

Construction of the Content System of Latin Dance Composition Curriculum

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Abstract: *As far as the current teaching situation is concerned, Latin dance has just begun to enter the physical education classroom, and has not yet formed a mature, complete and effective universal teaching model, which is still in a slow development stage. The experimental group teacher combined their own Latin group dance creations in teaching. The control group conducted experiments using normal teaching methods at the same time, and there was no significant difference between the two groups. This article focuses on the created Latin group dance routine as the main learning content, conducting comparative experiments and conducting 12 weeks of group practice. Combined with the actual situation of children and teaching environment, easy to operate, fun, collective, in line with the laws of physical and mental development of children and the application of diversified elements as the basic principle, people have chosen to develop the teaching program from the intensity of practice, practice time, and practice content. The teaching plan is selected from the aspects of exercise intensity, exercise time, and exercise content. In the statistics of the difficulty level of creating routines for Latin group dance, 7.3% felt that it was very difficult. This article can strengthen the overall construction and development of children's sports dance teaching, create a good teaching environment, and create a good teaching atmosphere for children's sports dance teaching.*

Keywords: *Teaching System, Group Dance, Latin Dance Combination Creation, Teaching Plan*

1. Introduction

Nowadays, sports dance has already developed its competitive characteristics, and there are many competitions, mainly single person and double person competitions. Among them, the fastest developing is the double person sports dance competition. However, with the progress of sports dance competitions, more new elements have also been added. There are two types of dance performances. One is collective participation, and the other is double participation. However, in group dance competitions, there are certain requirements for personnel control and other aspects. The mode of dance creation is different from traditional dance competitions. It has clear requirements in terms of number of people, formation, clothing, music, dance types, etc. It is no longer a single or two person competition method, but more requires teamwork and cooperation. The characteristic of group dance is that it is a group performance dance that is displayed through clever changes in specific numbers and formations, combined with music. The arrangement of group dance is also influenced by various factors, such as different cultural backgrounds, social development, scoring rules, etc. In the creative process, there should be an innovative spirit, boldly colliding different elements to create a unique and innovative set of actions.

When arranging in Latin dance, people should pay attention to the presentation of dancers' basic skills and difficult movements and the expression of emotions. Pedro Rachel discussed the reasons behind the changes of Latin dance parties in the advanced dance unit as part of the undergraduate dance degree [1]. Boulila Stefanie Claudine believed that many scholars claim that salsa (a kind of Latin dance) is universal, so it is defined as an open and democratic practice that transcends national and ethnic boundaries [2]. Simpson-Litke Rebecca believed that communication between music and dance can take various forms. In salsa dance, this communication begins with simple but crucial standards and is built upon them [3]. Sally G took into account the values of dance, especially those related to the athletic foundation of dance, which are very worth learning [4]. Millard O explored an ongoing group

dance improvisation practice, which, although primarily an artistic practice, can also be seen as a social practice brought about by its physical, expressive, and inter subjective environment [5]. Their research results on the formation arrangement of group gymnastics are not comprehensive enough.

This article provides progressive training intensity interventions for children based on their physiological and psychological development characteristics. In two learning cycles, a comparison was made between the experimental group that conducted group dance routine teaching and the control group that used traditional dance teaching on the physical fitness of children, in order to explore the scientific and effective implementation of Latin group dance routine teaching and promote the development of children's comprehensive quality. This provides a certain reference basis for the teaching and development of sports dance.

2. Exploring Methods of Latin Dance Combination Creation Course

2.1 Latin Dance

With the continuous development of sports dance projects, more and more teams from various countries are participating in group dance projects. China's achievements in group dance projects are also improving year by year, and it can be said that it is also a representative team of high-quality and high-level athletes in the world. In the past two years, the scores of students from professional colleges have basically been in the positions of champions and runners up. Whether it is in the unique and innovative formation, unique clothing, or the theme of ethnic culture dance, their team dance creation has a high level and quality [6-7]. From this, it can be seen that the quality and arrangement level of sports dance group dance are constantly improving every year, which also reflects the rapid development of sports dance group dance.

Latin dance requires dancers to complete different types and technical requirements, and at the same time, use various swing movements of hips and torso to show different dance postures, making them different [8]. In terms of physical movements, Latin dance is bold and unconstrained, fast and changeable, and the hand and foot footwork is changeable. The dance is beautiful and full of emotion. In terms of music, the music melody of Latin dance music is romantic, lively and enthusiastic, with a strong sense of rhythm, which is popular with young people. From the perspective of clothing accessories, both male and female Latin dancers wear Latin American style clothing. Men wear turnip pants and loose tops, and women wear short skirts with bare back and legs [9-10].

In group dance, each specific dance step occupies time and space, exhibiting a sense of movement and rhythm over time [11]. Therefore, any action is composed of four elements: time, space, power, and emotion. Firstly, the four elements of an action are decomposed to identify their variability, then developed and changed, and reassembled to complete the deconstruction and reconstruction of the action. The actions arranged according to this method often create new action vocabulary by changing the original actions and adding some innovative elements. It has both novelty and uniqueness.

There are many dancers in the Latin dance team, and their physical qualities are uneven. When the number of students is large and the practice time is limited, the selection of choreographed movements should be simpler to achieve a neat, uniform, and aesthetically pleasing effect [12-13]. If the number of people is not large, but the level of performance is not high, then the movements can be made more complex in order to make the performance more exciting. In order to enhance the effectiveness of the performance, sometimes most performers can be arranged in a suitable queue and perform simple supporting actions with a low posture. At the same time, several high-level performers or professional actors can be selected to perform some more difficult actions to highlight the rehearsal effect [14].

Latin dancers have been trained for a long time from selecting talents to becoming an excellent dancer, which requires them to have both good physical quality, good psychological quality, comprehensive dance quality and high skills [15]. There is no doubt that technical training is always the main line throughout the whole training process of Latin dancers. At different stages, the focus of training varies, but regardless of the perspective (time and importance), technical training should always be prioritized. In addition, the ultimate goal of young athletes in all training and competitions is to achieve their desired athletic performance, and the achievement of competition results is closely related to the strength of the player's skills. However, many people overlook the technical training during adolescence. They believe that in adolescence, it is necessary to have a good physical fitness in order to have longer development. For the mastery of technology, targeted reinforcement and improvement can be carried out after reaching a high level. Unfortunately, this idea cannot be realized.

In China, many Latin dance athletes would have great changes in their technology and physical quality after high-level training. Because they do not have a good technical support, they would miss the best opportunity to develop their skills after entering the mature training stage, and their physical fitness has also reached an ideal level. Therefore, they would continue to maintain their current state until they retire early and withdraw from the competition. The establishment of a special technical content system for Latin dance players can not only guarantee the scientific training of athletes, but also strengthen the comprehensive development of athletes in the technical theory and practice of Latin dance, which has important practical significance for the continuous improvement of the special technology of young Latin dance players.

2.2 Design and Arrangement of Children's Latin Group Dance Routines

In teaching, attention should be paid to observing the learning outcomes of children based on their physical and psychological development characteristics. The design and arrangement of children's Latin group dance routines mainly focus on the design of Latin group dance and integrate it into all dance movements. Children's education emphasizes sound and emotion, and a single teaching method may lead to children's aversion to learning. The closer the creative content is to life, the easier it is for children to accept and learn. The dance creation of this article mainly focuses on the samba steps and combines them with the basic situation of children themselves, conveying stronger signals to them. One person's practice is relatively monotonous. Therefore, when performing group dance routines, students would engage in some collective exercises, which not only improves their dance skills, but also cultivates their team spirit. At the end of the routine exercise, it is arranged into a group and cooperative male and female dance combination, with the aim of exercising children's cooperation and coordination abilities, which is beneficial for their common progress. Latin combination dance is the arrangement and creation of technical movements suitable for children's physical and psychological acceptance in Latin dance. The movements are simple and easy to grasp, and the overall ups and downs are orderly, with a considerable aesthetic feeling. The satisfaction M of children's Latin group dance is:

$$M = \sqrt{(K_i - K_{i-1})^2 + (M_i - M_{i-1})^2} / \sqrt{(N_i - N_{i-1})^2 + (G_i - G_{i-1})^2} \quad (1)$$

The participation rate G of statistical personnel is:

$$G = G \tan R \quad (2)$$

Latin dance physical fitness evaluation index P_Z is:

$$P_Z = MY_{i-1}/Y_i \quad (3)$$

$$Y_i = X(J_i - J_{i-1})/y_i \quad (4)$$

In a word, in the development and improvement of basic skills of Latin dance, there are many factors affecting its skills, the most important of which is Latin. Many dancers and professionals believe that learning Latin is an essential part of learning Latin dance and learning it well. Others believe that it is the Latin practice content and system that led to the birth of the standard Latin dance. Looking at the whole world, no matter the best dancers in the world or the best Latin dancers in Europe are not strictly trained in Latin. After more than one hundred years of development, the training of Latin dance has been accompanied by the dancers' artistic career.

Latin group dance is an emerging sports event that integrates sports, dance, art, entertainment, fitness, and other functions. It is a dance based body movement based on certain music accompaniment and dance step standards, and mainly expressed through a complete set of training for two people or a team, to express the theme or theme of the dance, and has both competitiveness and entertainment. At present, Latin group dance has become a cultural, elegant, and united Latin group dance. It is like a bright pearl set in the world dance floor, gradually reaching a new height. The competition techniques of sports dance have been constantly changing, so when creating group dances, their own cultural characteristics and local customs are also integrated. Therefore, at present, the creation of the entire artistic expression form of dance has become even more important. By analyzing the characteristics of the artistic expression techniques of Latin group dance in China and other countries, this paper explores the development direction of the combination of Chinese and Western styles in the artistic expression techniques of Latin group dance in China, and draws inspiration from the diverse development characteristics of world dance and the innovation of creative techniques by major European powers, in order to quickly mature Latin group dance, enter the European stage, and catch up with major European powers.

3. Experimental Teaching of Latin Dance Group Creation

Experimental preparation stage: Through home visits, WeChat, consultation with children, experts, teachers, professors, and one's own experiences, one can understand the actual development characteristics of children and create a Latin group dance routine. Taking 12 children with sports dance skills as the experimental subjects, this paper conducted a preliminary experiment on the Latin dance created by them, taught the Latin dance movements to children, and experienced and mastered their emotions. According to the children's feedback, this paper modified the dance movements created, and finally modified the dance movements created according to the children's development law (easy to operate, interesting, and collective).

Experimental process: Before the first stage of the experiment, various physical fitness tests were conducted on the children's experimental group and the control group, and data were obtained. In the second stage of testing (after 6 weeks), the physical fitness of the children's experimental group and the control group were tested to obtain data. The third stage tests (12 weeks later) the physical fitness of the children's experimental group and the control group, and obtains data. The various physical fitness training plans are shown in Table 1.

Table 1: Various physical fitness training plans.

Group	Exercise intensity	Practice time (weeks)
0 week experimental group	$(220 - \text{Age}) \times 60\%$	0
6 week experimental group	$(220 - \text{Age}) \times 60\%$	6
12 week experimental group	$(220 - \text{Age}) \times 60\%$	12

4. Latin Group Dance Teaching Results

In the self-created Latin group dance teaching, children receive group dance training, which further enhances their basic dance skills. The basic footwork of group dance has a certain training effect on the bouncing of ankles and knees. In addition, the change of formation is also a good training method, which can train children's body rhythm and coordination. Children are direct participants and experienced learners in the design and teaching of Latin group dance. They have the most authentic feeling for the rehearsal of group dance and have the deepest understanding of group dance learning. Through a questionnaire survey, this paper learned and analyzed children's interest in dance creation, and analyzed their own feelings when learning dance. The intensity perception of children practicing the entire set of "Latin group dance" is shown in Figure 1. The average proportion of people who feel very tired is 13.6%.

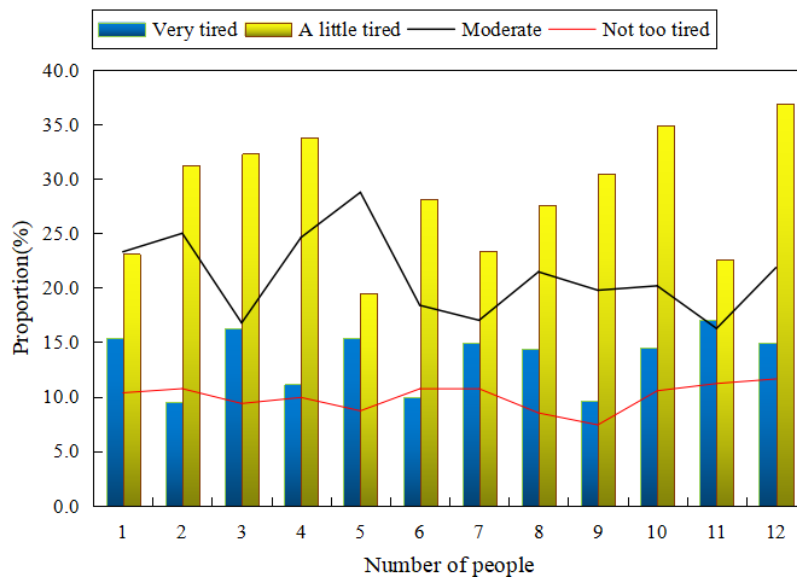


Figure 1: Children's perception of the intensity of practicing the entire set of "Latin group dance".

Generally speaking, after training in the basic movements of group dance, and then completing a group dance routine training with music accompaniment, one may feel a bit tired. However, after a

short rest, one can recover to a normal state. Therefore, completing a group dance routine combination can basically meet the requirements of moderate intensity. This dance is composed of basic samba steps, and the content is very simple. However, as the training time increases, its exercise intensity also increases. This is to meet the physiological and psychological development needs of children, and also to improve their physical fitness. To improve the physical quality of children, people must have enough training. People can't expect to improve their physical quality through some simple dances. It takes a long time to strengthen the body. Although the physical quality of each child is different, Latin dance is more suitable for children in general.

Throughout the teaching process of the entire Latin group dance routine, guiding children to perform freely allows them to be fearless of mistakes and dare to do them. This not only allows children to use their brains, but also provides them with exercise. In addition, in the process of learning, it is important to inspire and feel with heart. With various forms of group dance combination exercises and beautiful music, it is easy for children to fully immerse themselves in them. They can naturally perform every movement, making the dance performance more perfect and natural. Based on the physical and mental development patterns of children, as well as the actual teaching effects, allowing children to complete the entire group dance routine within a reasonable time frame can not only reflect their excellent learning effects, but also cultivate their willpower. The statistics of the difficulty level of creating routines for Latin group dance are shown in Figure 2. The average proportion of people who feel very difficult is 7.3%.

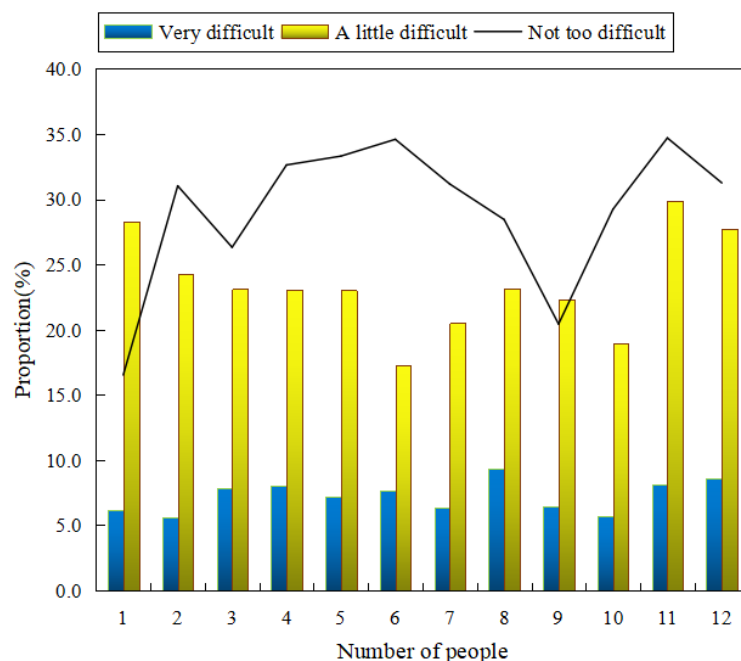


Figure 2: Statistics on the difficulty level of creating routines for Latin group dance.

5. Conclusions

The dance form of the group Latin dance routine is very popular with children, and has been highly praised by children's teachers and parents. At present, there is a lack of empirical research on the effectiveness of children's Latin group dance teaching. This article fully utilizes the principles of children's physical development, interest, and collectivity to scientifically design children's Latin group dance teaching, and integrates various excellent sports dance elements into traditional teaching, in order to better promote the development of children's sports dance education. In sports dance teaching, teachers should continuously improve their teaching methods. In addition to some traditional teaching methods, they should also continuously optimize the teaching system of children's sports dance, try to create group dance routines for teaching, or innovate more scientific dance teaching methods, learn from advanced dance cultures of other countries, and actively adapt to the physical and mental development needs of young children in the new era.

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