

An Analysis of Potential Function of Dance in Quality-Oriented Education

Nong-bu-qi-lin

Yunnan Arts University Attached Arts School, Yunnan, 6501010, China

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Abstract: In the long history of human development, dance is one of the earliest forms of art, and it is indispensable and important in art education. And art education is a critical part of quality-oriented education. Dance education can not only cultivate students' artistic sentiment and promote their intellectual development, but also help them improve their spiritual life and make students develop in an all-round way. Therefore, we must make in-depth analysis of potential function of dance in quality-oriented education.

Since the teaching concept of quality-oriented education was put forward, great changes have taken place in the teaching content, teaching horizons, and teaching methods. The biggest difference between quality-oriented education and exam-oriented education is that the former pays more attention to the all-round development of students. Dance is an important part of art education, and art education belongs to quality-oriented education. Nowadays, the country strongly promotes the implementation of quality-oriented education. Dance has its unique function and role in quality-oriented education, and the integration of dance with quality-oriented education is beneficial to promoting the all-round development of students, as well as the development of quality-oriented education.

1. Dance and Quality-Oriented Education

1.1 Dance

Dance expresses emotion mainly through body and expression, and expresses the yearning and pursuit of heart in the form of art. Dance education is a non-language education. Nowadays, schools attach great importance to quality-oriented education, and dance can make students feel the charm of art in the process of dancing. Dance can effectively improve students' aesthetics and their appreciation of art. It can also enrich students' emotions, which is conducive to the development of quality-oriented education.

1.2 Quality-Oriented Education

The concept of quality-oriented education is put forward on the basis of exam-oriented education. The purpose of quality-oriented education is to improve the overall quality of students more effectively, instead of studying for exams. Quality-oriented education not only focuses on improving academic performance of students, but also attaches importance to the development of students' ideology and morality, physical and mental health, and personality, that is, focusing on the comprehensive development of students' morality, intelligence, physical and aesthetics. It teaches students according to their characteristics, so that the potential of students can be fully tapped, which is helpful to promote the development of students' personality and train talents [1].

2. Potential Function of Dance in Quality-Oriented Education

2.1 Conducive To Improving Ideological and Moral Quality of Students

When carrying out dance education, teachers will teach students by combining language explanation with music and body movements to help students better understand dance, so that students have interest in learning, and keep positive and optimistic thinking to learn dance. The dance of our country has strong history, and each nation of fifty-six nationalities has its own dance

characteristics, which is conducive to the cultivation of patriotic feelings of students. Dance is usually collective, and students need to have a strong sense of team in rehearsal and performance. As a result, students can form a good team spirit. In addition, there is no shortcut to the study of dance, which requires step-by-step practice. At this stage, students will experience a hard learning process, and students may want to give up. Teachers can tell students the story of dancers, play good-looking dance programs to attract students, such as Breakin', tap dance, and thousand-hand Kwan-yin, to cultivate students' hard-working spirit, strong will and courage to fight and show themselves. The dance course provides students with an opportunity to exercise and show themselves. At the same time, it is not as boring as the cultural course. It has the effect of putting education into fun and has a subtle influence on students' ideology and morality. In addition, it improves students' ideological and moral quality and promotes the development of quality-oriented education [2].

2.2 Helpful For Improving Students' Intelligence

Dance is an art. As for the same song, the choreography of different dancers will be different. Dance provides a space for people's creativity to develop. It is a kind of performance art integrating action, expression and music. And it is the product of thinking and emotional resonance, which provides an opportunity to stimulate students' imagination and divergent thinking. In the teaching process, teachers pay attention not only to the improvement of students' dancing skills, but also to the development of students' potential and their thinking. When appreciating dance, students' ability of imagination and creative thinking are also quietly playing a role. They combine what they see with their own experience to form a different dance action in their mind. Dance is not a mass dance, and the design and arrangement of each dance action need to be considered carefully. In this process, students' brain is in an active stage, which is conducive to improving students' intelligence [3].

2.3 Beneficial to Improve Students' Aesthetics

In the art of dance, aesthetic education is the most obvious and intuitive kind of education, which is conducive to improving students' aesthetics. The training of dance education includes temperament, cultivation, demeanor, speech and behavior, and physical movements. Beautiful body movements and beautiful melody can bring beauty enjoyment to dancers and the audience, and bring confidence and courage to dancers to continue to struggle. Before learning dance, students need to appreciate some excellent dance works, which is conducive to the cultivation of students' aesthetics and artistic accomplishment. In the process of dance practice, teachers should guide students to feel the beauty of dance form and master the essentials of movement, and to adapt the movement according to their own understanding of beauty to enhance their ability to express beauty. Students learn about their inner emotional and morphological beauty through dance learning, which has a positive effect on improving students' aesthetics and promoting the development of quality-oriented education [4].

2.4 Conducive to Improving Students' Physical Fitness and Temperament

Dance usually needs to be performed in rhythmic music. Students can regularly rhythm their limbs according to the rhythm of music to show their graceful posture. Dance is actually a kind of movement. Students can improve their physical quality by doing dance exercises. However, dance is different from general movements. Dancers usually practice their skills in front of the mirror, so that they can see their posture and correct their deficiencies in time to avoid bad habit for a long time. Therefore, dance can also make dancers' posture more upright, words and deeds more elegant and temperament. In addition, students can enhance their coordination and flexibility when they practice dancing. When they do not know how to express their emotions in words, they can show their inner feelings by dance movements and expressions, externalizing their inner feelings into forms and reflecting the beauty of humanity. Dance is also the expression of youth vitality of young people [5].

2.5 Conducive to Improving Students' Cultural Taste

Dance is an art with rich cultural and historical connotation. Some well-known historical allusions can be expressed by dance to give people aesthetic feeling. Dances of different nationalities and regions and music of different nationalities integrate the art of dance, which contains the humanistic spirit of various places. An action, a prop, or a look in the dance are the epitome of culture. In addition, the wonderful, powerful and beautiful dance posture can stimulate students' understanding, imagination and creativity. It can be seen that in quality-oriented education, dance is conducive to improving students' cultural taste. And then students can appreciate the culture of Chinese nation, and inherit and carry forward the culture in dance [6-7].

2.6 Good for Students' Physical and Mental Health

In the process of learning dance, students will reap the joy of success, but they also encounter bottlenecks, for instance, a certain action has not been done well, or dancers can not find the right performance mood or have a conflict with their peers. In the world of dance, students can experience success and failure, advance and retreat and conflict, sharing and cooperation, and all kinds of emotions. But it is also a test of students' ability of self-regulation. In the group dance practice, students will inadvertently observe the movements of other students to check whether their movements are consistent with that of other students and make appropriate adjustments. In this process, students' ability of self-control and self-adjustment have been improved unconsciously. And students will compare their own actions with those of teachers and other students to find their own advantages and disadvantages. Over time, students will have a clear understanding of themselves, constantly improve their actions in the future practice, and make themselves better. The characteristic of group dance is that everyone is important. As long as one person does not do well, it will affect the overall effect. From group dance practice, students can find their own importance and establish confidence. Moreover, group dance requires members to communicate with each other to form a suitable formation. In this process, the unity and cooperation ability of students has also been improved, and the communication ability of students has also been cultivated. Dance is a kind of dancing art, and students need to move with music. In dance, students can release their own pressure and feel the happiness brought by dance. At the same time, they can help timid students overcome their fear to express themselves, and develop an optimistic and bright personality [8-9].

Dance is actually an art to express emotion. In the process of dance education, teachers explain the background of dance to cultivate students' emotions and their pursuit of artistic beauty. The beauty of dance is about beauty of rhythm, beauty of melody, beauty of movement, and beauty of expression. Students receive the education of beauty in the process of receiving dance education, especially those positive, healthy and uplifting dance programs are in line with modern students' personality, and their needs of thinking and psychological characteristics. Art education is conducive to the physical and mental health of students [10].

3. Conclusion

Dance is not just an art. Its development is conducive to the improvement of students' ideological and moral qualities, intelligence, aesthetic ability, temperament and cultural tastes, as well as the development of students' physical and mental health. It also plays a positive role in improving students' comprehensive quality, and conforms to the requirements of quality-oriented education for students' overall development of morality, intelligence, body and beauty, together with cultivating high-quality and high-level outstanding talents for social development.

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