

# Research on the Innovative Approaches to the Teaching Mode of Dance "Aesthetic Education" in Colleges and Universities under the New Era Aesthetic Education Thought

**Wu Xiaoyun**

Taiyuan, Shanxi, China  
uu356398632@163.com

**Abstract:** *In the context of the new era, aesthetic education is an important issue in the reform and development of national education, and its status and role have been elevated to a high level. The development of aesthetic education has also become an urgent issue and a major construction link for various colleges and universities. Dance education, which can highlight the nature, characteristics and purpose of aesthetic education has also developed into a key discipline for the development of education and talent cultivation in various colleges and universities. How to promote the physical and mental health, beautify the minds of students, enrich the hearts and spirits, and improve the ideology and morality of aesthetic education in colleges and universities is a practical and innovative measure of dance education in teaching. Therefore, this article focuses on the analysis of aesthetic education in colleges and universities, and launches the connotative research on the teaching of dance aesthetic education in colleges and universities. In this way, the dance aesthetic education in colleges and universities can meet the requirements of the aesthetic education thought of the new era with the improvement of educational practice and education theory, that is, the aesthetic education thought of "educating people with aesthetics, beautifying the soul with aesthetics, and nurturing talents with aesthetics".*

**Keywords:** *esthetic education; dance aesthetic education teaching mode; innovation*

## 1. Introduction

Under the background of strides forward in the new era, culture and art are moving forward and keeping pace with the times in the requirements of the times and the development of culture and art itself. Cultural and artistic education is developing its own forward innovation direction under the requirements of the times, highlighting the characteristics of the value system of educating people and beautifying. With the emphasis on art education in the new era, the state has put forward higher and more professional requirements for all kinds of art education, in this way, to strengthen the overall development of art education, highlight the significance and role of art education. As we say, art education is to cultivate the physical and mental health of talents, beautification of the soul, cultivation of sentiment and sound personality, and its purpose is to cultivate the comprehensive and harmonious development of talents. It can be said that the teaching connotation covered in art education is a prominent manifestation of "aesthetic education", and the teaching purpose of art education also further emphasizes the importance of "aesthetic education" in talent training education. Because of this, the prominent role of aesthetic education has received the attention of the state. On October 15, 2020, General Office of the Communist Party of China and General Office of the State Council issued Opinions on Comprehensively Strengthening and Improving School Aesthetic Education in the New Era (referred to as "the Opinions"), the guiding ideology in the opinions highly affirms and elaborates on the aesthetic education teaching of various colleges and universities, and interprets the mission of aesthetic education in the cultural education of colleges and universities. Among the important output of aesthetic education, the discipline that can directly highlight the characteristics and value of "educating people with aesthetics, beautifying the soul with aesthetics, and nurturing talents with aesthetics" is art education in dance art education. Dance education is an important part of art education. In recent years, various colleges and universities in our country have added dance art education, and the exact implementation of dance education has enriched aesthetic education. At the same time, dance

education has been incorporated into the development of aesthetic education in various colleges and universities, which coincides with the requirements of the cultural development of the new era society. However, due to the imperfections in various aspects of the establishment of dance art in the construction of colleges and universities, and a series of corresponding imperfect problems, the development of aesthetic education has been following the trend of development. Based on the background of aesthetic education in the new era, in-depth exploration of the development of aesthetic education in the field of dance art in colleges is a problem that needs to be solved urgently. The exploration of many issues in dance education will deepen the scientific and theoretical nature of aesthetic education, and will promote new development and new creativity in aesthetic education, so as to achieve "educating people with aesthetics, beautifying the soul with aesthetics, and nurturing talents with aesthetics" as aesthetic education thought.

## 2. The Development Status of Aesthetic Education in Colleges and Universities

Aesthetic education is also called the education of aesthetics, which plays a vital role in promoting the overall development of students and the improvement of their quality. Under the background that the state once again emphasized the importance of aesthetic education, many colleges and universities have launched the advocacy and implementation of aesthetic education, in order to cultivate well-rounded and new-style talents in aesthetic education. But as far as colleges and universities are concerned, the teaching of aesthetic education has not yet embodied a systematic and scientific teaching mode from the overall level. The analysis is carried out from the following points:

- Aesthetic education lacks contemporary characteristics

In the new era, aesthetic education courses should be updated and perfected with the development of the times, and their own education should be developed under the requirements of the new era. However, most colleges and universities in our country have not given innovative forms of reform to aesthetic education in new era. From the perspective of teacher teaching, most colleges and universities still use traditional teacher-led teaching, failing to give full play to the student's dominant position in teaching. Teachers' traditional teaching thinking and teaching skills have affected the comprehensiveness and development of students' knowledge. The current teaching model lacks the teaching concept that develops synchronously with the times. Traditional teaching concepts directly lead to students' lack of modern and innovative thinking in their studies, which affects the overall development of aesthetic education. That is to say, the aesthetic education teaching that keeps up with the times is an epochal guarantee that promotes students' active thinking and imagination, improves their ability and literacy, and enriches their thoughts and emotions. It is also a powerful external condition for promoting the development of aesthetic education itself.

- Aesthetic education lacks of professionalism

As we know, in the arrangement of courses, aesthetic education is for the teaching of dance, music, fine arts and other art majors. The professionalization of art disciplines determines that aesthetic education must be standardized in teaching, which determines that aesthetic education should move closer to the direction of professionalization. In this way, aesthetic education can better achieve the purpose of teaching. However, as far as the current situation is concerned, colleges and universities have embodied a non-professional mode of education in their art disciplines, which has led to a disorderly situation and a liberalized development of aesthetic education, which prevents the full-scale development of aesthetic education.

- Aesthetic education lacks systemicity

At present, major colleges and universities in our country have not formed a more systematic curriculum teaching method of music, dance, art and other disciplines in the teaching of aesthetic education by full coverage, but only introduced and implemented some disciplines. However, in the selection of teaching content, major colleges and universities can only learn from professional colleges, and have not formed systematic, scientific and practical teaching materials. In this way, the teaching of aesthetics has the characteristics of randomness, which leads to loose, chaotic and imprecise teaching of the curriculum, which in turn leads to students' resistance to it, which affects the normal operation of aesthetic education and hinders the development of aesthetic education in colleges and universities.

- Aesthetic education lacks innovation

In terms of the setting of teaching content, the selection of teaching materials, and the teaching

thinking of teachers, the overall aesthetic education teaching in colleges and universities has shown a traditional development trend. In the development of the new era, there are no new thinking, new concepts, new visions, new developments and related overall planning and customized systems in the setting of many aspects of aesthetic education in colleges and universities. For example, in dance education, its teaching content is too strong and traditional, which can not promote the innovative development of dance education, thus failing to achieve the effect and purpose of aesthetic education.

### **3. The Necessity of College Dance Education in the Thought of Aesthetic Education**

As mentioned above, the teaching of aesthetic education refers to the teaching of dance, music, fine arts and other art majors in the arrangement of its courses. All of these art disciplines embody the teaching of aesthetic education from their own characteristics. Take dance art as an example. It is a kind of human performance art, which has artistic characteristics such as graceful movements, rich expressions, bright images and full lyricism. These artistic characteristics all strongly express and render "aesthetics". The embodiment of this "aesthetics" also conveys the education and propaganda of aesthetics. The "aesthetics" of dance brings people the enjoyment of aesthetics, but also the assimilation of aesthetics. People can recognize aesthetics, feel aesthetics, express aesthetics and create aesthetics through the infection and learning of dance aesthetics, thereby enhancing their aesthetic ability and imagination. At the same time, the performance of dance aesthetics also cultivates mood and improves physical and mental health. This is also the most prominent embodiment and interpretation of "aesthetics" in dance art, and it is also the education embodiment of "aesthetics" in dance art.

The "aesthetics" contained in the dance art itself brings people emotional imagination and acceptance of aesthetics in this natural dissemination. However, the naturally formed "dissemination" and the "reception" of objects also constitute the embodiment of aesthetic education. The dissemination of movement and body in dance, the expression of artistic aesthetics and the rendering of emotions have all become the cultivation of talents in aesthetic education, and this has also constructed the basis of aesthetic education. The meaning and values embodied in the connotation of dance art, such as cultivating sentiment, beautifying the soul, delighting the spiritual world, and strengthening physical health, have all become the key to the cultivation of all-round development of talents in aesthetic education in various colleges and universities. The art of dance embodies the spread of "aesthetics" from the inside to the outside, and conveys the education of "aesthetics". In this way, dance art education has become a necessary subject for colleges and universities to complete the development of aesthetic education.

### **4. The Implementation Path of College Dance Teaching Mode in Aesthetic Education Thought**

It is mentioned in the Opinions that the aesthetic and humanistic qualities of students should be improved. The spirit of "educating people with aesthetics, beautifying the soul with aesthetics, and nurturing talents with aesthetics" should become an important spiritual guide for aesthetic education in colleges and universities. It should be the policy for the development of aesthetic education in colleges and universities. Under the guidance of the spirit of aesthetic education in the Opinions, in order to make aesthetic education teaching meet the requirements of the spirit of aesthetic education, colleges and universities must give new era innovations in subject teaching, and effectively improve the teaching system to ensure the completion of aesthetic education. As far as dance education is concerned, the use of dance teaching to deepen the teaching of aesthetic education requires spiritual guidance and guidelines for many aspects of dance teaching to be standardized, perfected and implemented. As a result, dance teaching promotes new innovations, new measures, and new developments under the aesthetic education, thinking of the new era, and dance teaching promotes aesthetic education teaching. At the same time, dance education can create a prosperous and innovative teaching blueprint under the guidance of aesthetic education, in the new era. In this article, based on the aesthetic education, though, the author considers many issues in dance teaching according to the overall requirements mentioned in the Opinions, so as to expose the construction of aesthetic education thought in the connotation of innovative and perfect dance teaching.

#### **4.1. The construction of dance teaching system**

The teaching system refers to the composition of teaching content, teaching methods, teaching process and teaching results. It is the reorganization or transformation of the teaching system, which is

the new formulation of aesthetic education in several aspects of the teaching. At present, the construction of dance teaching system in various colleges and universities is implemented in accordance with the conventional model. The design of dance teaching content and teaching methods is still in a more traditional mode. However, from an overall point of view, the implementation of the traditional teaching model only educates students in the inflexible teaching environment of "teacher teaching and student learning", resulting in a lack of innovative thinking and imagination in teaching. As a result, the goal of "aesthetic education" in dance teaching cannot be achieved. This requires colleges and universities to rebuild their teaching system ideologically and innovatively. While deepening dance teaching in the construction, it highlights aesthetic education teaching. First of all, a reasonable choice of teaching content should be made. Teaching content is the foundation of teaching. In dance teaching, constructing reasonable teaching content with aesthetic education is the key to dance teaching in colleges. For example, in the teaching content of dance, it is necessary to choose content that reflects the spirit of Chinese aesthetic education and national aesthetic characteristics for teaching, so that the content full of aesthetic education ideas can be reflected in the students' thoughts and minds, so as to achieve the teaching purpose of aesthetic education. Secondly, the concepts and methods of dance teaching should be changed. Teachers should pay attention to the teaching of basic skills while also highlighting the influence on students' traditional dance culture, and change the previous teaching methods so that students can build a rich dance art system. In this way, students can build a rich dance art system, so as to stimulate their subjective initiative and creative ability, and then improve their own artistic accomplishment. Finally, a diversified teaching system should be constructed to achieve the purpose of talent training. The diversified teaching direction is a teaching system constructed under the diversified development of the new era. The society at this stage needs talents with various developments. This requires teaching the essence of the Chinese nation such as traditional culture, folklore and humanities in the teaching of dance, highlighting the spirit of Chinese aesthetic education. It is full of ideological and national characteristics to promote students to improve their cultural literacy and the overall development of "dancing to educate people" in dance art education.

#### ***4.2. Innovation of dance teaching materials***

In teaching, teaching materials are the basis for determining the normal operation of teaching content and other issues. Its formulation and selection determine its correct implementation and development. In the context of the new era, and in the proposal of aesthetic education, dance teaching in colleges and universities should give new thinking and conformity to aesthetic education in the selection and formulation of teaching materials. Combining professional knowledge with Chinese traditional virtues, Chinese aesthetic education spirit and Chinese national thoughts, to create a brand-new textbook layout that is full of national sentiments and at the same time highly professional and essential. In this way, a textbook construction with a certain degree of standardization, innovation and value is formed, thereby deepening the characteristics of the textbook in cultural and artistic value. At the same time, it has also established a new standard for dance teaching in the embodiment of aesthetic education. In the formation of this standardized teaching material, the value signs of aesthetic education are further revealed.

#### ***4.3. The "new" development of dance teachers***

Aesthetic education is the cultivation of talents in terms of overall development. This also means that in the education of the development of talents with comprehensive development, there must be a teacher with lofty ethics, high professional quality, and sound personality to give correct guidance. At the same time, on this basis, the comprehensive training of talents also requires teachers to have new ideas and thinking. Aesthetic education thought in the background of the new era requires teachers to integrate new ideas into teaching to train students in all aspects. In improving their professional level and professional ethics, teachers use new thinking, new ideas, and new methods to cultivate new youths with all-round development of spiritual aesthetics, image aesthetics, language aesthetics, and behavior aesthetics that are required in aesthetic education teaching.

#### ***4.4. Improvement of dance courses***

Based on the guidance of aesthetic education, the curriculum setting in dance teaching should be improved as a whole to keep up with the pace of the new era. In terms of curriculum setting, in addition to the arrangement of professional knowledge, it is also necessary to deepen the setting of curriculum with humanistic literacy and aesthetics as the core, innovation as the focus, and the inheritance and

development of Chinese excellent traditional culture as the content. Only by setting the curriculum to be two-way and comprehensive, can we cultivate dual development talents with noble personality and excellent professional ability, and then finally achieve the joint development and mutual achievement of dance teaching and aesthetic education.

## 5. Conclusion

In the new era, under the guidance of aesthetic education thought and spirit, the aesthetic education teaching in colleges and universities needs new development and new breakthroughs. As a subject that can directly produce aesthetic education goals for students in aesthetic education, dance education needs to think about aesthetic education thought in all aspects, conform to the requirements of aesthetic education in the new era, and take malleable measures to address the problems that can be improved in dance teaching, and enrich the connotation of aesthetic education in promoting the development of dance teaching itself, so as to truly achieve the pinnacle of aesthetic education development of "educating people with aesthetics, beautifying the soul with aesthetics, and nurturing talents with aesthetics".

## References

- [1] Wang Jinling. *On the Practice Path to the "Beauty Education" of Sports Dance under the Background of the New Era* [J]. *Capital Sports College*, 2020, 39(10):30-31.
- [2] Jiang Diankun. Li Yingzhu. *On the Main Problems and Related Solutions in the Implementation of Aesthetic Education in Colleges and Universities in China* [J]. *Journal of National Academy of Education Administration*, 2018, 000(006):62-68.
- [3] Li Wanzhen. *An Analysis of the Infiltration Path of Aesthetic Education in College Dance Teaching —Comment on "Dance Education and Educational Dance: Dance Educational Aesthetic Education Psychology"* [J]. *HIGHER EDUCATION EXPLORATION*, 2019(06):133.