

Artistic appeal of sports dance as an aesthetic component of sport

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Abstract: Using the method of document analysis, this work explores the expressiveness of sport dance, which, in turn, is part of the sports aesthetics and interprets the implication and artistic expression of sport dance. In their work, the detection or determination of the artistic appeal of sports dancers would better take and show your dance. The results of this study can be used in the training of sports dancing school. The forms of artistic expression of sport dance, creative use of rhythm, symmetry, balance, diversity and unity of the principles of sports aesthetics in the choreography can improve the creative expression of sport dance. Artistic achievement is the guarantee of the beauty of sport dance. The psychological quality is a prerequisite for the expression of the beauty of sport dance.

1. The theoretical and methodological foundations of sport dance in contemporary reality.

As an important part of dance culture, sports dance combines dance art, music art, sports, fitness, clothing, culture and other art forms. In the process of evaluation and participation, the self-expression of comprehensive sports events can provide the possibility of obtaining dual aesthetic sports facilities. The influence of sports and art [1]. By analyzing the expressive power of sports dance, the probe in this article is in its cultural background. In order to study the components and artistic expression of sports dance, we should have a deep understanding of the significance and value of artistic expression. Further strengthen the competitive level of competitive dance, in order to provide a link for the healthy development of sports dance. Improvement of competition level. Sports dance takes human body as the medium, music, soul, through non-verbal form to explain the diverse cultural heritage of the people, expressed deep feelings; displays a different dance, dance style, showing vigorous and beautiful posture. Sports dance teaching in college physical education is not only the students, strengthen their physique and cultivate their coordination, but also to make them more charm of action, form a beautiful body strengthen the natural beauty of the human body, so as to cultivate a good temperament objective aesthetic education with the deepening of globalization, the scope of sports cultural exchange but in different countries, there was a period of rapid development expanded in sports enterprises at home and abroad, the sports dance gradually returns to the eyes of people with a rich history and a completely new approach. In recent years, the sports dance show some enthusiasm . From this point of view, it is a comprehensive sports art and

sport, which combines fitness and beauty in general, is a people's spiritual needs of person the value of once and has many aspects of aesthetic value and meaning [2]. Aesthetic value, so as to promote the further development of sports dance aesthetic value. Sports dance, as a comprehensive sports as sports elements and fusion of dance elements, but also need appropriate music appropriate coordination, which makes general are in general quite comprehensive, and in sports dance has a very rich aesthetic value. The beauty of the sports dances can be divided into internal and external factors, which requires effective cooperation of dance movements, costumes, music and other facto the moat to best effect and role . Originally, aesthetic feelings, mainly due to the nature of art, which allow students to draw nutrients from its enrich their hearts, to achieve internal now the balance and enrichment, and in the external form of expression, artistic dance movements, in conjunction with the relevant connect music [3]. The measures presented can give a person beautiful holiday and the aesthetic value.

2. Results and analysis

2.1 Compatibility of partners as the beginning of aesthetic appeal

Physical training can coordinate the development of the physical qualities of the athlete and body function of the system, thus increasing the ability of athletes to master and complete various methods and dance awareness of the effect and quality of equipment done by sport dancers have external results of their physical abilities. Physical culture is an important process for growing athletes quality effectively. The development of the physical level is an extremely complex process and the effort for the sport of dancers to overcome their physical changes. This process has a profound effect on the development of volitional qualities. It will allow athletes to achieve more effective will implement training goals and competitions and overcome difficulties. A high level of physical ability shows good strength, sensitivity, coordination and flexibility. It also plays an important role in the reduction and avoidance of sports injuries and the mitigation of injuries in training competitions [4]. In artistic form, sports dance has a unique decorative and strong artistic appeal that makes it stand out among many sports. as a sport, it is also very competitive, which is clearly different from the art of dance to dance activities. sports dancing is a medium and small light aerobic exercise. it not only strengthens myocardium and resistance, but also a very effective impact on physical and spiritual stress. In accordance with the availability of various sports and different requirements of strength training, if the dancers want to be able to further study and own all kinds of magnificent movements, they must find in themselves the strengths of the qualities necessary for special purposes with particular strength as a foundation when complex movements are completed In general, the dance of the exhibition process will be a sense of light weights and lightness, which contributes to the overall play of other factors in recent years, in accordance with the situation of sports dancers training , many coaches and athletes do not know enough about the importance of special strength training, and they know little about their principles and methods in some sports of dancers, including high-level athletes, there is no concept of special strength training (which is impossible in other competitive events) ; from sports dance in China, there is no concept of special strength training judging by the achievements of athletes in international sports and dance competitions, their technical level and dance art have made significant progress however, compared with European and American athletes, there is still a big gap in physical reserves. Especially with particular force this phenomenon that the normal level of competition is inadequate movement, insufficient physical reserves or unreasonable physical distribution. It does not happen from time to time, so we should pay more attention to the special strength training of dancers, and we should seriously summarize our past experience and lessons in training and competition, constantly understand the movements of the rights of this project, innovative teaching methods, and the form

of effective physical training of the content and methods Since the 80s, dance sport has experienced several decades of development and evolution, since it entered China. It has become a tough and exciting competition with challenging Delhi, different styles and attractive. In sports, performance skills of dance, sports, which takes technology as the main and quality guarantee of strength, the main factors for athletes to win all difficulties, the coefficient of technical movements, stability, complexity of the layout, accurate floundering, high demands of artistic performance and innovation, ability etc. Strength is quality, tone based on complex and beautiful movements of new professional skills to expressive events [6]. Technological innovations and the process of bringing forces closer restrict athletes. stability of technical movements based on proper strength. The organic combination of strength and speed, flexibility and coordination and precise coordination of various muscles and muscle groups in time and space are key to improving technical problems and ensuring the stability of movements. Strength sports dances are mainly for strength ankle joint strength and reasonable mode of strain, knee joint strength and a reasonable way of tension, on the balance of forces and a reasonable way of tension, and a comprehensive power of the whole body. Using basic technical training for sports dancing, muscle strength training should be good legs, support and elastic strength; the ability of the waist and abdomen to resist the relative tension and balance of muscle groups; symmetry and control ability of arms and shoulder straps; monitoring the ability of muscles in different parts of the body to move a posture; ability to quickly start and brake. in the process of preparation, static exercises, such as standing like exercises in standard, dancing, weight gain as a weapon based on standing types of activities to maintain such static exercises, as is customary to stand type exercises. The strength of training the knee and ankle joints regarding special events should be exercised in the same way as dancing. In the process of strength training, we must prevent excessive compression of muscle fibers and affect the aesthetic sense of all forms [7]. Visibility as an important physical quality coordinator factor, but also one of the important factors affecting the effectiveness of sports dancing [8]. Flexibility is an important part of physical fitness; if the dancer's body is low, it cannot show the beauty of sporting dances, for example, in Latin dances, poor body flexibility of a dancer does not stretch or the range is insufficient, which directly affects his expressive power in modern dance, if the female dancer flexibility is unsatisfactory, the chest and waist in the frame will not be open, affecting the aesthetic sense of flexibility is the quality of the overall flexibility of each human stop body-strengthening professional quality flexibility training can make dancers movements more graceful and stretching, thereby making a completely expressive strength.

2.2 Stress resistance sports dancers

Sports dancers have some conditional changes related to physical skills, because of awareness of the competition and because of emotional experience. This series of physiological processes is the result of an interactive nervous system caused by a nervous process carried out in the brain layers of the brain [9]. Thus, accompanied by athletes, emotions occur in a series of physiological processes that have a significant impact on the upcoming competition. The higher the level of sporting events, the stronger the competition, the greater the stressful stresses caused by athletes, the environment and the media, despite the fact that many instructors have taken many psychological measures. According to statistics, due to insufficient technical training at competitions, more than 70% are due to a lack of psychological preparation, which is about 20% due to a lack of tactics [10]. In major competitions such as the World Championships, the Olympic Games, the world champions have been unsuccessful. One of the main reasons for their failure is minor psychological changes, lack of understanding and insufficient preparation [11]. Thus, in order for the coach to effectively regulate the psychological pressure of athletes, it is necessary to effectively use the process of psychological

stress and control methods so that athletes can remain in the best condition. Thus, it is possible to increase the ability of dancers to resist stress through targeted and systematic training, the regulation of psychological stress and the formation of dance athletes for dance athletes, as well as for the sustainable development of dance athletes and dance projects. Stressful manifestations, causes and regulators of stress are individual and experienced emotional reactions, physiological, psychological and behavioral responses when it comes to the possibilities, limitations and requirements associated with the goals they expect. Moderate pressure on the body is mobilizing incentives to fight the outside world. Excessive pressure leads to a clear undesirable reaction [12].

3. Conclusions.

As an integral part of the sports aesthetics expression of sport dance consists of two aspects: natural and social. The point is not only the natural essence of the dancer, she is also expressed in his indispensable day-to-day activities in the social sphere. Only when we are able to explore the form of the artistic expression of sports dance and creative to apply the principles of rhythm, symmetry and balance, diversity and unity to the mix, we can improve the artistic expressiveness of dance. Physical condition is the basis for the expression of the beauty of sport dance. The influence of the power characteristics of the athlete to dance is a key factor in the physical condition. Endurance is paramount to quality determines the level of athlete contest demo. The speed and coordination of important physical components are also important factors in the success of an athlete's performance. Flexibility is not only a physical quality, which have to be a dancer, it's also the necessary condition to ensure that the athlete was able to intensive training and more t wow, prerequisite to achieve excellent results in the competition. The artistic expression of the beauty of sport dance is the guarantee. The rhythm of sport dance is the most important fundamental element and means. In this dance, sports, music, movement and art reached a true integration and harmonization, which exactly reflects the aesthetic charm "beauty for beauty", and the like expresses the charm of sport dance. The technical level of the movements is also a significant factor. sports dance is a high-quality draft statements and its trappings is systematic, long-term and arduous training, which requires a successful athlete do. Psychological quality is the prerequisite for the expression of the beauty of sport dance. stable psychological state, mature psychological quality and good emotions is important to performance in competition. Load training has a positive effect on improving the quality of sports ability, psychological and competitive ability of dancers. if the training is not strong, will not be able to grasp the essence of the load, the dancers dance.

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