

Optimization and Innovative Practice of Sports Dance Course in College Physical Education Management

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ABSTRACT

College sports dance courses are an important carrier for achieving the fundamental task of cultivating morality and nurturing well-rounded talents, and urgently need to be optimized and innovated in the context of the new era. The management of sports dance courses involves many aspects such as management concepts, innovative methods, and quality improvement, which profoundly affect the deep integration of sports and education, the comprehensive development of students' physical and mental health, and the inheritance and innovation of school culture. Starting from the important position and role of sports dance courses in college physical education, this article systematically explores the optimization and innovation paths in the management of sports dance courses, aiming to provide useful insights for improving the quality of college physical education and promoting the development of sports dance courses.

KEYWORDS

college sports; Sport Dance; Course management; Optimize innovation

Introduction: The optimization, innovation, and teaching reform of sports dance courses in universities are important propositions given to universities in the new era. Sports dance combines artistic, fitness, and ornamental elements, and occupies an increasingly important position in the physical education curriculum system of universities. The new development stage has put forward new requirements for sports dance courses, requiring universities to base themselves on new development concepts, innovate management models, and deepen teaching reforms. This requires close cooperation between different levels and entities, seeking a balance between sports and education, inheritance and innovation, and exploring a development path that highlights the characteristics of the school and meets the needs of the times. Only by coordinating with the overall development plan of the school, echoing with other courses, and meeting the growth needs of students, can the reform of sports dance courses be stable and far-reaching, laying a good foundation for the comprehensive development of students.

1 The importance of optimizing and innovating sports dance courses in the management of physical education in universities

1.1 Adapt to the development of the times and cultivate versatile talents

Against the backdrop of the "Healthy China" strategy and the vigorous development of the national fitness movement, physical education in universities shoulders the responsibility of cultivating socialist builders and successors with comprehensive development in morality, intelligence, physical fitness, aesthetics, and labor skills. Sports dance, as a fashionable sport that combines artistic, fitness, and ornamental elements, is highly in line with the goals of talent cultivation in the new era. Continuously optimizing and innovating the management of sports dance courses is of great significance in helping students master dance skills, enhance physical and mental qualities, improve artistic cultivation, and cultivate social skills. This is crucial for universities to fulfill the fundamental task of cultivating morality and talents, and to cultivate versatile and excellent talents that meet the needs of the times.

1.2 Deepen teaching reform and promote the integration of sports and education development

Against the backdrop of the continuous deepening of the "health first" educational philosophy and the "integration of sports and education" educational model in the reform of physical education teaching in universities, the importance of optimizing and innovating sports dance courses is increasingly prominent. As a composite sport that integrates sports and art, sports dance not only improves students' physical fitness, but also conveys rich humanistic connotations and artistic influence, making it an ideal carrier for promoting the deep integration of sports and education. Continuously optimizing the management of sports dance courses, innovating teaching content and methods, plays an important role in fully leveraging the comprehensive educational function of sports, promoting the coordinated development of school

sports and art education, and forming a diversified and mutually reinforcing good educational pattern.

1.3 Meeting students' needs and improving the quality of educational services

With the popularization of higher education and the increasingly strong personalized needs of students, continuously optimizing and innovating the management of sports dance courses is of great significance for better meeting the diverse needs of students and improving the quality of educational services. The teaching content of sports dance is rich and diverse, and the training methods are flexible and free, which can fully meet the interests, hobbies, and growth demands of different students. Optimizing the content setting, teaching organization mode, faculty allocation, and venue and equipment construction of sports dance courses can help provide students with more rich, high-quality, and personalized sports education services, fully demonstrating the educational philosophy of putting students first and focusing on their individual development in universities.

1.4 Highlight cultural heritage and inherit the spirit of school sports

A century long plan, education as the foundation; In the grand plan of education, sports come first. Sports is not only an important tool for universities to implement the fundamental task of cultivating morality and talents, but also an important component of school culture construction. As a sport that stands out from commercial and popular culture and has been refined and elevated by literati, sports dance combines the challenges of competitive sports with the aesthetics of artistic dance, blending rich humanistic heritage. Incorporating sports dance into the physical education curriculum system of universities, strengthening curriculum construction and management, has unique value in guiding students to perceive artistic charm and understand humanistic spirit in sports practice, inheriting the school's excellent sports traditions, and promoting the school's spiritual culture. This is conducive to promoting the shaping of students' personalities and the formation of their values, providing important support for the establishment of a sound talent training system and the promotion of campus culture construction in universities.

2 Optimization and Innovative Practice Path of Sports Dance Course in College Physical Education Management

2.1 Optimize management concepts and promote collaborative education

Optimizing management concepts is an important prerequisite for promoting collaborative education in sports and dance courses in universities. On the one hand, universities should establish the concept of "big sports", regard sports and dance courses as a key link in implementing the fundamental task of cultivating morality and talents, incorporate them into the overall plan of talent cultivation, and systematically design and coordinate the promotion. On the other hand, it is necessary to break down departmental barriers, integrate resources from sports, art and other related disciplines, give full play to the important role of grassroots teaching organizations such as teaching and research rooms and curriculum groups, strengthen collaboration with student work, youth league committees and other departments, explore new models of collaborative education through cross-border cooperation and integration innovation, and form a joint force for the cultivation of sports dance talents.

Specifically, universities can establish a leading group for the construction of sports dance courses, which involves multiple departments such as sports, arts, and academic affairs, to systematically plan and coordinate the promotion of course construction. Form a working force and consolidate development consensus in the formulation of curriculum plans, allocation of teaching staff, and investment in venues and equipment. At the same time, fully tap into the enthusiasm of grassroots teaching organizations such as sports dance teaching and research rooms and curriculum groups, encourage them to carry out teaching and research activities around optimizing teaching content, innovating teaching models, and improving teaching quality, and explore practical paths for collaborative education on the front line of teaching. Organizing sports and art teachers to conduct teaching observation and experience exchange, and promoting deep cooperation among teachers from different disciplines in lesson preparation, teaching, and other teaching processes; Jointly carry out dance choreography, stage design and other projects, combining the dance skills of sports majors with the artistic talents of art majors, and cultivating versatile talents.

2.2 Improve management systems and standardize educational practices

A sound and standardized management system is the key to ensuring the teaching quality of sports dance courses in universities. Universities should closely integrate the school's educational positioning, talent cultivation goals, and the characteristics of sports dance courses with the relevant national standards for teaching quality formulated by the

National Physical Education Professional Teaching Guidance Committee of ordinary universities. They should systematically construct a supporting system for teaching management, teaching operation, and teaching evaluation, clarify management responsibilities, standardize management processes, refine management standards, and ensure that the entire management process and each link have rules and evidence to follow. At the same time, it is necessary to improve the quality evaluation and feedback mechanism of sports dance courses, and use the evaluation results of teaching quality as an important basis for adjusting and optimizing management measures, forming a quality improvement loop of "evaluation feedback improvement".

For example, in terms of teaching management system, universities can formulate teaching syllabi, teaching plan writing standards, teaching quality standards, etc. for sports dance courses, clarifying key elements such as teaching objectives, teaching content, teaching organization forms, and teacher requirements; In terms of teaching operation management system, relevant regulations such as establishing and improving the teaching plan, schedule arrangement, and teaching order inspection of sports dance courses can be established to ensure the orderly development of course teaching; In terms of teaching quality evaluation system, methods for supervising and evaluating sports dance teaching, implementation rules for student teaching evaluation, and teacher teaching quality assessment standards can be formulated. From multiple dimensions such as leadership listening and evaluation, peer expert evaluation, and student satisfaction surveys, regular course teaching diagnosis and improvement can be carried out. At the same time, establish a teaching information feedback mechanism, widely listen to the opinions of teachers and students, timely feedback the evaluation results to the subject teachers and teaching management departments, urge relevant entities to continuously improve teaching and management work in a targeted manner, and promote the continuous improvement of the quality of sports dance course teaching.

2.3 Innovative management methods to enhance management efficiency

Innovative management methods are an effective way to enhance the management efficiency of sports dance courses in universities. In terms of management philosophy, universities should establish a demand-oriented and student-centered service awareness, transform from a "control oriented" to a "service-oriented" management model, fully respect the subject status of teachers and the individual development needs of students. In terms of management methods, we should actively adapt to the trend of information technology transformation, actively use modern information technology methods such as big data analysis and mobile applications, and explore new models of precise and intelligent management services. By combining online and offline methods, as well as virtual and real interactions, we aim to build a new ecosystem of intelligent teaching management that is open, shared, dynamically perceived, and responsive in real time, continuously improving the pertinence and effectiveness of management work.

For example, universities can introduce a mobile application platform for sports dance teaching management, which integrates functions such as course information publishing, teaching resource sharing, online teaching interaction, and learning effect evaluation, making it convenient for teachers and students to carry out teaching and learning activities in their spare time. The platform can embed a teaching quality evaluation module, allowing teachers to record students' classroom performance and practice at any time. Students can also provide feedback on teachers' teaching to assist teachers in optimizing their teaching; Through big data analysis technology, it is possible to accurately depict students' learning profiles, diagnose learning difficulties, and provide precise basis for individualized teaching. At the same time, augmented reality (AR) teaching is carried out with the help of wearable devices, intelligent hardware, etc., creating immersive experiential situations, strengthening the interactivity of various links such as "teaching, learning, practice, and competition", and mobilizing students' interest in learning. In addition, it is important to emphasize the role of students as the main body, establish sports dance student clubs, build platforms for student self-management and self-learning, and cultivate students' organizational management skills and teamwork spirit.

2.4 Strengthen quality management and deepen connotation construction

Strengthening quality management is an important lever for deepening the connotation construction of sports dance courses in universities. Quality is the lifeline of curriculum construction, and universities must establish the educational philosophy of "quality as the core", taking improving teaching quality as the starting point and foothold for optimizing and innovating sports dance courses. To establish a sound quality management system with clear goals, scientific standards, strong control, comprehensive monitoring, and continuous improvement throughout the entire process and all elements, quality awareness and requirements should be integrated into curriculum design, teaching implementation, teacher construction, and other aspects, promoting the deep integration of quality management and professional connotation construction, and achieving high-quality development of sports dance courses.

Specifically, in the process of curriculum design, universities should scientifically and reasonably set up compulsory and elective courses for sports dance based on the school's educational positioning, the characteristics of disciplines and

majors, and the development needs of students. They should optimize the curriculum structure, update teaching content, expand teaching forms, and promote the organic combination of knowledge imparting and ability cultivation, as well as popularization of education and talent cultivation. At the same time, we will strengthen the construction of high-quality textbooks, organize professional teachers to write textbooks that meet curriculum requirements and are rich in school and regional characteristics, laying the foundation for improving teaching quality. In the implementation of teaching, it is necessary to strictly implement teaching quality standards, increase quality monitoring efforts such as teaching supervision, peer evaluation, and student evaluation, and link the quality evaluation results with performance allocation, professional title evaluation, etc., to mobilize teachers' enthusiasm for improving teaching quality. In terms of teacher construction, we will increase the introduction of high-level sports dance teachers, improve the teacher teaching ability training system, organize regular teaching seminars and skill training for teachers, hold teaching competitions and evaluation of teaching achievements, stimulate the intrinsic motivation of teachers to teach and educate, and create a high-quality teaching team with noble ethics and excellent skills, providing a solid guarantee for the improvement of the quality of sports dance courses.

3 Conclusion

In summary, the optimization and innovation of sports dance course management in universities is not a one-time achievement, but a systematic and sustainable reform project. Optimizing the concept of education, improving management systems, innovating implementation methods, and deepening the connotation of construction all require adapting to local conditions and times on the basis of inheriting tradition and drawing on advanced concepts. In this process, it is also necessary for different levels, departments, and entities to work together to build a collaborative curriculum through joint construction and sharing. Only in this way can sports dance shine even more brilliantly in the fertile land of universities, promoting the comprehensive development of students and inheriting excellent culture, while also injecting new momentum into the reform and development of higher education. This is a systematic project that requires continuous deepening and persistent promotion through theoretical research and practical exploration. It requires the joint efforts and long-term efforts of all parties to continuously create new situations in the construction of sports dance courses in universities.

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