

# The Necessity and Function of Offering the Course “Body and Dance” for Music Majors in Colleges and Universities

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**Abstract:** The traditional teaching course of music in colleges and universities has been unable to meet the current study needs of the music students, and the physical and dance courses are integrated into the learning range, so as to ensure the comprehensive and comprehensive development of the students. This paper studies the necessity and function of the opening of the “Body and Dance” course in the music specialty of the university, analyzes the four necessity of improving the quality, enriching the content and cultivating the artistic thinking, and summarizes the four important functions of enriching the teaching content, improving the aesthetic ability and expanding the interpersonal communication. It is hoped that this paper can provide effective help to the music professional of the university.

## 1. Introduction

Music major in colleges and universities is a kind of art major education, which focuses on the cultivation of music specialty technology and the cultivation of talents' internal artistic literacy. The course “Body and Dance” is set up in the music major of colleges and universities, which not only trains the students' internal artistic literacy, but also educates the students' external temperament and artistic literacy, so that the students of music major in colleges and universities can get the development of comprehensive artistic ability in an all-round way. The opening of this course can not only make students get the opportunity to develop fully, but also stimulate students' artistic passion, so as to achieve the expected effect of music teaching.

## 2. The Necessity of Offering the Course “Body and Dance” for Music Majors in Colleges and Universities

### 2.1 Improve Professional Quality and Increase Employment Capital

In the teaching of music major in Colleges and universities, setting up the course of “Body and Dance” can not only effectively improve the future professional quality of students, but also increase the future employment capital of students, provide guarantee for all-round comprehensive development of students, and lay a good foundation for the future development of students. With the continuous development of the current society, the demand for work in all walks of life in the society has also increased, for music majors, the traditional singing form cannot meet the current demand for music appreciation. In recent years, with various groups and artists launched by major entertainment media companies, they mainly perform in the form of singing and dancing. It is necessary to add the teaching course of “Body and Dance” in the teaching of music major in Ming colleges and universities, and the two subjects of dance and music are mainly around art, which directly shows that the opening of the course of “Body and Dance” can not only improve the students' professional accomplishment, but also effectively increase the students' employment capital.

Take the current music media company to train singers as an example. At present, in the process of cultivating music artists, each entertainment media company not only emphasizes the training of music teaching, but also emphasizes on the professional and technical level of artists' Body and Dance, so as to meet the needs of audience appreciation and at the same time, it can also make

artists get the opportunity of comprehensive development in an all-round way.

## **2.2 Improve Personal Temperament and Promote Personal Development**

The external quality of the students is not only the self-confidence of the students, but also the internal quality of the students. The quality of the individual can not only affect the future development of the students, but also be more relevant to the students' daily learning performance. Therefore, when the students of music in colleges and universities are studying, the teaching should focus on the students' personal temperament, so as to ensure that the students can improve their own quality and promote the development of the individual. In general, the future employment development direction of the college music professional students is basically the music performer, and the music performer should set up a good personal image with the high attention, so as to lay a good foundation for the future development of individuals. At this point, it is directly explained that it is necessary to set up the course “Body and Dance” in the teaching of music major in colleges and universities. The important content of the course is to cultivate students' personal external temperament, so that students can cultivate external artistic temperament while accepting internal art knowledge, so that students can get comprehensive development of all-round art.

For example, in the teaching of national singing for music majors in colleges and universities, teachers should not only teach students the relevant singing skills, but also require students to pay attention to the control of personal temperament when singing according to the song style and lyrics meaning, so that the students' physical temperament is consistent with the song style and achieve the expected performance effect.

## **2.3 Enrich the Content of Education and Increase the Effect of Teaching**

In the teaching of music major in colleges and universities, the teaching content is mainly based on the cultivation of singing skills, which makes its teaching content too single and boring to arouse students' passion for music major. Therefore, on this issue, it is necessary for relevant teachers to set up the course “Body and Dance” in music teaching in colleges and universities. The offering of this course can not only enrich the teaching content of music specialty, but also effectively increase the teaching effect of music specialty. In general, music majors are always unable to understand and express the corresponding feelings contained in songs when they sing, so teachers can pass the “Body and Dance” course. Let students use the way of “Body and Dance” to feel the meaning and emotion expressed in the song, not only enrich the teaching content, but also effectively increase the teaching effect, so that the teaching quality of music major in colleges and universities can be further improved.

## **2.4 Developing Artistic Thinking and Promoting the Innovation of Teaching**

In the teaching of music major in colleges and universities, when offering the course “Body and Dance”, teachers should fully realize that the course is a course designed for students who are not majoring in dance. Students can not only learn beautiful dance in the process of learning, but also strengthen physical training. When the internal art education and external art education are carried out at the same time, the students can cultivate artistic thinking for students in an all-round way. And then realize the teaching innovation of music specialty in colleges and universities. At the same time, when students develop artistic thinking, in the future life or work, they can make use of their artistic thinking, combined with the actual situation to give some innovation to the singing form or dance form. Therefore, in the teaching of music major in colleges and universities, it is not only necessary to set up the course “Body and Dance”, but also to promote the good development of art education in our country.

# **3. The Important Role of Offering the Course “Body and Dance” for Music Majors in Colleges and Universities**

## **3.1 Enrich the Teaching Content of Music Specialty in Colleges and Universities**

At present, the teaching of music major in colleges and universities in China has got rid of the

restriction of traditional music education and gradually developed in the direction of multiculturalism. The emergence of this situation directly shows that the teaching content of the traditional music major in colleges and universities can no longer meet the learning needs of the current music majors, so the teachers and scholars of the music major in colleges and universities should combine the actual situation and enrich the music major courses as much as possible, so as to meet the learning needs of the students and the development needs of the music major. Therefore, on this issue, music teachers in colleges and universities should use the course of “Body and Dance” to enrich the teaching content of music major courses in colleges and universities. And the opening of the course also can promote the comprehensive development of all-round art of the music professional students.

For example, in the process of ethnic singing teaching for music majors in colleges and universities, teachers can carry out corresponding national dance courses according to the actual situation for students to study at the same time. This teaching method not only enables students to better understand the relationship between national music and national culture, but also enables students to integrate into national dance, and then better feel the connotation and performance style of national music.

### **3.2 It is Helpful to Stimulate Students' Artistic Passion.**

With the development and change of society, the teaching work of music major in colleges and universities has also been reformed and innovated many times. However, this innovation is nothing more than the teaching mode and teaching form of music major in colleges and universities, but it does not really innovate the music education environment, so that students are not interested in the teaching of music specialty, and there is no corresponding artistic passion. Music major teaching, usually emphasizes that students express the corresponding passion and emotion when performing, and then reflects the good performance effect, so arousing students' artistic passion has become the most important thing in the teaching work of music major in colleges and universities. In the Teaching of music specialty in colleges and universities, it is set up in the course of form and dance, students can also get the external art of form and dance in the environment of feeling the inner art of music. Under the influence of internal and external artistic atmosphere, it is beneficial to stimulate students' artistic passion, so that students can better perform the art forms in music works, effectively improve the teaching quality of music major in colleges and universities, and promote the comprehensive development of students' all-round art [1].

For example, in the teaching of the Mongolian national singing method of the college music professional, the teaching person can open the Mongolian dance teaching at the same time, and can stimulate the students' artistic passion through the two forms of the experience of the wind and the national dance, so as to reach the expected teaching effect.

### **3.3 The Training of the Students' Body-Building and the Aesthetic Ability**

In the teaching of music major in colleges and universities, setting up the course “Body and Dance” can not only effectively improve the teaching quality, but also exercise students' fitness and aesthetic ability. Dance teaching content has novel and diverse characteristics, but also has a strong attraction, not only stimulate students' interest in learning, but also play the effect of fitness and aesthetic ability. Among the students majoring in music in colleges and universities, especially the female students, the dance course is the most preferred, so the teachers of music major in colleges and universities should grasp this key point and increase the depth and breadth of the course “physique and dance”. At the same time, the teachers and scholars should have a certain understanding of the physical function of each student. Furthermore, the students have developed the corresponding strength of the “Body and Dance” study plan, and let the students feel the charm of the dance in the company of music. By making the students feel the physical beauty of the dance, and further improve the aesthetic ability of the students, the students can also exercise the physical of the students and realize the internal and external cultivation of the students.[2].

### **3.4 It is Helpful to Expand the Circle of Students' Interpersonal Communication**

In the teaching of music in colleges and universities, the course of “Body and Dance” is set up, which can not only improve the students' internal and external artistic quality, but also expand the students' personal communication circle and enrich the life of the students. The dance itself is a kind of special social, and if it can be used flexibly, it will attract a lot of friends who are eager to learn and communicate, which is very advantageous for expanding the students' communication circle. In the traditional dance teaching, the teaching person only focuses on the body-building effect, and with the integration of the multi-culture, the dance also focuses on the elegance and the beauty. That's why, when the students perform the dance performance, they all need to cooperate with a partner or a team-mate, during which the dancer can communicate through the eye, the body, or the mind, so that each team-team can feel the change of the self. In this long time, the students of the music professional will be able to expand on their own personal communication circle through the dance, so as to enrich the student's campus life content.[3].

### **4. Conclusion**

In summary, it is of great significance to set up the course “Body and Dance” in the teaching of music major in colleges and universities, which can not only effectively improve the teaching quality of music major, but also enable students to integrate more deeply into the artistic atmosphere. While carrying out comprehensive cultivation of all-round art for students, it can also vigorously promote the good development of music art education in our country.

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