, promote the active participation of a large number of students, so that students can develop themselves and progress.

3.2 Improving the Design Structure and Hours Proportion of Sports Dance Course in Colleges and Universities

Based on the actual development of students and the actual development of society, college sports dance teaching should improve the proportion of class hours and optimize curriculum design, and increase the proportion of sports dance appropriately, so that a large number of students can get real exercise and improvement while having time for study and training. In this way, the strong atmosphere and culture of sports dancing can help students' aesthetic expression ability of sports dancing. Therefore, college sports dance teaching should do a good job of student investigation, make clear the situation of College Students' demand for sports dance, organize sports dance classes scientifically according to students' actual needs, and design one-to-one corresponding curriculum structure. In freshmen and sophomores, let students get in touch with sports dancing early to ensure that the class hours are adequate. At the same time, let students train some basic sports dancing movements, lay a good foundation for students' sports dancing. In junior and senior years, when students have a good foundation of sports dance, they can reduce the class hours to inspire students to create sports dance. So as to enrich students' learning content and cultivate students' creative and expressive abilities.

3.3 Strengthening the Teachers' Team of Sports Dance in Colleges and Universities

College sports dance teaching should have a strong team of teachers to pay attention to sports dance teaching and arouse students' interest in sports dance learning. Under the leadership of a team

of excellent teachers, schools can organize a series of forms of sports and dance activities, thus forming a relatively stable long-term mechanism of exercise and teaching. Because in the structure of college sports dance teachers' team, there are very few teachers who come from sports dance specialty, many of them are other kinds of sports teachers. School sports dance teaching is not only to achieve the requirements of teaching, it is also a key factor affecting the smooth progress of the work, but also the fundamental place to promote college sports dance teaching and development in the future. In the new era, in order to promote the teaching of sports dance in Colleges and universities, we should pay attention to the construction of teachers' team of sports dance. First, we should pay attention to the comprehensive training of inherent dance teachers, so that teachers can receive very systematic and professional training, to achieve the actual requirements of dance teaching. Second, we should pay attention to the introduction of excellent sports dance teachers. We can introduce a large number of excellent sports dance teachers from sports colleges and universities to develop and strengthen the team of sports dance teachers. Because the graduates of sports dance major in sports colleges have received specialized and systematic education or training, have very high cultural accomplishment of sports dance, and are all very young people, they are very suitable for sports dance teaching. This will make the team of sports dance teachers full of vitality and vitality, and expand the new situation of sports dance teaching in Colleges and universities.

3.4 Applying Modern Multimedia Teaching Method.

We should pay attention to the positive value of modern teaching methods and apply them flexibly in sports dance teaching so that students can intuitively experience the artistic appeal of sports dance, learn the essentials and skills of sports dance quickly, and improve learning efficiency and learning effect. Unlike some other sports, sports dance unifies dance music art and sports, which can make students feel sports and enhance their sense of experience at the same time. For example, multimedia technology can be used in the gym to decompose the movements, so that students can learn the movements of sports dance very carefully and intuitively. Through multimedia, teachers can play back students' sports dance movements, let students grasp the steps of movements systematically, clarify their own problems, optimize the training mode in real time, and improve the training process. Teachers can give students purposeful guidance. Moreover, under the influence of the continuous popularization of intelligent devices, students can organize sports dance training independently according to their own life and learning habits, and can also carry out good interaction with teachers and classmates to create a strong learning atmosphere. For example, after assigning training tasks, students record sports dance videos on their smartphones and upload them to the platform. In this way, teachers can discover the shortcomings faced by students according to their training situation and students' creativity. In addition, it can also encourage students to present their own sports dance homework and evaluate each other, so as to continuously improve students' interest in learning and training.

4. Conclusion

In a word, sports dance has prominent ornamental and self-entertainment, which can help students exercise better, cultivate their aesthetic interest, and promote students' fitness, shape and pleasure. According to the current phenomenon of college sports dance teaching, the school implements teaching reform, strengthens students' interest and exercise efficiency, promotes students' better exercise and promotion, and can serve students' life learning and future development well.

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