

Methods of Cultivating Students' Aesthetic Sense in Dance Teaching Reform Based on Aesthetic Perspective

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Abstract: As we all know, the cultivation of aesthetic ability plays an important role in improving the comprehensive quality of college students. Whether it is a theory course or a technology course, teachers are working hard to strengthen the cultivation of college students' aesthetic ability. However, from the technical point of view, there are few researches on targeted methods combining the characteristics of sports events. The purpose of this article is to analyze the role of aesthetic vision in the methods of cultivating students' aesthetics in dance teaching by observing and analyzing the methods of dance teaching, to understand the impact of aesthetic vision on the cultivation of students' aesthetics in dance teaching, and to cultivate the students' aesthetics in dance teaching. Contrast of methods, study the methods of cultivating students' aesthetics in dance teaching based on aesthetic vision. Using the method of this article, through the analysis of experimental data, I understand the role of aesthetic horizon in the method of cultivating students' aesthetics in dance teaching, and found that the aesthetic horizon of the method of cultivating students' aesthetics in dance teaching plays an important role, and the satisfaction rate reaches 60%. Through the combination of theoretical and experimental data, the effect of cultivating students' aesthetics in dance teaching has been analyzed to reach 46%. The research results show that the aesthetic perspective of the method of cultivating students' aesthetics in dance teaching has an important role, and students' aesthetic ability should be cultivated. Help them practice, use aesthetics to inspire and strengthen themselves, and benefit them for life.

Keywords: Aesthetic Horizon, Sports Dance, Dance Teaching, Aesthetic Form, Aesthetic education of body

1. Introduction

The quality of teacher education is the core element of global concern. In recent years, in order to improve the level of teacher education specialization to adapt to social development, some countries have established and improved the teacher education guarantee system, and took the lead in completing the reform of teacher education, and achieved relatively good results. In terms of aesthetics, the West pays attention to objective understanding, human factors and quantitative microcosms; Chinese traditional aesthetics has changed due to the introduction of Western culture, causing aesthetic changes and having an important impact on dance [1]. For example, Zhu Guangqian, a representative of Chinese aesthetics, not only accepted Kant's ideas, but also absorbed the essence of many Western thinkers, emphasizing the emancipating role of art and aesthetics. He pointed out that art is the only way to freedom for people [2]. Beauty is built on the premise of goodness. In the final analysis, we must obey goodness. Beauty can exist only if goodness is realized. Goodness is the practice or objective object of human beings, and it is consistent with the purpose of a certain social class. Beauty is the true affirmation of creativity, wisdom, ability and power in the process or result of human practice [3].

With the vigorous development of education, people pay more and more attention to the importance of education to the growth of a person and to social progress. Basic education is the main battlefield and main front for cultivating outstanding talents, and the normal majors in colleges and universities are also the cradle of providing high-quality teachers for basic education. Since the reform and opening up, higher education has changed from elite to popular. However, it must be admitted that, compared

with other fields, the reform of higher education is still relatively lagging behind in today's economic transformation and technological change. Physical beauty in dance refers to the symmetry and coordination of the body. Assessing the symmetry and coordination of dancers, harmony, symmetry and coordination of all parts of the body are mainly considered, and the structure of all parts of the human body has a certain proportion, which depends on a specific historical period. When you think of a specific historical period. The concept of human nature and human attributes [4]. The beauty of symmetry and harmony are the basic beauty of dancers. When evaluating the body curves of dancers, the most basic is that the spine curve is normal and the knee curve is normal. Especially female athletes, they have their own curvaceous beauty: First of all, their breasts are plump and straight, which is one of the main signs of female curvaceousness [5]. The breasts are plump and elastic, supported by a moderately developed pectoral muscle, forming a beautiful chest curve. Secondly, the solid flat belly and slender waist are another sign of curvaceous women. Through dance movements, excessive subcutaneous fat accumulation in the waist and abdomen is eliminated, and the beautiful curve of the waist is fully displayed. Third, a full and moderate hip can form another beautiful curve. Through the movement of dance, the overly fat hips become moderately elastic, and the overly thin hips become plump and firm. Fourth, the leg muscles are evenly distributed, elastic, and the joints are coordinated in size, showing the beautiful curves of the knees of dancers. The technical beauty of dance refers to the technical beauty of technology. Skilled technologies include forced technology, variable speed technology, speed control technology, performance control technology, etc. [6]. When the purpose of the various elements of this technology is met, we can feel the beauty of technology and the beauty of technology elements. Therefore, the beauty of technique is regarded as an element of the beauty of dance movement.

The beauty of dance skills mainly includes beauty of change, beauty of harmony, beauty of rhythm, beauty of form and accuracy [7]. Dance structure is an independent dance combination composed of multiple movements. [8]. The combination and routine of dance should run through the arrangement and structure of the music, have continuity, and strive to provide a suitable foundation for the development of the dance image, so that the body language of the dancer and the dance image organically match [9]. The beauty of choreography is a complete set of movements, combining various difficult movements organically. It can highlight the performer's personal style, skillfully combine various movements with music and dance, giving people artistic enjoyment and beauty. Arranging a complete set of actions to participate in the competition is a characteristic of dance and is one of the important contents of scoring. Therefore, it is important to pay attention to daily arrangements and improve its aesthetic effect. Such as the choreography of group dances, changing forms and patterns, make the space for innovation wider [10]. Therefore, coaches and athletes need to create a complete set of actions with the best aesthetic effects, just like creating artworks.

This article uses the method of experimental research to understand the role of aesthetic vision in the method of cultivating students' aesthetics in dance teaching, and the comparative exploration before and after the application; through theoretical analysis and experimental exploration, find out the methods of cultivating students' aesthetics in dance teaching The role of aesthetic horizons; processing data through data recording, sorting, calculation, mapping, and analysis; simulating by using statistical data sets to cultivate students' aesthetic methods and role-related data in dance teaching; combining data to empirically analyze sports The role of aesthetic horizon in the method of cultivating students' aesthetic sense in dance teaching, combined with effective data, summarizes and analyzes the role of aesthetic horizon in the method of cultivating students' aesthetic sense in dance teaching. The results show that with the method of this paper, the recognition rate reaches 34%, which is faster and more convincing.

2. Proposed Method

2.1. Aesthetic Perspective

Chinese philosophy is based on the doctrine of the doctrine of the mean, the unity of heaven and man, and the two things are the highest; the basic attitude of the West is the opposition between material and self [11]. The artistry of life is achieved through the fun, detachment, morality and integrity of life [12]. Specific to dance, the western emphasizes that dance pursues individual expressiveness and the three-dimensional beauty emitted by the individual, while China emphasizes that dance appears more with the overall effect of dance beauty, forming a cultural phenomenon with the characteristics of the times. Spinoza for the first time in history proposed that the foundation of

beauty lies in the view of man. He believes that if something is connected to the eyes, touches the nerves and makes people feel comfortable, he calls it beauty [13]. On the contrary, the object causing the opposite feeling is ugly. Happiness and pain constitute the true nature of beauty and ugliness. Beauty is not an attribute of things, but exists in the mind of the viewer [14]. Everyone sees beauty differently. Since modern times, "the aesthetic standard lies in people" has gradually become the consensus of the Western aesthetics community [15]. This consensus transcends the opposition between materialism and idealism, empiricism and rationalism, and shows the universality and firmness of its foundation.

Dance originated in the West and gradually developed with the development of Western culture and aesthetics, forming a unique system. From the perspective of western aesthetics, the essence of the beauty of dance is in line with the essence and characteristics of western beauty, and it is fully reflected through dance symbols and elements. A beautiful body is beautiful because it is beneficial. Some scholars study the beauty of the human body from both utilitarian and aesthetic perspectives. Physical beauty, as a natural beauty, is closely related to social and spiritual beauty. From the beauty of the body to the beauty of doing things, to the recognition of beauty, although the ultimate beauty is not standard, after all, beauty belongs to the development system. On the other hand, Aristotle directly linked physical beauty with competition, and proposed that the physical beauty of young people is to pursue physical function for competition and physical strength. It is not an isolated and free thing. The particularity of beauty is manifested in the interconnection and distinction between beauty and truth and goodness. The creation and aesthetics of beauty play a special role in social life, and it is closely related to truth, goodness and beauty. Beauty is closely related to truth, but truth is not beauty. Beauty is not the objective law itself, but an active creative practice realized by people using the objective law to transform the world. As the object of the regularity and scientific understanding of the objective world, truth has no beauty or ugliness of its own [16]. It also applies to the practical activities of people who change the world. Its perceptual concrete form of existence has become something that people must grasp, and it has become the meaning of beauty.

Born to have the ability to distinguish beauty from ugliness, that is, the inner senses, inner eyes, and inner rhythm. Beauty is inseparable from people's understanding. The beauty in art works is not discovered directly through the eyes, but through the imagination of the eyes. The traditional Chinese aesthetic method, with the natural beauty of Taoism and Zen Buddhism, and the aesthetic orientation represented by Confucius and Qu Yuan, presents a pattern of blooming flowers and contending for hundreds of schools. Chinese aesthetics is a way of thinking that seeks unity and unity in the distinction between subject and object. It pursues the unity of man and nature, integrates the world of human life, the outside world and the aesthetic realm, forming a broad and profound artistic realm. The more national dances, the more they can move to the international stage. Various dances originate from all over the world. There is no unified language in the world, but dance is a kind of "body language" that is common in the world, and it is a dance with internationally unified standards. Chinese dance is the embodiment of Chinese traditional culture. As a foreign culture introduced into China from the West, dance absorbs and draws on many elements of Chinese dance through the integration with traditional Chinese culture, and gradually forms a characteristic art with Chinese cultural elements. Traditional Chinese art, such as painting, literature, and poetry, emphasizes charm. The so-called "Shen Yun" is the expression of the character's spiritual temperament and inner world. People think that God is the soul of man, and this feeling is mainly manifested in human eyes. Folk dance uses body movements to shape character images, and body movements to convey emotions.

2.2. Dance

Dance draws on the artistic elements of folk dance and uses body language to convey beauty and shape the image of beauty. It not only shows the majesty and grace of the action, but also the unique and charming charm of the artistic action. The characteristic of dance art is to use human movement as a means of expression and to express life awareness [17]. The former is the soul, and the latter is the body. The soul is attached to the body, and the body represents the soul. In dance training, performances and competitions, men and women dance together. Through eye contact and the guidance and cooperation of body movements, inject delicate emotions into their body movements, creating a beautiful image that has both body and God, thereby achieving "both body and body, body and God, both" Effect [18]. This is the dancer's perfect interpretation of the dance itself, based on emotion, form and spirit. Chinese philosophy has always emphasized the existence of circle. The universe is round, the place is round, the way of treating the world is moderate, the world is complex and smooth, all of which embody the art and philosophy of the circle. Circle is one of the basic elements of Chinese dance.

It is the change and connection between sports. It should be free and without angular integration. For example, the dance figures in the Han Dynasty brick paintings, the dance poses in the Dunhuang frescoes, the Ming and Qing opera figures, the gait of folk dances, and the gait of Taijiquan all clearly show the "round" shape [19]. The form of "circle" creates the artistic conception and charm of "clouds and flowing water", expressing the continuity of the human body in time and space. In Chinese dance theory, the circle of human motion can be divided into two processes: flat circle and vertical circle, forming a circle and a line circle [20]. In dance, athletes mainly use three circles, namely flat circle, vertical circle and splay circle. Players rotate the dance program line counterclockwise to show the artistic characteristic circle of dance, which reflects the flexible and vivid aesthetic significance of dance dynamics, and is a highly reflective dance body movement with national characteristics.

Dance is the art of "movement", it pursues the composition of dance. Dance composition refers to the reasonable layout of the relationship between body and line in a dance performance in a certain space and time, including patterns formed by dance form changes and pictures formed by static modeling. Composition is the application of the laws of formal beauty, which are of great significance to the expression of the theme, the creation of mood, the rendering of the atmosphere, and the shaping of the image. The above three elements are not isolated, but run through the inner emotions and hearts of the characters to form an organic artistic whole, thereby achieving the purpose of "dancing to express emotions". Chinese contemporary aestheticians attribute the aesthetic characteristics of traditional Chinese plastic arts and performing arts to "arts that emphasize melody and emotions" [21]. Dance reflects the characteristics of "line art". Dance requires that the shape of each movement show strong, beautiful and moving movement changes, and the ability of human muscles should be used to reflect people's thoughts, feelings and beautiful lines [22]. It pursues extension and release on the line, and the ups and downs of various actions are bright. For example, the curvaceous beauty of female dancers, the verticality of the body in Latin dance, and the extension of arms and body in rumba dance are all integrated into the unique line art. Dance pays attention to the smoothness, coordination, balance, and regularity of body lines, and dance composition pays attention to levels, sculptures, and color contrasts [23]. Dance uses dance forms, colors, emotions, music, etc. to express aesthetic emotions and artistic creations that express technical capabilities, is an important means to reveal the beauty of dance [24]. Therefore, the body lines, muscle abilities and skills of dancers affect the level of technology and aesthetics. The line art of dance also reflects the characteristics of the combination of movement and static.

The movement and rhythm points of dance depend on the body lines of the dancers, and the rhythm and rhythm changes in the combined movement. Through a variety of dynamic and static dance combinations, dance is endowed with rich connotations, and elaborates the artistic beauty of lines and points in dance. Male and female players use the body as a medium, coordinate the movements of the trunk and limbs, and create a movement of points and lines and a variety of movements and stationary shapes, combined with the beauty of shapes, based on rich dynamic laws and changing rhythms. And stillness, hardness and softness, and interaction, and give the audience a unique instant enjoyment of beauty, craft beauty, change beauty and three-dimensional beauty [25]. Chinese folk dance is based on real life, using freehand as a means, and through freehand artistic expression, let the audience realize that the dance itself comes from real life, not fiction. Dance is expressed through body movements, which are derived from the simulation of human life or emotional movements, as well as various forms of movement in nature. It is the product of human construction according to the law of beauty, and it is the evolution and sublimation of simulation to expression, reality to freehand, concrete to abstraction. In the long-term use, it gradually breaks away from the connection with life and has an independent form beauty value. Dance expresses emotions with highly virtualized and stylized movements, but emotions are not explicit or realistic, but implicit and freehand. This hazy and broad color gives the dance realm some kind of hollow inspiration and uncertainty, which is helpful for people to expand their imagination space and gain greater aesthetic pleasure when watching dance. To obtain true "beauty", only by changing the subjective mindset of the person and merging with the unchanging natural objects is the true way of freedom. Dance is a sport developed from dances that belong to the literary category. It has the characteristics of both literature and sports. In China, many dancers often regard dance as a natural way, training, competition, and performance that transcends profit and loss, thereby gaining spiritual pleasure, which is essentially an aesthetic pleasure. Therefore, from the perspective of Chinese aesthetics, nature is an important aesthetic feature of dance.

2.3. Aesthetic Form

Any beautiful thing contains the content and form of beauty. It is the harmonious and organic unity

of beauty and beauty. Formal beauty, as a theoretical summary of some common aesthetic characteristics of the form of beauty, originates from practice, and has things that are beautiful, and is expressed through internal and external forms. Compared with other art forms, dance pays more attention to formal beauty, and highlights the rich and colorful formal beauty in terms of physical movements, stage pictures, and time forms. Healthy beauty is the foundation of physical beauty. Although human health has different meanings from gorgeousness (referring to men) and beauty (referring to women), it has an internal connection. Some people compare the former to shape and the latter to shadow. The state of human health reflects the most natural and essential characteristics of human existence in nature, so healthy beauty is the basis of physical beauty. Achieving healthy beauty is the basic goal of sports, especially dance. Healthy beauty is the most basic goal of dance, which mainly includes the health beauty of the body, the health beauty of the spirit, and the health beauty of action. The healthy beauty of the physical body of dance refers to the healthy and satisfying state of the athlete's body structure, that is, through the exercise of dance, a healthy body shape, healthy viscera function and healthy sports function can be obtained.

The mental health beauty of dance is mainly reflected in the temperament beauty of dancers. Compared with other stage dances, dance is very demanding. It not only requires dancers to have proficient dancing skills, but also requires dancers to have elegant temperament. The beautiful external manifestation is a healthy and upright body, good cultivation and mentality, and polite and decent manners. In dance, athletes' dance poses and steps show their unique temperament. For example, the modern dance series pursues profound mood, elegant and elegant, dignified and stretched action shapes. Among them, the fast dance is famous for lightness, beautiful movements, and graceful dance steps; the Latin dance series pursues passion and boldness, among which the rumba dance expresses men and women Known as the "Latin soul" of love, the expressions and body language of the performers reveal a passionate love between men and women.

The healthy beauty of dance movements refers to the healthy beauty of human movements based on human sociality, that is, the healthy beauty of straight, correct, and orderly movements. In performances and competitions, both male and female athletes demand elegant manners and conform to the principles of beauty in movement and expression. When a man in a tuxedo, white-collar collar, and elegant manners invited a woman to dance hand in hand, she was gentle and polite. When a woman wears long evening clothes, walks or bows her knees, she exudes an elegant and gentle inner temperament, fully showing the healthy beauty of movement. The physical beauty of dance first refers to the physical beauty of the player's body, second is the level and details of the human body including bones, muscles, skin, hair, etc., and other aspects related to the performance of physical beauty, such as sound, appearance, and clothing accessories Wait. Regular dance movements will have a positive impact on the balance of physical beauty. Make men increase the volume of chest and back muscles, eliminate excess fat accumulation between waist and abdomen, make women's chest and hips plump and curvy. A proper, uniform and harmonious healthy body can bring pleasant aesthetics. Dancers should take into account the characteristics of fat accumulation, muscle development, body proportions, back shape, chest and abdomen shape. For example, the length and thickness of the bones of the limbs must have a certain ratio, and the chest cavity is symmetrical. Improving shape is not only one of the goals of dance, but also a long-term subject of dance aesthetics. Body beauty and ugliness have an important relationship with bones. The proportion of the body is almost determined by the formation of bones. The human skeleton is based on the spine, and the left and right sides are basically symmetrical, showing the beauty of balance. The special structure of the human skeleton makes the beauty of the human body different from the beauty of any other biological body in nature. When completing various dance moves, we must unconsciously adjust the center of gravity to stabilize the body. Controlling body balance relies on muscles, as in Latin dance, emphasis is placed on the body's verticality and stepping on the center of gravity. Lack of professional and systematic dance training will lead to muscle weakness during the movement, and lack of control will lead to unsightly body posture. Muscles make up about 40% of the body's weight. Well-developed and elastic muscles are the foundation of the body's beautiful curves. The proportion of the human body is relatively fixed under the influence of innate genetics, and the shape of the human body changes with the size of the muscles. Most of the muscles are attached to the bones, hidden under the skin, and coordinated to give people a sense of beauty.

2.4. Physical Aesthetic Education

Physical aesthetic education is an idealized pursuit of an overall aesthetic subject, which is based on healthy aesthetic consciousness and uses various psychological structures and aesthetic activities to

cultivate physical self-consciousness[26]. From the content, physical aesthetic education includes both physical exercise and perception. The purpose of practical body aesthetic education is to improve the shape and function of the body, and its way is to shape the body through some scientific and reasonable techniques and methods. Aesthetic education of body perception focuses on cultivating the subject's perception and aesthetic taste, and its way is to appreciate and feel aesthetic experience in different environments and States. Artistic edification is a typical aesthetic education of body perception, such as dance appreciation, song appreciation and other artistic aesthetic activities. Dopamine secreted by nerve cells is closely related to the pleasure of aesthetic subjects. Through artistic appreciation and appreciation, physical and psychological pleasure can be promoted, which is helpful to strengthen the perception of body consciousness in the process of physical practice.

Dance education itself has extraordinary aesthetic education value, and most of the dance images are beautiful, so students can have a cognition of beauty in the process of learning dance. The image of dance art itself can also show the role of physical aesthetic education and provide students with rich emotional experience. Dance usually contains rich emotions and humanistic thoughts. Students can improve their ability to discover, appreciate and create beauty in the process of learning dance. Through the coordinated change of body movements and the collision of music rhythm and melody, the feelings of external things are expressed, thus generating spiritual resonance. In the process of appreciating and learning dance, students will gradually master the methods of expressing beauty and creating beauty with body movements, and feel the beauty brought by the body. Body aesthetic education is a unique aesthetic understanding of oneself or others' bodies, and it is also a combination of human form and human temperament. Through various dances, the audience can experience vivid physical beauty.

As a new form of aesthetic education, physical aesthetic education is in line with the current cultural reality and the present situation of human existence[27]. Through the education of the subject, we can realize the "integrity" of the subject, strengthen the body through aesthetics, standardize personal words and deeds, and purify people's hearts. Physical aesthetic education is not a simple value concept, but an active, pragmatic and transcendental existence, and it is a process of continuous pursuit and creation of aesthetics.

3. Experiments

3.1. Subject

Part of a randomly selected study of dance general education students based on a questionnaire based on the differences in "aesthetic ability" before and after dance learning to understand the differences in students' aesthetic understanding before and after learning and aesthetic ability has seen an increase. Design of the questionnaire: According to the needs of this research, formulate relevant questionnaires, modify it repeatedly, and then ask the relevant experts of dance to review, and finally determine the questionnaire for students to learn dance and general course teachers in dance teaching. Knowledge course. Questionnaire validity test: The validity test is to ensure that the questionnaire design can reflect the theme and content of the thesis, and to ensure the validity and feasibility of the questionnaire. In this study, the questionnaire was divided into five levels: very high, high, average, low, and very low. A formal questionnaire can be determined by consulting experts and modifying the questionnaire based on their opinions. The validity and feasibility of the questionnaire have been recognized by experts. Distribution and recovery questionnaires: The total number of questionnaires in this article is 124, including 110 questionnaires for students learning dance, 14 questionnaires for teachers engaged in dance, and 100 years and 10 valid questionnaires, with a recovery rate of 73% and 57%, respectively. Reliability test of the questionnaire: This study uses the "retest reliability" method to test the reliability of the questionnaire survey results. Ten days after collecting the questionnaires, 30 students from the general dance class were selected to conduct a second survey on the first questionnaire, and the correlation coefficients of the two measurements were tested using SPSS software. The results showed that the correlation coefficients of the questionnaire were 0.75 and 0.76, respectively, indicating the credibility of the questionnaire.

3.2. Experimental Methods

Literature Retrieval Method: This research mainly searches related literatures. The contents of the search mainly include: Books: mainly including "Aesthetics", "Aesthetics of Sports", "Dance

Aesthetics", "Masterpieces of Sports Dance", educational monographs, teaching materials, and reference books, Popular science books, etc. Sports aesthetics, dance aesthetics, dance aesthetics related press materials. Video recordings of dance competitions published by Audiovisual Publishing House. Historical research methods: The collection and identification of historical materials is the basis of historical research. The historical research method of this subject mainly uses Marxist historical materialism. Starting from the scientific methodology of historical research, it is reflected in the collection, identification and analysis of historical materials of Chinese and Western aesthetics. Comparative research method: The role of comparative research method in this subject is to better understand the aesthetic essence of Chinese and Western dance, to better understand the aesthetic characteristics of dance, and to provide a basis for studying the aesthetic characteristics of dance. Observation and research methods: This article carefully observes and compares dance, dance performances and competitions according to a predetermined plan, collects factual materials according to the scoring rules at the Chinese dance Federation's judgment rules, analyzes and studies them to get a deeper to understand the aesthetic characteristics of dance. There is also a questionnaire survey. The questionnaire is as follows:

- (1) Do you think schools should offer various general courses or activities that are different from this major?
- (2) What was your previous understanding of sports dance?
- (3) Are you interested in studying after the school has launched a sports dance course?
- (4) How do you evaluate your aesthetic ability?
- (5) Do you think that improving aesthetic ability will have a beneficial impact on your learning and life?
- (6) Which of the following factors do you think will make your aesthetic ability different?
- (7) What aspects of sports dance make you feel beautiful?
- (8) In sports dance teaching, how do you feel when you see a standard action demonstration by a teacher or student?
- (9) What are the difficulties in learning sports dance?
- (10) What is the problem of students' lack of aesthetic ability in sports dance classes?
- (11) Do you think your advantage is to improve aesthetic ability?
- (12) After the sports dance general course, will you continue to practice sports dance?
- (13) Will you find a dance partner at the ball?
- (14) How do you evaluate your aesthetic ability in learning sports dance?

4. Discussion

4.1. Correlation Analysis of Aesthetic Concepts

(1) Self-evaluation

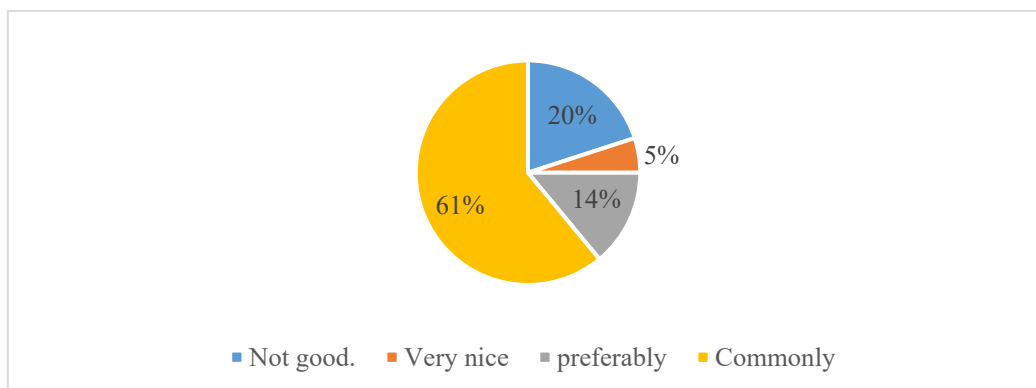


Figure 1: Self evaluation

According to the statistical analysis and survey, as shown in Figure 1, when students were asked how to evaluate their aesthetic ability, 14% of the students considered their aesthetic ability to be "preferably", and 61% of the students considered it to be "commonly", only 5 % Of students think "very nice" and 20% think "not good". It can be seen that there are some problems to be solved urgently in the aesthetic ability of college students. Colleges and universities as the "soul" stage of student growth should seize the good opportunity to improve the students' aesthetic ability during this period, and take effective measures to improve the students' aesthetic ability and achieve the improvement of students' aesthetic ability.

The progress of the times has promoted the development of culture, but it has also brought some negative effects to the development of culture. College students are eager to contact, learn more and more comprehensive information, and the development of science and technology also supports them to obtain this information through a faster and more convenient way, but only blindly achieve the purpose, but did not pay attention to whether it has noble aesthetic taste. In the end, there is only "understanding" but no "taste". For example, college students now like to watch movies and TV shows, instead of choosing artistic works such as dramas with traditional aesthetic tastes, and there are some shallow and vulgar works in these movies and TV shows, which bring negative effects to college students. There are still many novels and games that are full of violence and pornography. Often, some college students like this kind of stimulus, which keeps them away from the elegant culture that purifies people's hearts. Without the right aesthetic taste, it is impossible to give correct guidance to one's own aesthetic expression, let alone to improve the aesthetic ability.

(2) Relationship with music

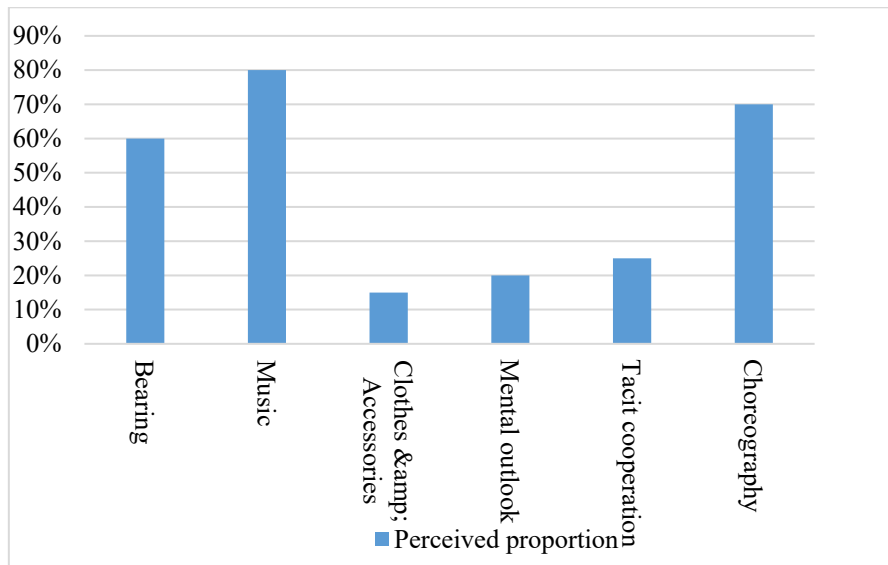


Figure 2: The proportion of people's feeling of beauty

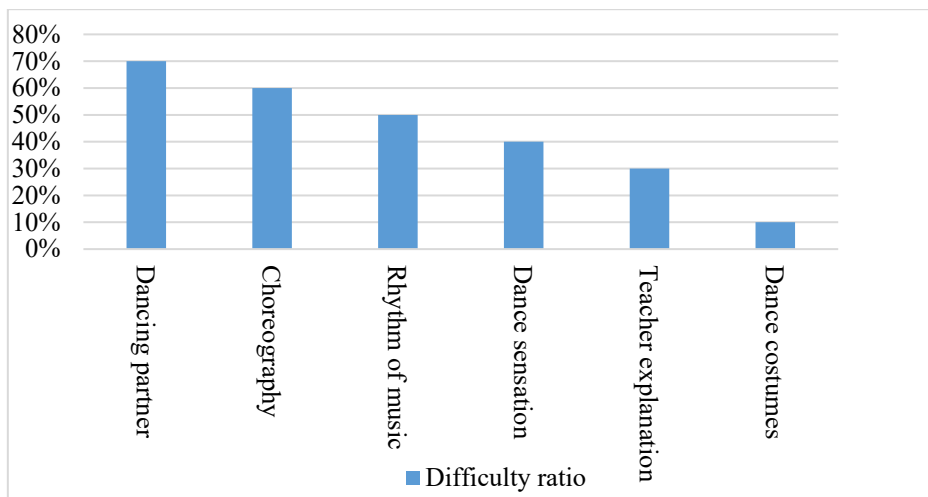


Figure 3: Difficulty ratio

According to the statistical analysis and survey, as shown in Figures 2 and 3, 91% of the students said that "good music" made them feel beautiful in the process of studying sports dance; 50% of students also said that they could not keep up with the rhythm of music. It is their problem in learning sports dance. This shows that most students realize the importance of music in sports dance, but for some students, music is also a difficult point they need to break through. Discovering the inner connection between music and aesthetic ability can not only help us cultivate aesthetic ability, but also improve our ability to grasp music in sports dance. The perfect combination of dance and music in sports dance is helpful for the cultivation of students' aesthetic ability, and it can better explain the combination of dance movements and music. First of all, sports dance music has a clear rhythm. Mastering the musical rhythm of sports dance is an important part of learning. All dance moves are performed at a certain musical rhythm. It's like a system or rule, "Without rules, there are no circles." If you can't follow the rhythm of music to express the movement of dance, the style of sports dance will disappear. Master the rhythm to master the rhythm. The dance finally consists of the rhythm of various dance moves, making the dance moves a complete whole. Teaching students how to find the rhythm of music is more important than teaching them how to do the right moves. They learn to walk before they can run. While cultivating students 'sense of musical rhythm, they also cultivated students' musical aesthetics. Different dance music has different rhythms, different lengths, and different music rhythms reflect different aesthetic characteristics of music. The perfect combination of sports dance and music has a close relationship with aesthetic ability. Music has feelings and soul. The beauty of music has brought us great enjoyment. It requires us to accept it with an aesthetic attitude. Dance can only give full play to its beauty with the accompaniment of music, and music can only have life with the interpretation of dance.

4.2. Analysis of Sports Dance

(1) Effect analysis

Table 1: Self-evaluation of aesthetic ability before learning

Evaluation criterion	Number	Ratio	Sort
Very nice	5	5	4
Preferably	14	14	3
Commonly	61	61	1
Not good	20	20	2

Table 2: Self-evaluation of aesthetic ability after learning

Evaluation criterion	Number	Ratio	Sort
Very nice	20	20	2
Preferably	63	63	1
Commonly	10	10	3
Not good	7	7	4

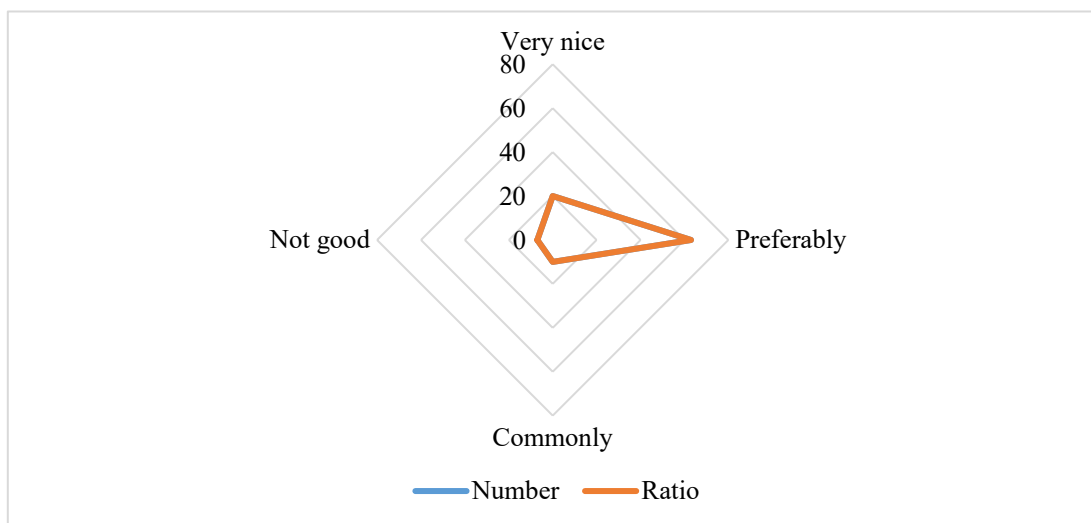


Figure 4: Self-evaluation of aesthetic ability after learning

According to the statistical analysis and investigation, as shown in Table 1, Table 2 and Figure 4, Before learning sports dance, students' self-evaluation of their aesthetic abilities is as follows:5% of students think that their aesthetic ability has reached a "very nice" state, 14% Of students think that their aesthetic ability has reached a "Preferably" state; after studying sports dance in ordinary sports dance courses, 20% of students think that their aesthetic ability has reached a "very nice" state, 63% Of students think that their aesthetic ability has reached a "Preferably" state.It shows that ordinary sports dance courses can effectively improve students' aesthetic ability. In ordinary sports dance courses, it is necessary to adopt certain methods and approaches to cultivate students' aesthetic ability. Sports dance is a comprehensive, wide-ranging, easy-to-develop, and suitable for college sports popularization. At present, colleges and universities attach more and more importance to the development of students 'comprehensive quality, especially at this important stage of the university, focusing on aesthetic education. The goal is to cultivate students' aesthetic ability, so that students can develop comprehensively, cultivate sentiment, and purify the soul, forming a correct aesthetic concept, will help future learning and life. An effective way to achieve this goal is to open a general sports dance course in colleges.

(2)The main content of training

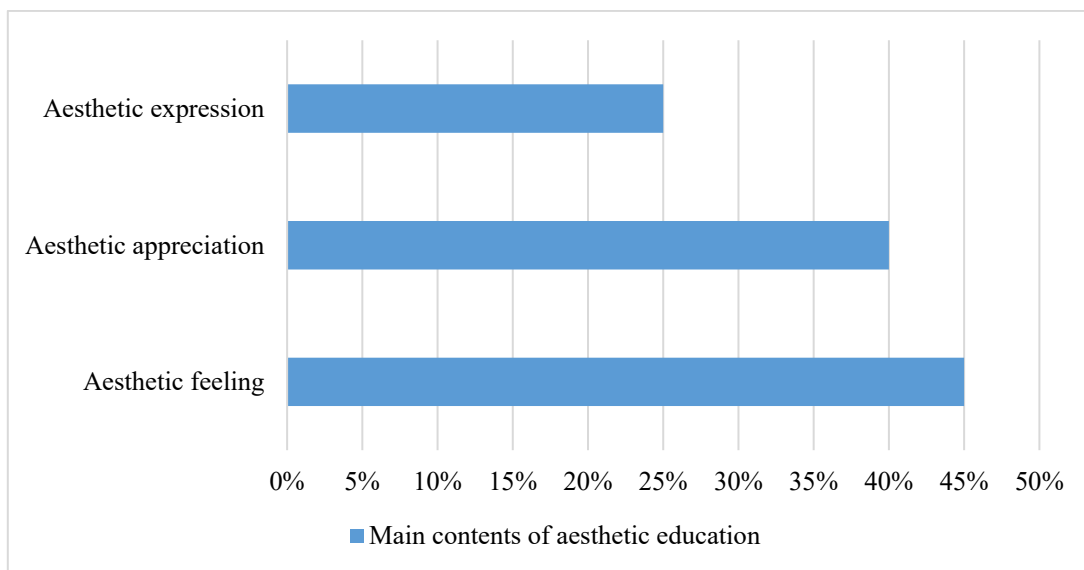


Figure 5: Main contents of aesthetic education

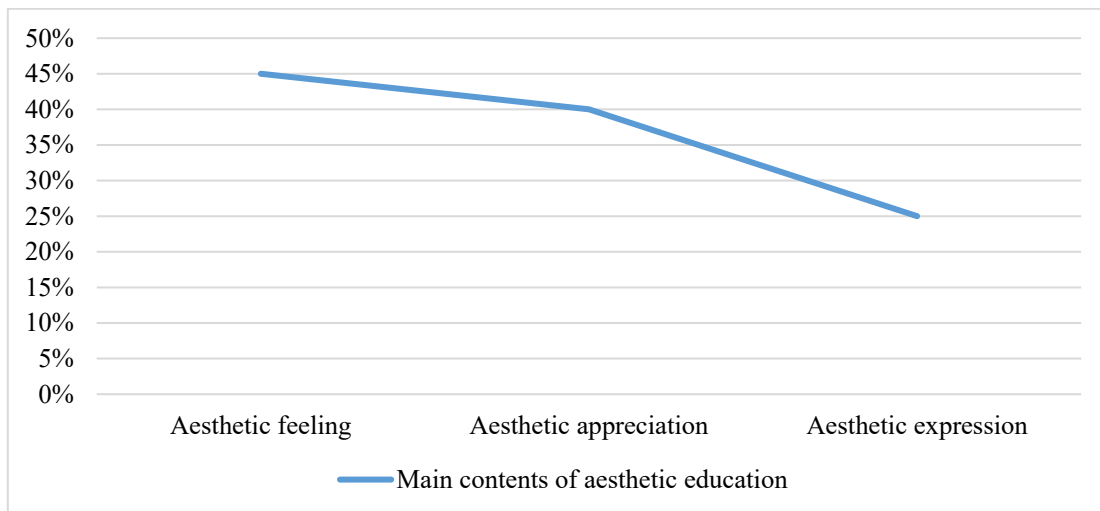


Figure 6: The main content of aesthetic education

According to the statistical analysis and investigation of the data, as shown in Figures 5 and 6, in the content of cultivating students' aesthetics, 45% of aesthetic feelings, 40% of aesthetic appreciation, and 25% of aesthetic expressions. Aesthetic ability is the subjective condition and psychological ability related to aesthetic activities. Aesthetics requires the active participation of the aesthetic subject, so that

you can experience happiness, experience success, experience all the beautiful things, and improve your aesthetic ability and self-perfection in a subtle way. In other words, aesthetics should have certain conditions, such as beautiful things, the environment in which beauty is produced, and the approaching psychology of the subject of beauty. Aesthetic ability is a special ability of the subject. It is the ability of the subject to discover, feel, judge, appreciate, evaluate and express beauty in aesthetic activities. The process seems complicated, but it really gives the most wonderful feeling. You will encounter a variety of aesthetic objects. Each aesthetic activity enriches and develops our experience and cultivates our aesthetic ability. In the sports dance general course, the main content of the cultivation of students' aesthetic ability is aesthetic feeling, aesthetic appreciation and aesthetic expression, among which aesthetic expression is the final form of aesthetic ability. Aesthetic ability refers to the ability to perceive aesthetic objects through various sensory organs, including the ability to perceive the external beauty of aesthetic objects, and the ability to perceive the internal beauty and emotional representation of aesthetic objects. It is the starting point of the entire aesthetic activity. Only with the ability to perceive beauty can we further appreciate and express beauty, which is the cultivation of students' basic ability. Aesthetic ability runs through the students' sports dance learning, and is the basis for the cultivation of aesthetic ability of sports dance general courses. The ability to express beauty is based on the ability to feel beauty and appreciate beauty, to absorb the essence of beauty, and through its own practice, the ability to express beauty directly according to the laws of beauty. The ability to express beauty is like sufficient nutrition, providing students with more energy, enabling students to get the influence of beauty from many aspects, and use it for their own continuous improvement. As an important period for the formation of students' aesthetic concepts, universities have the ability to express beauty, which can enable students to develop good aesthetic habits, discover beauty, and give themselves more energy for beauty.

5. Conclusions

Dance is an important part of culture. With its rich cultural accumulation, bright rhythm and graceful movements, it gives people the enjoyment of artistic beauty. Dance pays attention to the harmony between man and nature, pursues people's spiritual freedom, and uses dance to smooth the life of all things. It shows a natural harmony and freedom of life, and fully shows the beauty of dance "freedom". Therefore, the aesthetics of dance culture is formed.

(1) The healthy beauty of sports dance spirit refers to the healthy beauty of human nature, that is, rich emotions such as purity, cheerfulness, creativity, etc.; strong will such as positiveness, tenacity, and patience; high rationality of observation, thinking, and pursuit; Caring, cooperation and other basic ethics. These are the elements that make up the mental health of sports dance.

(2) People feel and appreciate the beauty. This is a test of whether the students' aesthetic ability is improved. We want to feel and appreciate the beautiful things, in order to bring these beautiful things into our lives, for our own interests, and to continuously improve our ability to express beauty.

(3) Continuously improving one's aesthetic ability Make the aesthetic subject rise to a state of appreciation that can distinguish beauty and ugliness, good and evil, deeply understand the aesthetic essence of aesthetic objects, identify the form, category and degree of aesthetic objects, and conduct aesthetic evaluation. On the basis of feeling beauty, only by appreciating beauty can beauty be expressed. Aesthetics is a judgment of beauty, and it is the ability that college students need to cultivate and possess. Sports dance requires students to have the ability to appreciate beauty. Learning in general sports dance courses can improve students' ability to appreciate beauty.

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