

# Polytechnics Dance Sport teaching practice studies

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**Abstract:** Sports dancing is a combo of physical education and aesthetic education, because it unites sports, music and dance. As a new sports item, it has been taught in college classes to meet the requirements of the students. Based on the author's teaching practice, this paper studies the teaching content, teaching methods and fostering of the students' consciousness, and puts forth some advices for improving class teaching.

**Key words:** colleges and universities; sports dancing; practice; teaching

## 1. INTRODUCTION

The sports dance is one kind of international social activity dance, since 1980s have received people's widespread attention, already took an item of time the sports project which is welcome the student, marches into quietly in the quality colleges and universities teaching. In carrying out education for all-around development, reform classroom system and course content today, development sports dance teaching, not only enriched the quality colleges and universities sports course content, has opened up the education for all-around development implementation way, but also enable student's personalized characteristic to have the corresponding development space, thus further impelled the university education for all-around development comprehensive implementation. But the sports dance is suitable for the quality colleges and universities sports classroom instruction, a new topic. So will this set of keeping fit, entertaining, performing and sociability in a body's emerging sports project is widely development in higher vocational colleges in our country, and making large area to improve the teaching effects, which means and measures we should take? The paper do some discussion

## 2. THE TEACHING CONTENT DANCE SPORT

The sports dance is plants by the modern dance and the Latin dance two big series, 10 dances is composed, the modern dance including the waltz, the Tango, the fox step, the half step, the Vienna waltz, in which has the representative dance to plant is the waltz, the Tango, the fox step; The Latin dance including Rumba, exactly, the samba, the bullfight dance, the cowboy dances, has the representative

dance to plant is exactly Rumba and exactly exactly. As a result of dance sport in the country between colleges and sports education. In a relatively short time, so the content on the selection and arrangement of both rich and also accord with University Students of biological, mental and physical characteristics of the quality levels. Therefore, we first must realistic, the attention foundation, the choice have the representative dance to plant the achievement practice class the key course content, the prominent essence, in this foundation, may alternate introduced some other dances plant, helps the student by this to differentiate the characteristic which each kind of dance plants. Secondly, the full utilization of university students on the high level of cultural, a strong ability to understand the advantages of the reasonable arrangements for dancesport theory lesson of the teaching content. Moreover also must strengthen the modernized teaching method in the classroom instruction application, pays great attention to and arranges its audiovisual education content. Finally, according to students' actual level, formulate reasonable exam content.

## 3. THE TEACHING PROCESS DANCE SPORT

If the sports dance is a kind of body language, is a poem flow soundtrack, it should have a section, phrases, passages, movement. Jumps several dance steps in a section, several movements compose a phrase, in a period has several combination steps, these all must tally with the music structure rule. However this is not the sports dance connotation complete, This is only a form of a language tool or a kind of skills, when people are able to take advantage of this language tools and skills, will his heart-felt feelings and sentiments of the precise and clear description of shaping a complete image of the music, dance will not be complete. Therefore, teachers should be based on the special features of dance sport, the rational use of teaching methods for their teaching process design and implementation. At design time when we usually press from simple to more complex, which is to close, the principle of gradual and to schedule their teaching process: the students first by perceptions of re-entering the learning phase; and from the basic step-by-step and step-by-step, step-by-step turned the decomposition of teaching to men and women danced together; and, finally, in conjunction

with the activity of the ancient dance exercise to take step-by-step and set activity. Such a request to build a complete system of the teaching process, teachers no longer for the implementation.

#### 4. DANCE SPORT TEACHING METHODS AND MEANS

The sports dance is the process refinement, the organization arrangement and the artistic processing sports way, it has the rhythm movement, the nimble step, the exquisite dancer's posture modelling take human body each kind as the main performance method, expresses people's thoughts and feelings and the reflection social life one kind of artistic form. In order to achieve better teaching effectiveness, we according to their own characteristics and in compliance with the principles of the teaching conditions, adopt scientific, focused on teaching methods and means for carrying out their dance sport teaching. For example: 1) tie. In the elements in the course of action and routine action learning, teachers can adopt method of tie, in the process of tie, teachers' action one by one on the details, so that the students can realize the correct action, and that the concept of action in a relatively short time to master the skills. 2) audiovisual education law. Using the modernized audiovisual education method, may cause the abstract theory concrete application, the visualization. The sports dance movement is the three dimensional spatial structure, we can let the student through the multimedia teaching be more direct-viewing, three-dimensional, understands the movement comprehensively the structure and the difficulty, thus discovers the disparity. 3) eliciting law: in the course of learning, teachers should persuade the students how to understand and appreciate dance sport, timely assessment and encouragement to enable it to enhance confidence. Teaching methods in addition to targeted on the outside, in the use of it is also necessary to pay attention to the following aspects: (a) Focus on individualized instruction, starting with the less difficult; (b) Focused Dance Sport Motion elements, in teaching in upholding the less able pain, grasp the focal points; (c) Pay attention to the handling of the relationship between the model and describe, with Dance Dance with the relationship; (d) To focus on the basic dance teaching and the quality of the special activity; (e) Focus on cultivating the students' awareness of dance sport.

#### 5. STUDENTS DANCE SPORT AWARENESS BUILDING

Dance sport consciousness refers to the practice sports dance, should have the consciousness and the understanding of the technical features and so on.

##### (1) The cultivation of the ideology

Ideology refers to students' cognitive attitudes and motivation to learn. Because of all the activities of people are governed by motivation, so a good

motivation, studying dance is the power source of learning sports dance. In the teaching process, ideological awareness building refers to allow students to truly understand the connotation of the Dance Sport in order to study and practice the process in accordance with the action sports dance technical requirements, and to make every effort to reflect its unique style and will be beautiful body language and expressed by perfect.

##### (2) The cultivation of attention and observation

The good attention can cause the student to concentrate own psychological activity enhancement study efficiency. In the teaching, teachers should follow students' cognitive law, from perceptual to rational, from concrete to abstract and vivid teaching. In addition, the power of observation also is causes the student to grasp the movement main point as soon as possible the key, because the power of observation may cause the student to carry on the comparison, the distinction, thus makes up for one's deficiency by learning from others' strong points.

##### (3) The cultivation of imagination and creativity

The rich perceptual cognition is not the one day and one night can form, must be good at as the teacher inspiring the student to utilize oneself and dance partner's body, will frame with the flowing modelling way, the rhythm and the dynamic change engagement, and the understanding will unify to music carries on the study, will feel ideal condition, will urge the student to launch the association and the imagination, will strengthen him to the sports dance image expressive force. The cultivation of creativity, requires teachers to allow students to create the correct subjective creative dance style, and in a timely manner to give advice and encouragement, so that the students' creative thinking is better.

##### (4) The cultivation of the exercise consciousness

Raises aware exercise custom which the student perseveres, not only to improves the sports dance quality of teaching to have the positive promoter action, simultaneously has also laid the solid foundation for the lifelong physical culture exercise formation. Therefore, we must obtain from following several aspects. First of all, let students understand the functions of the sports dance in true sense, clear the teaching purpose. Secondly, we must focus on developing students to the initiative, to practice-oriented, which is the key to satisfactorily study dance sport. Again, through the application of dance exercise means, to enable students to develop a strong sense of beauty of the pursuit and aspire to improve their interest in learning.

#### 6. ASSESSMENT CONTENT, METHODS AND STANDARDS

Not only the sports dance teaching inspection content, the standard want in detail concrete, but also must unify with the teaching reality. Because it is the important means for testing the teaching effect, and

in guiding the teaching development direction and motivate students progress also plays an important role. Among them, the appraisal content can be divided into: 1) the whole action steps, basic steps, turns, figure; 2) dance and dance style; 3) the harmony of dance and dance music rhythm; 4) men and women with mutual cooperation; 5) the overall image. While assessing standards we must, in the light of their own characteristics of Dance Sport from space, time and effort, smooth and rhythm of these points to unified planning and development. In addition, the evaluation method must be fair, to fully reflect the extent of the efforts that the students. With such a system of assessments would have prompted teachers to find the problem, constantly improve the quality of teaching, improve the teaching effectiveness.

#### CONCLUSION

In summary, in order to enable the quality colleges and universities sports dance teaching the quality to obtain a better enhancement, must carry on the reasonable arrangement and the choice to the course content; Carries on the teaching process design and the implementation by certain principle; And has the pointed teaching method using the science; Carries on the sports dance consciousness to the student the raise as well as the establishment perfect appraisal system.

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