

# Empirical Study on Influencing Factors and Countermeasures of Artistic Expression of Sports Dance

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**Abstract:** With the enrichment of students' after-school entertainment, sports dance art courses are gradually loved and accepted by students. Although the art of sports dance has achieved little in some large-scale competitions, on the whole, the expressive force of students in sports dance still needs to be cultivated and there is much room for improvement. At present, many schools in our country have also actively carried out sports dance education, which can not only enhance students' interest in physical exercise, but also cultivate students' artistic accomplishment. Through the methods of literature review and questionnaire, this paper mainly analyzes the influencing factors of artistic expression of sports dance and the methods of cultivating artistic expression. Find out the influencing factors that affect the artistic expression of sports dance, and put forward relevant solutions to the influencing factors, so as to improve the overall performance of sports dance and provide certain theoretical support for the development of sports dance.

## 1. Introduction

As an art, sports dance has been deeply loved by the majority of students since it entered universities. The curriculum of sports dance not only can effectively enrich students' daily cultural life, but also plays a very important role in training students' body and improving their comprehensive quality [1]. The expressive force of sports dance refers to the player's perfect integration and unity with his inner temperament and spirit through external expression such as limbs, movements and expressions, and the fusion effect of dance movements and music connotation through his own understanding ability and rich imagination [2]. Artistic expression of sports dance plays an important role in competition and training. Therefore, it is particularly important to study the artistic expression of sports dance. Teachers or coaches should pay attention to the cultivation of students' artistic expression in normal training. Lack of understanding of expressive force makes the overall dance level lack of flexibility. The expressive force of sports dance art is the most touching part and is also the core soul of sports dance [3]. Because sports dance originates from different styles and different dance styles come from different cultures, this requires students to understand the style and culture of sports dance [4]. And artistic expression is the real attraction and the core of sports dance. Therefore, it is very important and meaningful to strengthen the cultivation of artistic expression of sports dance.

## 2. Research Objects and Methods

### 2.1 Research Object

Artistic expression of sports dance

### 2.2 Research Method

Through the distribution of questionnaires, this paper investigates the factors that affect the expressive force of sports dance. From Table 1, it can be clearly seen that the six major factors that affect the expressive force of sports dance are physical quality, artistic quality, psychological quality, teachers' strength, partner's human factors and comprehensive cultural quality.

Table 1 Statistics of Influencing Factors on Artistic Expression of Sports Dance n = 158

Factor	Physical quality	Artistic accomplishment	Psychological quality	Faculty strength	Partner factors	Comprehensive cultural accomplishment
The number of	142	155	151	144	139	118
Percentage	94.6	98.6	89.3	89.7	80.4	70.6

In order to ensure the validity of the questionnaire, after the students' questionnaire and teachers' questionnaire were formulated, opinions were solicited and revised from many senior teachers, and then 17 experts in sports dance were presented to test the validity of whether the questionnaire content reflected the research content of this topic and whether the research on this topic was targeted (Table 2).

Table 2 a Survey of Questionnaire Validity

option	Absolutely	Can	Cannot	Total
Professor	1	3	4	8
Associate professor	2	7		9

According to the feedback from experts, we can know that the two questionnaires have high validity.

### 2.3 Literature Data Method

To consult foreign academic research on sports dance and related knowledge in education and training, sports physiology, sports psychology, sports mechanics, musicology and other fields, so as to provide corresponding theoretical basis.

### 2.4 Logical Analysis

In the process of analyzing documents, data and writing papers, logical methods such as comparison and analogy, induction and deduction, analysis and synthesis are comprehensively applied.

## 3. Research Conclusions and Analysis

### 3.1 Influencing Factors and Training Methods of Special Physical Quality for Artistic Expression of Sports Dance

The expression of sports dance must be based on special techniques. The improvement and enhancement of special techniques are based on good physical quality. Through the questionnaire survey of sports dance major students in several universities, the survey results are shown in Table 3. Through the analysis of the questionnaire, it is concluded that the factors that affect the artistic expression of sports dance include physical quality, artistic quality, psychological quality, teachers, partners and comprehensive cultural quality. The improvement of sports dance special technology must be based on good special physical quality. The artistic accomplishment of sports dancers is the result of a rational consensus on music rhythm and artistic theory. Music is an indispensable part of sports dance. The players' understanding of music and their ability to deal with music are also important factors that determine the performance of sports dance. For example, in the teaching process of morden dance, the flexibility of the front muscles of the general female body is relatively small. if the middle chest and waist cannot be opened, the aesthetic feeling cannot be reflected. Flexibility in physical quality, that is, the range of human joint activity, the stretching ability of muscles and ligaments and the size of elasticity, is simply the overall flexibility of the body joints. In sports dance, special strength is the basic guarantee for various movements and shapes of sports dance. Without sufficient strength as support, it is impossible to embody the beauty of muscle shape and artistic expression of sports dance.

Table 3 Investigation and Statistical Analysis of Physical Factors Affecting Artistic Expression of Sports Dance

Factor	Special strength quality	Special flexibility quality	Special endurance quality	Special speed and coordination quality
The number of	145	140	121	119
Percentage	87.3	89.7	72.6	68.1

In daily training, middle school students can train from shoulder, arm, core strength, leg strength and ankle strength respectively. They should carry out training step by step in a targeted way and combine sports dance movements with targeted training. According to the distribution and characteristics of shoulder muscles, the training of deltoid and trapezius muscles in sports dance is explained in detail, and the contraction and extension of deltoid and trapezius muscles are fully used to extend the arm. Dancers with good flexibility can show stretch and beautiful sports dance, and can fully show good artistic expression, which is very important for sports dancers. Therefore, it is necessary to strengthen students' physical quality improvement exercises such as shoulder, arm, foot and ankle strength in daily training. Carry out targeted physical fitness training and combine it with sports performance of sports dance. Flexibility factor in special physical quality is also an important manifestation of artistic expression of sports dance. In the survey, 126 people believed that the special endurance quality factor of sports dance is very important and plays a key role in influencing artistic expression, because many movements in sports dance require large energy consumption, and good endurance quality must be supported in dances such as rumba and waltz to complete dance modeling [5]. In sports dance, the frame type of morden dance depends on the strength of deltoid muscle, biceps brachii muscle and triceps brachii muscle to maintain a beautiful frame type, which is based on good strength. Therefore, the training of deltoid muscle is particularly important.

### 3.2 Influencing Factors and Training Methods of Artistic Accomplishment of Artistic Expression of Sports Dance

In Table 1, 155 people agree that artistic quality is an influential factor in the artistic performance of sports dance, and artistic expression has an impact on artistic quality. Music is the soul of dance. Dance interprets music. The two are inseparable and complement each other. If you can express music better, can release and release it freely, and have relaxation, the expressive force of action details will be especially prominent. Dancers will have a feeling of chasing the beat during the practice, therefore, beginners will feel very tired after a long time of practice. Sports dance is accompanied by music, performing different styles of dance. Sometimes it is melodious and touching, sometimes it is full of passion and infinite vitality, and sometimes it is excited and high-spirited. This is the most unique aspect of sports dance, performing the customs of different countries. So how can students be trained to grasp the music style? Music is the essence and soul, and dancers are spirits rotating in music [6]. There are different kinds of sports dances, and there are many kinds of music styles. Different sports dances contain different cultures and embody the customs of different countries. Sports dancers with high level of music literacy can express their inner emotions and feelings with body movements under the guidance of music rhythm, thus infecting the audience and making them resonate with the dance in their hearts [7]. In terms of expressive force, Latin dance is more lively and unrestrained than Latin dance. Its flexible footwork and romantic and free dress make dance free and more folk. It can be said that morden dance reflects the palace style, while Latin dance reflects the folk style.

### 3.3 Factors Affecting the Psychological Quality of Artistic Expression of Sports Dance and Its Training Methods

Through our questionnaire, 91. 5% of the students think that psychological quality plays a vital role in competition and training. Sports dance is a sport that needs to be played stably. The quality of psychological quality directly affects the students' performance in the competition. Psychological quality is a powerful guarantee for the higher level of dance skills. Many dancers already have a very high level of skill, but it is still difficult to perform normally or superiorly during the

competition. In practice, we can see that skilled dancers not only have good physical quality, but also have very stable psychology, which is very important for dancers. The training of psychological quality can be strengthened with the usual training, and students can also participate in more competitions to exercise their psychological quality in the competition field. Secondly, in the usual training, simulate the competition environment more, let the students be familiar with the competition links and enhance their self-confidence. Special technique is the key to affect the expressive force of sports dance. Without basic skills, no matter how strong one's physical quality is, one can't show sports dancing perfectly. Only with solid special skills and basic skills, coupled with good physical quality, can we better embody the dance spirit and have more outstanding performance in sports dance [8]. On this basis, we can try to use some relaxation training psychotherapy to effectively relieve the psychological pressure of sports dancers, thus providing help for training the artistic expression of sports dance.

### **3.4 Influencing Factors and Training Methods of Teachers for Artistic Expression of Sports Dance**

The quality of sports dance teachers has a direct impact on students' training and academic performance. In the survey, 144 people think that the artistic expression of sports dance is influenced by the teachers. The factors of teachers directly affect the teaching of sports dance and will inevitably affect the expressive force of sports dance. At present, most colleges and universities in China do not have professional sports dance teachers. A considerable number of them are aerobics teachers, gymnastics teachers and so on. After a short period of training, they have directly taken up the teaching position of sports dance in colleges and universities, so the teaching quality is generally not high. In addition, sports dance is a sport displayed by both men and women. However, at present, most colleges and universities have only one dance teacher in class, and dance partners often choose students to demonstrate. The teaching quality and effect are not high, and it is difficult to embody the artistic expression of sports dance. Sports dance teachers should continuously strengthen the improvement of their comprehensive quality, always pay attention to the development and dynamic changes of sports dance, strengthen communication with sports dancers, and get to know students in depth. At the same time, improve teaching methods and actively introduce advanced teaching techniques to improve teaching efficiency.

### **3.5 The Dance Partner's Human Influence Factors on the Artistic Expression of Sports Dance**

Through our questionnaire survey of sports dance major students, we found that about 139 students think that dance partners have an influence on the artistic expression of sports dance. The cooperation between dance partners needs tacit understanding most, which requires both parties to have solid basic skills and skilled movement techniques in order to show the artistic expression of sports dance. In order to achieve tacit cooperation, it is necessary to step up training efforts, gradually break-in in repeated training, and finally achieve coordination. Some are allocated according to students' height, skills and coordination to exchange and cooperate in sports and dance arts. Teachers should give more consideration to the common characteristics, advantages and disadvantages of both male and female students in their daily training guidance. To coordinate deployment as the direction of efforts. The partners of middle school students in colleges and universities are adjusted by the teachers according to the actual situation, and some cooperate according to the height, skills and coordination of the students. In the usual training, the harmony of partners should be strengthened, and the common characteristics and advantages of both parties should be taken into account, with harmony as the direction of endeavor. Compassion and tolerance between partners. In case of disagreement, one cannot complain and quarrel blindly. one must fundamentally solve the problem, tolerate each other's shortcomings and help partners overcome their shortcomings. one must have a sense of cooperation. partners complete the dance through joint cooperation, which cannot be completed by a single person.

### **3.6 Influencing Factors and Training Methods of Comprehensive Cultural and Artistic Accomplishment for Artistic Expression of Sports Dance**

The development of sports dance is integrated with various cultures. To better embody the artistic expression of sports dance, one must understand the cultural connotation and value of each dance [9]. To improve dancers' artistic taste and aesthetics, to appreciate and learn excellent art forms at home and abroad in the opera house, and to find inspiration and reference styles for the artistic performance of sports dance. In the concert, find the emotions and thoughts in the music to stimulate your understanding and better understand the music. Music is introduced into dance, and dance is integrated into music, so that all senses of the audience can experience the expressive force of the dancers. Only in this way can the dance have the greatest charm and be affirmed by people. The treatment of music rhythm is a common way for players to express themselves. To improve dancers' artistic taste and aesthetic level. Appreciating at the opera house or excellent art forms at home and abroad, looking for inspiration and reference styles for the artistic performance of sports dance. Inspire their inspiration and understanding in the concert, so that they can better understand music, which improves the artistic expression of sports dance. Through interviews with referees, most of them think that the color and style of clothing will affect the performance of the competition. This is because when you see the costumes in the competition, you will recognize the dancing style of the contestants. At the same time, you also need the colors of the partner's costumes to match each other, which can well reflect the artistic expression.

## **4. Conclusions and Suggestions**

### **4.1 Conclusions**

This article mainly analyzes the influencing factors of artistic expression of sports dance, and finds out the main influencing factors are: special physical quality, musical artistic quality, psychological quality, partner's human factors and comprehensive cultural quality.

1) The factors that affect the artistic expression of sports dance mainly include special physical quality, musical artistic quality, psychological quality, partner's human factors and comprehensive cultural quality.

2) Improve the musical quality of the artistic expression of sports dance and strengthen the mastery of different dance music styles and rhythms.

3) Cultivate the musical quality of the artistic expression of sports dance, cultivate students' mastery of music style and the cultivation of dance foundation related to sports dance, such as ballet foundation and jazz dance training, so as to further understand and perform the connotation of dance.

4) Choose a good partner, partner in technical style to melt each other, find a common point of contact.

5) Cultivate the psychological quality of artistic expression of sports dance. Teachers carry out simulated competition training and a series of adequate pre-competition preparations to promote the improvement of students' psychological quality and then fully complete the display of artistic expression of sports dance.

### **4.2 Suggestions**

1) Improve the system of teachers' further education. Each year, teachers will be given fixed funds to go to higher institutions to learn the latest and most advanced skills, knowledge and cultural level. Only by constantly updating and improving the professional level of teachers can they teach better students.

2) The school should build a perfect sports dance team, organize students to take part in competitions on a regular basis, and let students improve their technical level and artistic expression through participating in competitions.

3) Improve the competition mechanism for students. Every year, schools should have fixed funds to organize students to participate in competitions, such as school-level competitions, intercollegiate

competitions, provincial competitions and even national competitions. Schools should set up a platform for students to participate, continuously improve their technical level, psychological quality and artistic expression, and then become outstanding talents in sports and dance.

4) Increase investment in Chinese sports dance industry so that sports dance can be popularized in China as soon as possible, establish a good mass base, and strive for better international achievements in Chinese sports dance.

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