

Research on the Influence and Promotion Strategies of Dance Dance Dance on the Improvement of Physical Fitness of College Students

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ABSTRACT

In the current context of quality education reform, the comprehensive physical and mental development of college students has gradually attracted widespread attention from educators. Especially in physical education teaching, the traditional single and competitive teaching mode has to some extent limited the development of students' physical fitness and individual talents. Therefore, exploring scientifically effective physical education teaching strategies not only involves the physical and mental health of college students, but also relates to the direction and effectiveness of physical education teaching reform in universities. The purpose of this study is to explore in depth the impact of line dancing on improving the physical fitness of college students, and to provide targeted suggestions for the promotion strategy of line dancing in universities, providing useful references for promoting the reform of physical education teaching in universities and promoting the comprehensive development of college students.

KEYWORDS

Row Dance Movement; College students; Physical fitness; Promotion Strategy

Introduction: With the continuous progress of society and the updating of educational concepts, higher education is increasingly focusing on the comprehensive development of students. Sports, as an important component of higher education, play an irreplaceable role in promoting the physical and mental health of college students and improving their overall quality. As a fashionable sport that combines fitness, entertainment, and artistic elements, line dancing is deeply loved by students for its dynamic and fashionable music, diverse and cool movements, and strong interactive experiences. Introducing line dancing into college physical education teaching is of great significance for improving traditional teaching methods, stimulating students' interest in sports, and promoting comprehensive and balanced development of physical fitness. At the same time, it can also provide new ideas and impetus for the reform of physical education teaching in universities.

1 The influence of row dance on the improvement of physical fitness of college students

1.1 Improve immunity and enhance disease resistance

As a collective, musical, and entertaining form of exercise, line dancing has unique advantages in improving the physical fitness of college students. Long term adherence to row dance exercise can effectively improve students' immune function and enhance their ability to resist diseases. During the process of row dancing, various physiological functions of the human body are fully mobilized and exercised, metabolism is accelerated, endocrine system function is enhanced, thereby improving the body's immune level. At the same time, the dance moves are diverse and of moderate intensity, which can promote blood circulation, accelerate the elimination of waste from the body, purify the internal environment, and reduce the growth of bacteria and viruses. In addition, line dancing can relieve mental stress, improve sleep quality, and maintain a positive and optimistic attitude, all of which are important factors in enhancing immunity.

The college stage is a critical period for students' physical and mental development, but the heavy academic pressure and unhealthy lifestyle often lead to a weakened immune system and susceptibility to illness. Incorporating line dancing into college physical education and extracurricular exercise can help students achieve scientific fitness effects while enjoying their body and mind, and improve their immune system. By regularly organizing dance training and competitions, creating a good campus dance atmosphere, guiding more students to actively participate, and cultivating awareness and habits of lifelong exercise, it is of great significance to improve students' overall health level and enhance their disease prevention ability.

1.2 Improve flexibility and agility, and shape an elegant body shape

Row dancing is highly favored by college students for its beautiful dance moves, graceful movements, and rhythmic music. In the process of row dance training, students need to complete a lot of flexibility and agility exercises, such as

kicking, splits, waves, rotations, and other movements. These exercises can greatly improve the range of motion of joints and the stretching ability of muscles, making the body softer and more flexible. At the same time, choreography also requires high qualities such as strength, speed, balance, and coordination. By repeatedly practicing various combination movements, students' physical control ability, coordination of movements, and sense of rhythm have been comprehensively improved, and their overall physical fitness has achieved balanced development. More importantly, graceful row dance movements can shape students' symmetrical and upright postures, showcasing their youthful vitality, confidence, and elegant temperament. While pursuing the aesthetic beauty of dance art, students' physical temperament has also been subtly influenced and enhanced.

For college students, a good physique and temperament not only enhance personal charm, but also serve as an external manifestation of a healthy physique and positive attitude. College students generally have physical problems, such as hunchback, chest hugging, shoulder protrusion, and disharmony of limbs. These problems not only affect their appearance, but also imply health hazards. Row dancing can effectively improve students' poor posture. By deliberately practicing proper standing posture, upright waist and back, stretched shoulders and neck, and coordinated body movements, students can systematically correct body posture deviations and reshape elegant body shapes. Especially female college students, practicing line dancing can enhance their flexibility and coordination, showcasing their unique graceful body shape. Standardized guidance and scientific training can help students master good body habits and benefit them for life.

2 Promotion Strategy for College Dance Sports

2.1 Utilize the professional advantages of physical education teachers and establish a dance teaching team

Colleges and universities should fully leverage the professional advantages and leading role of physical education teachers in promoting row dancing. Physical education teachers possess solid sports skills and teaching methods, are familiar with the physical and mental characteristics and growth patterns of college students, and are the backbone of carrying out row dance sports. Establishing a specialized and full-time team for teaching row dance is the key to promoting the widespread development and effectiveness of the dance movement in universities. The sports department of universities should attach great importance to the construction of dance teaching teams, integrate high-quality teaching resources both on and off campus, and provide a solid talent guarantee for the popularization and promotion of dance.

Specifically, schools can start building a dance teaching team from the following aspects: firstly, conducting a survey on the teaching ability of dance projects for all physical education teachers in the school, selecting teachers with solid theoretical foundation, strong practical skills, and good teaching effects to join the teaching team. The second is to hire professional dancers from outside the school, such as national and provincial coaches and referees, senior coaches from well-known clubs, etc., to supplement the teaching team on a part-time or special basis. The introduction of external teachers through school enterprise cooperation can help optimize the structure of teaching teams, draw on advanced teaching concepts and training methods. The third is to strengthen professional training and teaching research exchanges for the teaching team. The school should develop an annual training plan and systematically arrange for teachers to participate in specialized training, teaching seminars, observation and learning activities for dance projects, in order to continuously improve the professional quality and teaching level of the team. The fourth is to improve the incentive and restraint mechanism of the teaching team. Regularly assess and evaluate teachers' teaching performance based on indicators such as teaching workload, teaching quality, and student feedback. Establish a personnel mechanism that promotes the survival of the fittest and allows for both upward and downward mobility, effectively mobilizing teachers' work enthusiasm. For outstanding teachers who have outstanding teaching achievements and are welcomed by students, schools should give preferential treatment in terms of professional title evaluation, excellence evaluation, etc., to enhance teachers' sense of identity and achievement.

2.2 Carry out row dance training based on student differences

When promoting line dancing in universities, it is necessary to take into account the individual differences of students, implement classified guidance, and teach students according to their aptitude. There are significant differences among college students in terms of sports foundation, interests, and physical and mental characteristics. A one size fits all training model is difficult to effectively stimulate students' enthusiasm for participation and meet their diverse needs. Schools should conduct in-depth analysis of the characteristics of student groups, develop and implement personalized teaching and training programs, fully respect students' right to choose and development demands, provide diversified platforms for learning, exercise, display, and communication, maximize students' enthusiasm for participating in row dance, and promote students' personalized development in row dance.

The school sports department can conduct a questionnaire survey to comprehensively understand students' sports skills foundation, interests, learning needs, etc. Based on this, hierarchical teaching and classified guidance can be carried out. Offering basic dance classes for beginners, gradually conducting basic skills training, and cultivating students' interest in participation through fun; Set up improvement classes for students with a certain foundation, strengthen specialized technical training, and develop personalized improvement plans according to their aptitude; Establish a school level dance team, select students with sports talents and strong willingness for specialized training for key training, equip excellent teachers and coaching resources, and provide systematic and elite training guidance. In daily teaching, teachers should pay attention to students' acceptance ability and psychological feelings, adjust the teaching pace and training intensity in a timely manner, and strive to maintain students' learning interest in a gradual manner. Schools can also vigorously carry out campus dance activities and create exhibition and communication platforms. Regularly organize dance events at the class, department, and school levels; Organize open dance classes, report performances, experience sharing sessions, etc., and build a stage for teacher-student interaction and student exchange; Plan cross school dance friendly competitions, joint training camps, etc., to broaden students' horizons, stimulate a sense of honor and collective honor.

Colleges and universities should focus on student differences and provide personalized choices when promoting row dancing. Guided on the basis of respect, empowered during the guidance process, so that every student can find their development direction, realize their self-worth, and achieve comprehensive improvement in line dancing. This is not only the original intention of the school's education, but also the key to the sustainable development of row dancing.

2.3 Integrate campus facilities to provide support for row dance training

Good venue facilities are an important material foundation for promoting row dancing. Row dancing requires a high level of practice space, including spacious and flat indoor and outdoor areas, as well as good lighting, sound systems, and other equipment. Universities should attach great importance to the construction of dance venues and facilities, coordinate internal resources, raise funds through multiple channels, improve educational conditions, and provide a safe, convenient, and efficient dance environment for teachers and students. The adequate guarantee of venue facilities helps to mobilize the enthusiasm of teachers and students to participate in row dance sports, and enhance the confidence and determination of schools to carry out row dance sports.

In terms of integrating campus facilities and providing support for dance training, universities can adopt the following strategies and measures: firstly, they need to develop a plan for the construction of venue facilities. Based on the actual development of the school and the budget, scientifically formulate the construction plan for the dance venue facilities, clarify the construction goals, content, and progress. Secondly, we need to activate the existing venue resources. Fully understand the usage of school sports venues, indoor and outdoor activity areas, optimize the utilization and integration of existing resources. For venues with low utilization rates, they should be designated for use in line dancing sports; For large sports venues, it is necessary to arrange different time periods for dedicated dance training; For teaching buildings, auditoriums, and other places that are relatively idle during spare time, they should also be fully utilized. Thirdly, we need to increase the investment of funds. Schools should establish special funds for the construction, maintenance, and renovation of dance venues and facilities. At the same time, actively seek support from higher-level supervisory departments and apply for special subsidies or project funds. We need to strengthen the daily management of facilities. Establish and improve management systems for the use, maintenance, and evaluation of venue facilities, implement management responsibilities, promptly repair damaged facilities, regularly inspect facility hygiene and safety, and ensure that facilities are in good working condition. In addition, information technology can be introduced to develop a venue reservation management system to improve the efficiency of venue utilization.

2.4 Regularly hold dance competitions to promote students' comprehensive level improvement

Regularly holding dance competitions is an important means of promoting the dance movement in universities. Competition is a direct way to test the effectiveness of training and showcase teaching results, which has a direct motivating and guiding effect on promoting the improvement of students' dance skills. In the row dance competition, students are required to complete designated movements within a specified time and receive evaluation and grading from professional judges. In order to achieve excellent results in competitions, students must make arduous efforts in their daily training, constantly strengthen their basic skills, increase the difficulty of their movements, and challenge their own limits. The process of pre match preparation and competition on the field is not only a process for students to break through themselves and tap into their potential, but also a process for students to gain comprehensive experience and improvement in their professionalism, artistry, and other aspects.

Schools can adopt the following strategies to organize dance competitions at a high level: develop a detailed competition work plan, clarify the competition's target positioning, participation scale, competition rules, award settings,

budget, etc., to provide institutional guarantees for the smooth implementation of the competition; Establish a competition organizing committee with several working groups including competition, referee, logistics, etc., strengthen overall coordination, carefully arrange venue layout, equipment debugging, order maintenance, medical support, publicity and reporting, etc; Hire dance experts from both inside and outside the school as judges, establish scientific and standardized scoring criteria, and ensure objective and fair competition results; Set up multiple competition events such as individual singles, duet dance, and group choreography to provide a showcase stage for students with different specialties and interests; Organize pre match mobilization meetings and technical lectures to help participants familiarize themselves with the competition process, understand the scoring rules, and adjust their competitive state; During the competition, the atmosphere is enhanced through multimedia screens, live commentary, music rendering, and other methods to attract more teachers and students to observe on site; Timely summarize the advanced experience and typical examples in the competition, vigorously publicize through the campus network, WeChat official account and other platforms, expand the influence of the competition, promote practice and construction through competition, and give full play to the demonstration and leading role of the competition.

3 Conclusion

In summary, row dancing has unique advantages and positive effects in improving the physical fitness of college students and promoting their comprehensive development. Universities should fully recognize the educational value of row dancing and incorporate it into the overall plan of physical education teaching and campus culture construction. Under the principle of "teaching according to students' aptitude and providing classified guidance", we should fully mobilize and give full play to the professional leadership role of physical education teachers, integrate internal and external resources, strengthen institutional and policy guarantees, and promote the professionalization, standardization, and normalization of volleyball sports. By cultivating students' lifelong exercise habits through "learning determines teaching, competition promotes learning", and achieving comprehensive physical and mental development of students through "cultivating dance in education, cultivating morality in dance". This article systematically explores the promotion and popularization of row dancing in universities, and proposes some targeted countermeasures and suggestions. In the future, it is necessary to continuously summarize and improve through practical exploration, providing more theoretical nourishment and practical guidance for the reform of physical education teaching and talent cultivation in universities.

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