

Application Exploration of Fitness Line Dance Innovation in Higher Vocational Physical Education



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Abstract

Line dance is a very famous fitness dance in the world, because of its effective combination of sports and dance forms, not only appreciate the value of higher, and at the same time can achieve the purpose of physical and mental fitness, make people happy, so deeply loved by people. It is also because of the advantages of line dance, so it is widely spread in higher vocational colleges, whether it is students' campus activities, or participate in some competitions, fraternity, line dance performance can be seen everywhere. In addition to the spread of line dance in colleges and universities, with its unique art form, line dance has become a bridge for international cultural exchanges, so it can be seen that the influence of line dance is very great. Based on the online open course line dance teaching in higher vocational schools, this study first analyzes the significance of line dance introduced into higher vocational education system, and on this basis puts forward the problems and attribution of line dance teaching in higher vocational schools, and focuses on the innovative ideas of line dance teaching in higher vocational schools.

Keywords

Higher vocational colleges, Fitness line dance, Line dance teaching

<https://oajer.damray.com/>

OPEN ACCESS

DOI: 10.26855/oajer.2022.09.020

Received: August 9, 2022

Accepted: September 6, 2022

Published: October 11, 2022

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Line dance is very famous in the world of fitness dance, sports are very popular in our country, its belong to emerging sports project, due to its combination of sport and dance form effective, not only high appreciation value, and can achieve the effect of physical fitness, body to body, long period of practice make people relieve pressure and physical and mental pleasure, so are people like. It is also because line dance fashion, fitness, diverse movements, free and unrestrained, so deeply liked by students, the development speed in colleges and universities is very fast. But because the line dance into the education and teaching system for a short time, professional strong, single dance choreography, choreography design lack of freshness, low sense of line dance rhythm factors affect students' interest in learning line dance. How to use the opportunity of curriculum reform to adapt the techniques of line dance, improve the ability of curriculum design to attract students to learn, train line dance lovers and inheritors, so as to better serve the local mass culture?

1. First, the value orientation of line dance teaching in higher vocational colleges

1.1 The integration of profession and sportsmanship

Line dance movement form is varied, can be in the form of a single performance, can also be a team, in the form of the line dance teaching or competition, requests the student to have the team cooperation spirit, make every student to realize the importance of their own, only to cooperate with each other, to get good grades, at this time is also the process which the student collective sense of honor enhancement. In addition, line dance competition, whether successful or not, the performers should face with a smile, maintain a good attitude, high passion, students in line dance competition can realize the sports perseverance, courage, friendship first, the second spirit of the competition. And the spirit of sports are students in the future to work the necessary professional quality, graduates in higher vocational colleges face the future employment, should not only master professional skills, and to have a strong body, bear hardships and stand hard work quality, long-term practice dance, is not only beneficial to the student the increase of the cardiovascular, respiratory, digestive function and repetitive training to make them understand the unity, Withstand the exercise, enhance the self-confidence, for the improvement of practical operation skills is very beneficial (Zhang Ning, 2019).

1.2 The integration of physical education and comprehensive development

Students are not only the main body of physical education, but also a special group in the social development (Fu Xiangxiang, Wang Guizhong, & Hu Yonghong, 2018). The role they play is very important. College students are keen in thinking, energetic, lively and active, and interested in new things. Higher vocational colleges should keep up with the pace of The Times, combine with the characteristics of students' age, and integrate more interesting into physical education, which is conducive to the mastery of students' knowledge and promote students' all-round development. In the combination of physical education, students' interest is the source of learning power, physical and mental health is the focus of attention. As a new teaching content of sports, line dance is fashionable and novel, which is of great interest to students. It is very helpful for the improvement of students' artistic quality. It is not only diversified in form, but also integrated with music elements, consistent with the personality characteristics of contemporary college students, so as to meet their learning needs and promote the all-round development of students. At the same time, the vision of students is broader, improve the physical beauty of students at the same time, guide them to explore the innovation field. Compared with other sports events in the school, line dancing has few rigid requirements and flexible forms of participation, which is easy to be accepted by students (Xu Li, 2018).

1.3 The integration of personalized growth and characteristic education

Contemporary students pursue individuality and hope to stand out from the crowd. They are not willing to go with the flow. They expect to be recognized by parents, classmates and teachers. Line dance can meet the needs of students, which is not only a form of sports, but also from dance, and dance is closely linked with culture, not only highlights the artistic characteristics, but also has a variety of dance elements, can be said to be a form of special education. In line dance teaching, the students are free to show, through his love will be in the form of action, to create different types of artistic conception and form of dance, both to achieve the goal of physical fitness, and meet the demand of the students' personal growth, so that the students in sports, music, culture, dance, and other forms, show ego, dash forward show personality (Hu Xiaoyang, 2018).

2. Second, higher vocational college fitness line dance teaching difficulties analysis

2.1 The degree of attention is not enough, the lack of basic supporting facilities for line dance

When there are line dance courses in higher vocational colleges, which are at the primary level, only a small number of schools are involved in line dance courses. Compared with professional courses, the popularity is relatively low. The main reason for this problem is that higher vocational colleges do not pay enough attention to line dance (Shi Lingjun, 2018). They think that line dance courses are of little significance to students, and they are only carried out as entertainment projects when there are activities or festivals in schools, and they do not invest too much time in line dance teaching in daily teaching. Although some schools will set up line dance courses, but they have not invested too much money, which leads to insufficient equipment for line dance training, lack of audio, multimedia and other equipment, and then affect the final effect of line dance teaching.

Due to line dance teaching high to the requirement of the space, need larger sites, but the current line dance teaching process in many higher vocational colleges is not appropriate venue for line dance teaching use, most of them are arranged in the outdoor playground, although the space is larger, but easily affected by external environment, first of all,

students outside in the open field practice line dancing. If it is hot or rainy season, it is difficult to carry out the training activities normally; Second, the line dance should be accompanied by music, and the outdoor venue is relatively empty, and there will be more noise, which will have a great impact on the effect of music accompaniment, easy to distract students, it is difficult to obtain a good training effect; Third, students tend to spend more time in line dance training, and many students will easily lose track of the beat or make mistakes if they have poor musical experience when participating. It is also due to the limited space in higher vocational line dance teaching, it is difficult to meet the teaching needs, which leads to the unsatisfactory teaching effect and low quality of line dance (Li Ningning, 2021).

2.2 The lack of teaching materials for line dance makes it difficult to form a system to attract students' interest

In higher vocational line dance teaching, line dance itself belongs to the dance art form, the content has become the focus of students' learning enthusiasm to stimulate. But due to line dance into university education system is not a long time, its itself involved in relatively few species, form, line dance the lack of teaching materials, and a lot of line dance is some professional actors show repertoire, rarely involves the optimum all students physical and mental development, sports demand, is new line dance forms, students was difficult for students to understand the connotation of dance music, learn more and more difficult, The more they are not willing to learn, they slowly lose their interest in learning (Li Ningning, 2020). Because the current vocational line dance teaching content has high requirements for dance skills, it is difficult for students to master the relationship between music and dance, some relatively steps need to invest a long time to practice, not impressed, easy to forget, and the effect of practice is not ideal. This is mainly because there is no simple step suitable for students in the current higher vocational line dance, which does not meet the students' learning ability and level. For students with greater learning pressure, the enthusiasm to participate in is reduced. In addition, the music with the dance choreography is not reasonable, do not match, make the line dance rhythm is reduced, students learn line dance enthusiasm is lower and lower (Guo Xiuqing, 2019).

2.3 The theoretical quality and practical experience of line dancing teachers need to be optimized

In higher vocational line dance teaching, teachers and coaches are the main guide, communicator and organizer of line dance, so to a large extent, the teaching effect of line dance will be directly affected by the high and low quality of teachers and coaches. Because the line dance in higher vocational colleges is not a long time, is in the exploration stage, many line dance teachers not only the number of difficult to meet the teaching needs, and the professional level is low, resulting in poor line dance effect, which is also a common problem in the current higher vocational line dance teaching. At present, line dance teachers are mainly served by physical education teachers, who teach directly after line dance training (Guo Ru, 2021). Some schools will release information to the society through recruitment channels, and then select line dance teachers. In higher vocational colleges, PE courses are mainly public courses, so compared with other professional course teachers, the number of PE teachers is obviously less. Although physical education teachers in higher vocational colleges have rich experience in physical education teaching, they do not understand line dancing, and it is difficult to give students more in-depth guidance, so they are powerless in teaching. The line dance teachers recruited from the society, although the line dance experience is very rich, but not enough to understand the situation of students, it is difficult to combine the experience with the teaching practice.

3. Three, higher vocational colleges to develop fitness line dance discussion

3.1 Fully understand the importance of the development of fitness line dance

Higher vocational colleges are the main front of talent training, and if physical education wants to carry out smoothly, the venue and facilities are the essential basic guarantee, but also the platform for students to participate in sports. Line dancing does not have special requirements and regulations on venue facilities, as long as it is large and spacious enough, and at the same time, it is necessary to ensure that students can obtain better audio-visual effects. Therefore, the school can make full use of the advantages of the calisthenics classroom, shape classroom, indoor basketball court and other venues, as long as the time of each sports can be arranged. In this way, there is no need to invest in the construction of special row dance ground, and realize the optimal allocation of resources, in the case of mutual influence, to ensure the effective development of row dance teaching (Xu Yao, 2021).

At present, the concept of national fitness has been gradually and deeply implemented in colleges and universities across the country, which also provides opportunities for sports innovation to a great extent and points out the direction. Line dance as a novel form of sports, should give full play to its advantages, into the physical education to go, according to the development needs of students, combined with the characteristics of line dance sports to optimize the course

content, based on the basic principle, to ensure that line dance and sports combined with a strong practicality, will be the uniqueness of line dance. The teaching content design should be in line with the characteristics of the physical and mental development of students, on this basis, pay attention to the mastery of students' line dance sports skills, can follow the music changes of different movements, formations, cultivate students' spirit of unity and cooperation, guide students to form the right values. Line dance teaching should make full use of the time in and out of class, with the help of the network combined with practice teaching mode, through the micro-classroom to make up for the shortage of teaching. Schools can build line dance online class platform, regularly push to students about line dance knowledge, video and other dynamic information, but also add line dance competition, training, line dance performance, line dance salon and other theme columns, so that students can exchange line dance knowledge in the platform, improve cognition, stimulate learning interest. In addition, the line dance teaching can also be integrated into the national culture, choreograph some line dance content with national characteristics, increase the school-based development of line dance, improve the students' physique at the same time, have a preliminary understanding of traditional culture, spread culture through line dance, promote physical and mental health growth.

If line dance teaching wants to achieve innovative development in higher vocational colleges, it cannot be separated from the support of the main body of colleges and universities. Therefore, line dance innovation, colleges and universities should improve their cognition, change the curriculum concept, and fully realize the importance of line dance course for students. As the decision-making level, school leaders should play a leading role, establish innovative ideas, and give a correct understanding of the role of line dance teaching in promoting the development of students' physical and mental health. At the same time, we should also increase the publicity of line dance, through the performance, cultural communication and other activities, the organization of school teachers and students to come to the scene to watch, but also with the help of line dance competition to make them have a deeper understanding of the important role of line dance course; In line dance teaching to encourage students to show themselves, physical and mental health growth, expand the influence of line dance, continue to promote the development of line dance curriculum, so that teachers and students can realize the value of line dance teaching. Schools can spread some successful cases of introducing line dance teaching in colleges and universities through propaganda columns and radio stations, and increase the popularity of line dance movement in combination with the actual situation of the school.

3.2 Compile school-based line dance textbooks based on the characteristics of higher vocational students

Combining with the characteristics of higher vocational students, teachers can compile line dance textbooks suitable for higher vocational students. For entry-level students, teachers choose music that sounds good and dance music with simple movements. For teachers, compiling school-based line dance textbooks can not only broaden teachers' horizons, but also form new educational concepts. It also improves teachers' curriculum awareness and ability of compiling textbooks, and improves teachers' teaching skills. For students, students can systematically learn the content of line dance textbooks, line dance music, dance score, line dance code, the music connotation and action connotation expressed by line dance (Deng Xiaolan, 2021).

3.3 Line dance teaching method combining online and offline is adopted

In recent years, with the rapid development and widespread popularity of the Internet, a new learning resource is generated based on modern information technology. This new learning resource is mainly used to support a variety of new learning methods such as mobile learning and fragmented learning, and has the characteristics of concise content and convenient use. Through the online open course sharing platform, flipped classroom is a "learning-oriented and student-oriented" teaching concept, which turns the teaching process of "teach before learning" in the conventional teaching into "learn before teaching". Based on the concepts of "micro-lecture" and "flipped classroom", flipped classroom based on micro-lecture on online open course sharing platform is, in short, the classroom teaching activities carried out based on the new learning resources of "micro-lecture" with "flipped classroom" as the guiding concept. Compared with the conventional teaching mode, the application of flipped classroom based on micro-class in line dance teaching in colleges and universities mainly has the following unique advantages: first, it helps students to complete the pre-class learning tasks with high quality. Secondly, it contributes to the deepening of classroom teaching content. Finally, it is helpful to improve the efficiency of classroom teaching. Students learn through the online course platform and then deepen the absorption in the classroom teaching, which greatly improves the teaching effect.

3.4 Improve the level of teachers and coaches

Line dance teaching needs the support of a professional team of line dance teachers to ensure that students can better

carry out line dance training, which is also very beneficial to the improvement of the teaching effect of line dance. Therefore, higher vocational colleges should pay attention to the construction of line dance teachers and coaches to improve their professional level. First of all, in the selection of line dance teachers, should be professional as an important indicator, clear line dance teachers and coaches of the job responsibilities, and detailed description of the job content, for applicants, not only to assess their professional, but also to have line dance teaching experience; Secondly, the school can strengthen the training of existing teachers, give them the opportunity to participate in practical learning, further education, regular organization of line dance teachers for professional knowledge training, the content of training should not only involve theoretical knowledge, but also include the current more innovative line dance teaching methods, to improve the professional level of teachers. We can also invite influential line dance professionals to the school to give a speech, can be in the form of lectures or teaching, promote the mutual exchange and communication between teachers, find their own teaching deficiencies, and then improve, to achieve the promotion of professional quality. In addition, it is also necessary to link the teaching of line dance teachers with their salaries, improve the incentive system, improve the teaching initiative, and ensure the quality of teaching.

4. Conclusion

Along with the development of The Times, the progress of the society, in the construction of higher vocational education system, line dance into inevitably facing greater development opportunities and challenges, in order to be able to keep up with the development of The Times, meet the demand of students a variety of physical exercise, line dance to continuous innovation in the education system, optimize and improve its own advantages into full play, promote the all-round development of students. Therefore, higher vocational colleges should start from their own understanding of ascension, on understanding based on the characteristics of line dance movement, strengthen the propaganda, open on-line courses, to give students more involved in line dance learning, training opportunities, but also will be the teacher and coach, raise the level of opening up body teaching combined with the new path at the same time, to create a good line dance teaching atmosphere for students, For higher vocational online open course sharing platform line dance teaching to seek innovative development path, so that more students understand line dance, like line dance, actively participate in the line dance fashion movement, promote the popularity of line dance in higher vocational colleges.

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