

Discussion on the Effective Use of Music in Teaching Sports Dance

Xiaochen Zhang

Department of Sports Teaching, Northwest University, Xian 710000, China

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Abstract: Sports dance is a competitive sports project that integrates sports, music and dance, and music is the basis of sports dance. In the teaching of sports dance, the flexible use of music can improve the efficiency of classroom teaching and improve students' mastery of sports dance. Combined with the actual teaching experience, this paper briefly expounds the basic principles of applying music in sports dance teaching, analyzes the practical significance of music in sports dance teaching, and deeply explores the effective use of music in sports dance teaching.

In recent years, with the continuous deepening of China's quality-oriented education reform, promoting the development of students' physical and mental health has become one of the important goals of quality-oriented education. In the context of quality-oriented education reform, various schools have actively introduced sports dance teaching and offered sports dance courses to promote the healthy development of students' physical and mental health. If teachers use music flexibly in sports dance teaching, they can not only stimulate students' inner feelings and enhance the expressiveness of dance, but also promote the organization of dance movements. Teachers should always follow the principles of unity, rhythm and pertinence when using music. Teachers should carefully design teaching activities, explain music theory knowledge in detail, and emphasize music rules. It is also necessary to carry out a combination of sports dance and music to comprehensively improve the connection between sports dance teaching and music use.

1. Basic Principle of Applying Music to Sports Dance Teaching

1.1 Principle of Unity.

Musical elements in sports dance can enhance the emotional expression of the dance movement itself, so that students can better feel the content of the dance. When selecting music, teachers should strictly abide by the principle of unity, ensure that musical emotions are consistent with the emotional content of sports dance itself, help students accurately find the style of dance in music, and strengthen students' understanding of sports dance ^[1].

1.2 Principle of Rhythm.

Different sports dances have different rhythms. Therefore, teachers should carefully analyze the special rhythm of sports dance when choosing music, accurately grasp the unique rhythm of dance movement, and choose the music type that matches the dance rhythm to ensure the fusion between music beat and dance movement and improve students' classroom exercises effect.

1.3 Principle of Pertinence.

Sports dance is a relatively broad concept, including more different types of dancing. Teachers should clearly define the type, style and expression of dance in sports dance. When choosing music, teachers need to choose different music according to different types of sports dances and have "specific analysis of specific problems". Therefore, the application of music in sports dance teaching must follow the principle of pertinence ^[2].

2. Practical Significance of Applying Music in Teaching Sports Dance

As one of the three basic elements of sports dance, music plays an irreplaceable role. The use of

music in sports dance teaching can effectively stimulate students' emotions. Through the music consistent with the dance style, students can feel the emotional thoughts in the dance, motivate the students to immerse themselves in the artistic conception of the music, stimulate the students' emotional thoughts to resonate, mobilize the students' personal emotions, and make the students establish emotional connection with the dance. This helps to improve classroom teaching results [3]. Good application of music has a direct impact on the expressiveness of sports dance. The action in sports dance is the external manifestation of the inner emotion of dance. Music can make the dancers flow smoothly and naturally express their emotions in sports dance with their own body movements. Moreover, it can integrate the audience into the artistic conception created by the dancers and music and bring the visual and auditory enjoyment to the audience. The use of music in sports dance teaching can help organize dance movements. Music has a certain influence on human brain thoughts and inner feelings. Both the audience and the dancers can make emotional changes through the beat of the music, and experience different situations through the changes in the music. This kind of beat and situational changes can effectively inspire the dancers to make more beautiful, coherent and smooth dance moves. It can be said that music and sports dance movements are mutually complementary. Teachers should focus on the choice of music in the daily teaching process and create a musical mood that matches the content of the dance they are learning and improve the learning effect of the students.

3. Methods for Effective Application of Music in Teaching Sports Dance

3.1 Explain In-Depth Knowledge of Music Theories and Improve Students' Comprehensive Music Quality.

The use of music in the process of sports dance teaching is to enable students to master the basic knowledge of music theory and improve their comprehensive music quality, so that students have basic music appreciation skills, thus laying the foundation for teaching sports dance. To train students' comprehensive music quality, it is necessary to fully consider students' current music foundation, improve the music base of the middle school students, enhance students' understanding of music in sports dance, thus making the classroom teaching of sports dance more efficient. Teachers can regularly carry out special lectures on sports dance music based on the actual situation, promote music knowledge, explain the basic structure and laws of sports dance music, and encourage students to have basic theoretical knowledge of sports dance music; in teaching the new sports dance, the teacher can also explain the music composer, composition background, expression, basic melody and beat type to the students, thus laying a foundation for the students' sports dance learning. In addition, teachers should consciously and purposefully explain to students the rhythm, speed and melody of music in sports dance and the inevitable connection between the three in the daily teaching process. This will help students understand the performance of the three elements of music and enhance their overall musical literacy. ^[4]

3.2 Emphasize the Laws of Music and Cultivate Students' Sense of Rhythm in Dancing.

When using music in teaching sports dance, teachers should emphasize the rules of music, let students experience the melody and beats in different music so as to gradually cultivate students' sense of rhythm of sports dance. In sports dance, different types and styles of dance have different music. The beats, speeds and melody in music are different. Teachers can play two different music in the classroom teaching of sports dance. First of all, the teacher can let the students feel the changes in the beat, speed and regularity of the two pieces of music, so that students can understand the difference between the two; Then, the teacher will show the students two sports music matching the music, combining the beat of the music with the rhythm of the dance, let the students feel the different rhythm of the dance under different music backgrounds. ^[5] Finally, the teacher can let the students practice the sports dance of these two pieces of music repeatedly to understand the combination of music and dance, which can cultivate students' sense of dance rhythm.

Sports dance teachers should pay attention to the fact that in teaching, and due to limited time,

they cannot explain the rhythm of all dance music one by one and can only extract more classic sports dance cases and their music. Teachers must strictly follow the principle of pertinence and focus on the music beats of the basic dance steps when teaching different types of dance. In addition, teachers should let students master the basic beats and practice repeatedly and extend the teaching after students have mastered the basic rhythm.

3.3 Exercise Both Sports Dance and Music to Train Students' Sense of Coordination in Dancing.

Teachers can use music in the teaching of sports dance and combine the practice of sports dance and music in the classroom teaching to guide students to immerse themselves in music. Students need to practice sports dance movements with the rhythm and changes of music. Teachers need to focus on the students' sense of dance coordination, help students integrate dance movements into the rhythm of music, improve students' performance of sports dance, and make teachers' classroom teaching more efficient. There are many kinds of sports dances. The same type of sports dance also has many different details, and the same type of sports dance can also match a variety of different rhythm music, showing a completely different style and dance emotions. In the classroom teaching of sports dance, teachers should cultivate students' musical perception, so that students can master the cooperation between the basic movements of different dances and music. And the teacher has to guide the students to learn to use the basic dance movements to match different music, thus forming different dance styles. What's more, students need to practice special exercises based on these dance styles. This not only enhances students' sense of coordination between action and music, but also fosters students' sense of dance coordination through repeated exercises between the same action and different music. Thus, students will not have the illusion that "a set of dance moves can only match one style of music."^[6]

4. Conclusion

All in all, music is an indispensable factor in sports dance and plays an important role in the teaching of sports dance. Teachers should correctly recognize the three basic principles of using music in sports dance teaching and apply music flexibly and reasonably in the teaching process of sports dance. Moreover, it is necessary to give full play to the emotional expression of music, to encourage students to better understand the emotions contained in sports dance, to enhance students' mastery of sports dance skills, and to achieve the perfect fit of music, sports and dance.

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