

# Research on the Importance of College Dance Theory Course in Dance Teaching

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**Keywords:** Dance teaching; Dance theory; Dance practice; College dance course

**Abstract:** Dance art emphasizes the combination of theory and practice; dance theory is the generalization and summary of the experience of dance practice, and it is the relevant theoretical knowledge that can guide the practice of dance. College dance theory courses can not only improve the quality and efficiency of dance teaching, but also overcome the blindness and disorder in dance teaching, and can better resolve the contradiction between dance classroom teaching and students' aesthetic orientation, and improve students' dance skills, literacy and connotation. On the basis of summarizing the previous research results, this paper analyzes the content of dance art in the dance art, dance art development, dance carrier and dance category, and points out the relationship between dance theory and dance practice and the important role of college dance theory in dance teaching. The research results of this paper provide a basis for further improving the quality of dance teaching in colleges and universities and cultivating students' dance literacy and connotation.

## 1. Introduction

The professor of university dance teaching is not only a dance, but also an all-round, multi-level knowledge. Through the study of this subject, students can develop in an all-round way. Dance theory is the basis for promoting all-round development, because its importance in university dance teaching cannot be replaced by any aspect. Through the teaching of dance theory, the teacher enhances the understanding of dance knowledge, and enhances the skills and skills of the dance, which has led to a deeper development in many aspects such as ideological temperament and dance quality. Dance is not just a discipline, an art, but an important means and means of expressing oneself and conveying emotions. And want to make dance can be a way of communication, and want to reach the deep level of their own dance level; the cultivation of dance theory can not be ignored. In the process of dance teaching, university teachers focus on cultivating students' dance theory, which is an important measure to make college students better in dance learning and improve them [1].

The performance of the dance class is not simply the movement of the body, but includes the rhythm of the music, the sense of the picture of the art, the spatial structure of the building, and the second creation of the performer. Dance is the art of audiovisual, and sometimes even a book can not express an action, which requires teachers to do some simple demonstrations to better understand the students when necessary. Students are required to imitate according to the conditions of the course and the environment, so that they can deepen their impression through personal experience. Dance theory plays a very important role in the dance teaching process. The content of dance theory involves: the characteristics and laws of dance art, the development of dance art and the carrier, the type and form of dance art, and so on. Dance theory is the premise basis for the practice of dance. Only the combination of theory and practice can make the performance itself have certain artistic and creative ability, so that excellent dancers and dance stars can appear on the stage. Through the training of dance class, students can accept and accept the contact and experience of other art. Students pay attention to theoretical knowledge in dance performances. They pay attention to its integrity when performing dances. They will stimulate their creativity and imagination, and they will also consider the costumes, lights, props, etc., you can comprehensively improve their comprehensive artistic accomplishment [2].

On the basis of summarizing the previous research results, this paper analyzes the content of dance art in the dance art, dance art development, dance carrier and dance category, and points out the relationship between dance theory and dance practice. The important role of college dance theory in dance teaching. The research results of this paper provide a basis for further improving the quality of dance teaching in colleges and universities and cultivating students' dance literacy and connotation. The detailed chapters are organized as follows: Section 2 introduces dance theory and dance practice and their relationship; Section 3 proposes the important role of college dance theory in dance teaching; and Section 4 is conclusion.

## 2. Dance Theory and Dance Practice and Their Relationship

The theory of dance is mainly about the relationship between dance art and real life, the characteristics of dance art, the development law of dance art and other related issues, which can be divided into basic theory and applied theory. Basic theory is the foundation of all relevant dance disciplines. The basic theory is the origin of dance, the relationship between dance and social life, the social role of dance, the essence and characteristics of dance, the type and carrier of dance, and the content of dance. With the way, the creative process and method of dance, the beauty of the dance, and so on. Applied theory as the basic theory of dance is the practical application of the basic theory of dance in the field of dance. Including dance choreography, dance performance and dance teaching (Figure 1).

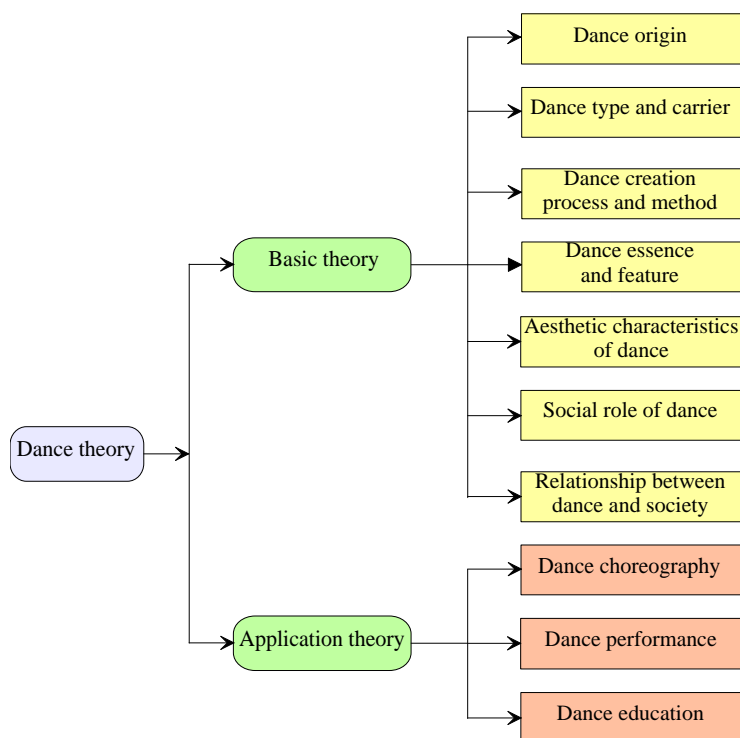


Figure 1. Dance theory and dance practice and their relationship

The theory is intellectual and rational, and the design of teaching content should be easy for students to understand and accept. For students of different levels to change the content of learning, it is not uniform. The theoretical course of dance is not only a simple interpretation of dance skills, but must be reorganized and reconstructed from the actual situation of students at different levels. At the beginning of the lecture, it is necessary to explain the importance of professional theory courses so that students can learn attitudes. Each lesson of the professional theory class should clarify the purpose of teaching, the key points of teaching, and the difficulty of teaching, to ensure that most students can achieve the goal of each lesson. For example, students are required to formulate corresponding practical projects according to their own actualities, and then put forward corresponding theoretical needs to improve the interest in the students' dance theory courses.

The purpose of scientific research on dance is to discover and find out the internal laws of the

dance talents and dance teachers who cultivate multi-level and all-round development. This is not only the development trend of dance education, but also the improvement of the teaching quality and training of the dance majors in normal universities. The needs of high-quality dancers have very important practical significance. Nowadays, we have been emphasizing the cultivation of applied talents, that is, the talents that need to be cultivated can pay equal attention to both academics and skills. The provincial education bureaus attach great importance to the scientific research and construction of college teachers and students, and the teachers of various universities are also leading students to conduct scientific research. The students attach importance to the study of dance theory, expand their knowledge, have a solid theoretical foundation, and are able to do well in research and work when they are engaged in scientific research [3].

The elements of dance, posture, rhythm, rhythm, style and other elements must be clearly and completely transmitted to the students through the teaching language, and the received information must be obtained from the students' dance performance. Even if it is similar to many inspiring languages in choreography, although it does not insist on the unification of superficial actions, it must also achieve the feedback of internal thinking. There are two types of statements and persuasion in the concept of speech. The declarative speech is only to clarify an event and its process to the audience; the persuasive speech needs to use a logical behavior to render the atmosphere to achieve the purpose of the audience. The language of instruction is not a chat, it is not something that students can accept or not. The humorous language is one of the most infective points, which is in line with art education. Dance is the art of expressing emotions, and this expression is not introverted but open, not only to touch the self but to touch the audience.

### **3. Important Role of College Dance Theory Courses in Dance Teaching**

The correct and scientific dance theory not only greatly improves the cultural quality and artistic accomplishment of the dancers, but also helps to overcome the blindness of dance practice, improve the artistic quality of dance performance and creation, and constantly dance theory. Towards maturity is also an important symbol of the progressive and increasingly perfect dance art. Correct and scientific dance theory has great significance in classroom teaching. Without dance anatomy, we cannot fully understand ourselves and cannot be scientifically trained; without dance choreography and dance creation psychology, there is no law to find. It is also difficult to make breakthroughs and innovations in creation; without dance aesthetics, we cannot discern whether dance works have a high degree of aesthetic value; without dance education, we cannot cultivate a generation of outstanding dance talents through scientific methods [4].

As a kind of body language through the performers, dance is an art form that expresses the core content, emotions and thoughts of the dance. It has a special expression in terms of language, skill and culture. Therefore, in the previous stage of research and commentary on dance theory, the dance works should be carefully observed, and then the details of the observations should be recorded in detail, which provides the main basis for the later comments on the dance works. The in-depth analysis and exploration of the body language of the dancers reveals the substantive spiritual innerness that the dancers want to express. Although different dances have different external expressions, their core concepts are the same, that is, the expression of objects and images.

Dance education is an important part of aesthetic education. The basic function of aesthetic education is to create a perfect personality. From the perspective of its educational form, dance education is an emotional penetration, which not only can beautify the human mind, but also enhance the emotions of teachers and students who are increasingly indifferent. Dance education itself is an interactive emotional teaching. It is different from other types of courses; it must be a kind of emotional input and tacit cooperation between the students and the teachers in order to complete the entire course. In the middle of this, I feel the performance process of the whole beauty. Dance education is to convey emotion through body language. Whether the body language expression is in place directly affects the beauty of dance. The important means of mobilizing body language ability can be released with music, or through the personality charm of teachers and the expression of language to complete the reproduction of rich emotions [5].

The level of dance foundation of college students is quite different, and each student has his own interests and specialties. In the process of dance learning, he also puts more demands on teachers' teaching. In this regard, teachers should focus on the teaching of basic content and explain the basic theoretical knowledge to students. Because whether it is a weak dance foundation or a strong foundation, it is a crucial task to lay a solid theoretical foundation. Only by using basic theoretical knowledge as a prerequisite can students be able to better develop their potential. In teaching, teachers can fully understand the specific situation of students, conduct targeted and personalized teaching, combine theory and practice, and let students understand the movements, demeanor, body rhythm, etc. of dance when they receive basic knowledge teaching and deeply feel the charm and charm of the dance.

A good dancer needs to have a rich imagination. Only by integrating himself into a dance performance can the perfection of the dance be conveyed to the audience. Therefore, as a key point in enhancing the dance connotation throughout the dance performance, it is very important that the dance learner finds the dance in the performance. In addition, hearing has a significant correlation effect on the performance of dance performers, because music can help people create an imaginative space, which helps dancers create an atmosphere to help them play more perfectly. Therefore, in the dance teaching, the teacher should consciously guide the students to try to express the performance of the specific dance. In the performance process, it is necessary to integrate the feelings into it and express the unique beauty of the dance itself. This is to emphasize the students to grasp the perception and the importance and cause of life.

#### **4. Conclusions**

The professor of university dance teaching is not only a dance, but also an all-round, multi-level knowledge. Through the study of this subject, students can develop in an all-round way. Dance theory is the basis for promoting all-round development, because its importance in university dance teaching cannot be replaced by any aspect. The theory is intellectual and rational, and the design of teaching content should be easy for students to understand and accept. Dance theory plays a very important role in the dance teaching process. The content of dance theory involves: the characteristics and laws of dance art, the development of dance art and the carrier, the type and form of dance art, and so on. Dance theory is the premise basis for the practice of dance. Only the combination of theory and practice can make the performance itself have certain artistic and creative. As a kind of body language through the performers, dance is an art form that expresses the core content, emotions and thoughts of the dance. It has a special expression in terms of language, skill and culture. As a key point in enhancing the dance's connotation throughout the dance performance, it is important that the dance learner finds the dance in the performance. Teachers should focus on the teaching of basic content and explain the basic theoretical knowledge to students.

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