

Analysis on the Path of Integrating Traditional Cultural Education into Dance Teaching in Colleges and Universities

Dixin Zhang

Zhengzhou University of Technology, Zhengzhou, 450000, China

Abstract: *This paper takes the dance major in colleges and universities as the research object, discusses how to integrate traditional culture education into dance teaching, and puts forward corresponding path analysis. Firstly, it analyzes the relationship between traditional culture and dance; Then, it expounds the existing problems of dance education in colleges and universities, including the single dance curriculum and the excessive emphasis on dance skills; Finally, it proposes to integrate traditional cultural elements into dance courses and optimize dance curriculum to promote the integration of traditional cultural education and dance education in colleges and universities.*

Keywords: *Traditional Culture Education; Dance Education in Colleges and Universities; Integration; Path Analysis*

1. Introduction

In recent years, with the rapid development of social economy, people began to attach importance to the protection and inheritance of traditional culture. In this context, it has become a trend to integrate traditional cultural elements into college dance education. Traditional culture is an important part of Chinese culture. It has profound historical background and unique charm, and is deeply loved and respected by people. Dance education in colleges and universities is one of the important ways to cultivate talents, and its purpose is to improve students' physical quality, skill level and innovation ability. The purpose of this paper is to explore how to integrate traditional culture education into dance teaching in colleges and universities, and to put forward corresponding path analysis.

2. The relationship between traditional culture and dance

In many traditional cultures, dance is considered to be a very important way of expression and social communication tool. Dance can convey the values and belief systems of specific social culture, and also help to strengthen the connection and cooperation between groups.

2.1 Dance reflects culture

In many cultures, dance forms are developed based on the records of religions, historical events, ceremonies and other cultural practices. The movement, rhythm and carrier conveyed by dance all contain rich cultural connotations. For example, the traditional dance art of China has made a lot of use of the elements of national culture, and incorporated many symbolic means in the performance to convey cultural information. In addition, some cultures based on oral traditions, such as indigenous cultures in Africa, South America and other regions, dance is used as a medium to carry forward traditions and ensure cultural heritage. This kind of dance has a profound historical background and strong social functions.

2.2 Dance inherits culture

In addition to conveying cultural significance, social dance is also a very important cultural activity in some places. Social dance itself can be seen as a language that transcends cultural differences. Different cultural backgrounds will not affect people's communication and interaction on the dance floor. For example, The Dancer traces the inheritance of the early modern dance heritage in modern

China, reveals the artistic growth of contemporary young dancers, and records and witnesses the creation and development of modern "black" dance in China. From this, we can feel the close connection and importance between traditional culture and dance. Traditional culture is often the source and inspiration of dance development, and the transmission of culture and values through dance also allows us to understand the differences and similarities between different cultures. At the same time, dance, as a social interaction tool, also contributes to the exchange and communication between different cultures.

2.3 Modern expression of dance

With the development of society and the change of people's aesthetics, the traditional dance art is also constantly evolving and innovating. In modern dance, the creators combine traditional culture with modern elements to show a more personalized and fashionable art form. For example, in contemporary ballet and modern dance, we can see the reference and integration of traditional dance, classical music and other art forms. These dance works show different style and charm from traditional dance through creativity and unique expression methods.

2.4 Both inheritance and innovation

To integrate traditional cultural elements into dance teaching in colleges and universities, we need not only to inherit history and retain excellent traditions, but also to pay attention to the innovation and development of dance. We should not only respect the tradition, but also adapt to the modern era background and aesthetic needs, and constantly explore and develop new ways of expression and artistic means. Therefore, dance education institutions in colleges and universities should constantly absorb, learn from and draw on the experience of predecessors, cultivate students' independent thinking and innovation ability, and encourage students to create works with their own style and characteristics.

3. The dilemma of integrating traditional culture education into college dance teaching

As a part of the field of art education, dance education in colleges and universities has always been concerned by all sectors of society. With the acceleration of globalization, the integration of traditional culture education has become the trend and direction of the development of dance teaching in colleges and universities.[1] However, in the context of westernization and marketization of traditional culture, the integration of traditional culture education into dance teaching in colleges and universities also faces some difficulties.

First of all, many colleges and universities lack specialized traditional culture courses and teachers. At present, dance education in domestic colleges and universities mainly focuses on the study and promotion of modern dance and other cultures in Europe and the United States, while the courses and teachers required for traditional culture are relatively scarce. At the same time, in the talent training system, the setting and curriculum of traditional cultural dance majors lack clarity and systematicness.

Secondly, college dance teaching pays attention to skill training and ignores the excavation and inheritance of cultural connotation.[2] At present, many dance majors in colleges and universities pay too much attention to skills and pursue formal teaching. This practice lacks recognition and understanding of cultural connotation, which makes traditional culture works more regarded as surface costumes, actions and forms presented on the stage.

Third, the background of the times and the concept of students are restricted. With the progress of the times and the development of society, the attitude of the young generation towards traditional culture has changed, and they are more inclined to accept international popular cultural products. In addition, the legacy of modern people's habits of digitalization and virtualization makes traditional cultural education face a more serious dilemma.[3] On the other hand, if it cannot find its position and value in modern aesthetic needs, and simply emphasizes the concept of history, nationality or region, it is easy to be just a display of cultural exports. Therefore, it is necessary to innovate traditional literature and art according to the psychological characteristics and aesthetic needs of modern young people.

Finally, the integration and balance between traditional culture and modern dance. There are great differences between traditional culture and modern visual language. Traditional culture pursues spirit, rhythm and artistic conception, while modern dance focuses on form, rhythm and action. Therefore, at the intersection of traditional culture and modern dance, how to balance the relationship between them

and unify the way of expression has become an urgent problem to be solved.[4]

In short, integrating traditional culture education into dance teaching in colleges and universities is not a small challenge. However, we can also solve the above problems and promote the development of dance education in colleges and universities to a richer and more diversified cultural education direction through a series of measures such as better focusing on teaching content and building excellent courses.

4. Strategies and suggestions on integrating traditional cultural elements into dance teaching in colleges and universities

With the rise of traditional Chinese culture and the gradual enhancement of its international influence, traditional culture plays an increasingly important role in dance education in colleges and universities. However, in the process of integrating traditional cultural elements into college dance teaching, there are still some difficulties and challenges. This paper will make suggestions from the following aspects.

4.1 Through in-depth understanding of traditional culture, grasp its essence

The primary problem of integrating traditional cultural elements into dance teaching in colleges and universities is that we need to deeply understand traditional culture and grasp its connotation and characteristics.[5] College dance teachers should pay attention to the in-depth interpretation and reflection of traditional culture, abandon the superficial understanding of etiquette, strengthen the study of cultural sources and representative works, and grasp the soul of them. Through in-depth understanding of the development process of different cultures, the ideological basis behind them, and the connection with reality, explore the ideological concepts, music, modeling, and movement composition presented in traditional culture to truly grasp its significance, and at the same time lay a solid foundation for classroom teaching.

4.2 Pay attention to context and situation, and deal with differences

Teachers should integrate the elements of traditional culture and modern dance art in appropriate ways, graft the values of traditional culture and the symbolic system of modern culture together, form a new style with historical precipitation and modernity, and enrich and broaden the creative space of art. However, when integrating traditional cultural elements, we should also pay attention to the great influence of context and situation. Context refers to the source and social and historical background of traditional cultural elements, while context refers to the specific situation and environment in which traditional cultural elements are applied to modern dance. When combining, we should be good at exploring and utilizing the common points and universality of culture, and try to avoid: on the one hand, it is too rigid; On the other hand, it is too liberating to transcend the constraints of problems.

4.3 Build diversified talents with diversified and comprehensive teaching and learning methods

The goal of dance education in colleges and universities is to cultivate diversified talents who have both traditional cultural elements and can meet the needs of modern culture. Therefore, we should adopt diversified and comprehensive teaching and learning methods, such as theoretical lectures, case analysis, interactive teaching, and popularization tips, to adapt to the different needs and development stages of students. In order to create an effective learning atmosphere and better motivate students to understand and love traditional culture, we can strengthen the interaction with students through community activities, theater performances, poster design, game competitions and other ways to improve the interactivity and interest of teaching.

4.4 Emphasize cross-cultural communication and output

In the era of global connectivity, the integration of traditional cultural elements also involves cross-cultural exchange and export. Dance education institutions in colleges and universities should actively promote the characteristics of traditional culture based on local dance, and promote the diffusion of traditional cultural elements to the world by integrating with international advanced dance. To this end, we can use overseas exchanges, student study abroad, international dance festivals and other means to carry out cross-cultural exchange and export, share elements of traditional Chinese

culture with the world through these means, and also learn about the culture of other countries and regions.

4.5 Pay attention to the protection and inheritance of traditional cultural elements

Integrating traditional cultural elements into college dance teaching also requires us to work hard in inheritance. College dance education institutions should pay attention to the protection and inheritance of traditional cultural elements, and pay attention to the comprehensive exposition of its historical background, cultural connotation, production technology, etc. At the same time, teachers are required to vigorously carry forward the essence of traditional culture in teaching, so that students can better understand, understand and love traditional cultural elements, and gradually form their own good aesthetic concept of dance.

4.6 Strengthen the construction of teaching staff and improve teaching quality

In the process of integrating traditional cultural elements into dance teaching in colleges and universities, teachers play a vital role. Colleges and universities should actively introduce and cultivate professional traditional culture research and dance education talents, improve teachers' skills and ability to master and use traditional culture elements, constantly introduce the old and bring forth the new, and achieve the excellence of dance teaching content.

4.7 Deeply excavate the value of traditional culture and art based on social needs

Today, the integration of traditional cultural elements is not only reflected in dance teaching in colleges and universities, but also reflected in the collision and exchange of various cultural forms in today's society. Therefore, dance education in colleges and universities should be closely combined with social needs, deeply explore the value of traditional culture and art, and put forward corresponding teaching strategies and educational objectives, which has played a great role in the development of China's cultural industry.

4.8 Pay attention to practice and improve students' practical ability and comprehensive quality

When integrating traditional cultural elements into college dance teaching, we should pay more attention to practical operation training, improve students' hands-on practice ability, and gradually grasp the details and problems in dance production. At the same time, it can strengthen the cross-learning with other related fields, and enhance students' interdisciplinary knowledge ability and comprehensive quality level. This will not only help students learn the basic skills of traditional culture, but also cultivate their ability of independent thinking and innovation to better adapt to the needs of social development.

4.9 Continue to strengthen international cultural exchanges and disseminate Chinese traditional culture more widely

In the field of dance education, international exchanges and cooperation are becoming more and more frequent. Integrating traditional cultural elements into college dance teaching is not only limited to China, but also needs to communicate and learn with foreign dance education. At the same time, colleges and universities can also promote Chinese traditional culture more widely through overseas tours and other forms to accelerate its entry into the world stage.

5. Conclusion

In general, it is a challenging and urgent task to integrate traditional cultural elements into college dance teaching. In order to solve the problems faced by the combination of traditional culture education and modern dance art, we have put forward suggestions on understanding the connotation of traditional culture, paying attention to context and situation, using diversified teaching methods, emphasizing cross-cultural communication and paying attention to inheritance and protection. With the joint cooperation of teachers and students, using these strategies and constantly accumulating rich knowledge and experience, we can truly and effectively break the dilemma that is difficult to integrate, and help the development of a more magnificent and victorious spiritual culture, combining the beauty

of traditional culture with the beauty of modern dance art.

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