

Thoughts on the Reform of Ballet Professional Artistic Talent Education

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Abstract: Under the dual influence of globalization and diversified development of art education, ballet, a comprehensive art that integrates multiple elements and cultivates professional talents, plays a crucial role in the development of culture and art. In view of this, this article focuses on the current situation of ballet education, deeply discusses the reform of ballet professional art talent education, and proposes specific measures including optimizing and upgrading the curriculum system, exploring and innovating teaching methods, strengthening the construction of teaching staff, and integrating more closely with social needs. This series of reform measures aims to comprehensively improve the quality of ballet art education and provide society with versatile artistic talents that meet the requirements of the times.

1. Introduction

Ballet, a classic art form originating from the West, has been deeply cultivated and refined for decades since its introduction to China in the 20th century. It has not only established a large-scale professional education system, but also nurtured numerous outstanding artistic talents, and has now become an important position in the global dance field. However, against the backdrop of the globalization and diversification of art education and the increasing standards for artistic talents in society, the challenges and limitations faced by China's ballet education system are becoming increasingly prominent. Therefore, how to effectively reform its professional art talent education to better adapt to the development pulse of the new era has become a key issue that urgently needs to be solved.

2. Necessity of Reforming Ballet Professional Education

2.1 Promote the Deep Integration of Art Education with Social Needs

In today's society, art has become a comprehensive industry that integrates cultural dissemination, social services, and economic value, and its connotation far exceeds the scope of a single aesthetic expression. If ballet professional education is still limited to the inheritance of traditional techniques, it will be difficult to meet the society's demand for diversified artistic talents. With the flourishing development of the cultural industry, the demand for ballet talents is becoming increasingly diverse. They not only need to showcase their skills on traditional stages such as theaters and dance companies, but also need to possess cross-disciplinary abilities to enter industries such as education, cultural planning, and film and television production. For example, the close integration of planning and performance in cultural activities requires dance talents to possess both artistic literacy and management skills. Therefore, educational reform should focus on expanding students' career development space, integrating cross-disciplinary content such as dance choreography, art management, and cultural industry operation into the curriculum system. At the same time, given the changes in the professional environment, the golden age of professional ballet dancers is relatively short. The reform of the education system needs to strengthen students' artistic education ability, choreography and creative ability, and other courses to help them transform from "single dancers" to "composite artistic talents", so as to better connect with the professional market [1].

2.2 Adapt to the New Trend of Art Education in the Context of Globalization

Under the wave of globalization, art education is undergoing profound changes and integration, and traditional localized teaching models are unable to cope with the increasingly fierce international competition. Ballet education urgently needs to reform and absorb global teaching concepts and practical methods to broaden students' international perspectives and enhance their international competitiveness. Ballet education in countries such as Europe and America emphasizes not only technical training but also the diversity and cross-cultural understanding of artistic creation. For example, some dance schools in the United States cleverly integrate various dance forms such as modern dance, jazz dance, and ethnic dance to stimulate students' creativity and expression. However, ballet education in China often focuses on standardized training of a single style, which to some extent limits the richness of students' artistic expression. Therefore, introducing an internationally advanced curriculum system can expose students to more diverse dance styles and creative modes, thereby achieving breakthroughs and innovations in artistic expression. At the same time, the internationalization level of ballet education in our country needs to be improved, and students' opportunities to participate in international exchanges and competitions are relatively scarce. Therefore, education reform should focus on strengthening cooperation with top international ballet schools and dance troupes, such as jointly organizing master classes and conducting exchange programs, so that students can experience and grow on the international stage, enhance their artistic cultivation and competitiveness ^[2].

2.3 Enhance Students' Innovation Ability and Comprehensive Quality

With the continuous transformation of ballet art in its social role, innovation ability and comprehensive quality have become the core elements for measuring the competitiveness of artistic talents. However, the traditional education model that emphasizes technical training can no longer meet the demand for creative talents in modern art education. In response to this situation, education reform should first focus on the cultivation of artistic creation ability. As artistic creation ability is an indispensable competitive advantage for ballet artists, and the current curriculum system often focuses on the reproduction of classic plays, lacking the exploration of students' creative potential, the reform should increase directing courses and free creation training, allowing students to accumulate experience in practice. For example, it is feasible to encourage students to create ballet works that combine regional characteristics and modern styles with ethnic culture, in order to find a balance between inheritance and innovation. Secondly, the cultivation of interdisciplinary integration ability is also crucial. On the one hand, we should attach importance to the cultivation of interdisciplinary integration ability, by integrating visual arts, literature, music and other elements into ballet to enrich its expression forms, enhance the artistic tension and cultural connotation of works, and then introduce interdisciplinary courses such as drama performance, film shooting techniques and stage design to expand students' artistic horizons and cultivate their ability to understand and express art from multiple perspectives. On the other hand, cultivating comprehensive artistic literacy cannot be ignored. Given that ballet talents need to possess profound cultural literacy, critical thinking, and good communication skills in addition to technical skills to effectively promote ballet art, educational reform should focus on deepening theoretical courses such as art history, cultural research, and aesthetics, and enhancing students' practical abilities and social responsibility through practical courses such as social research and cultural communication projects.

2.4 Promote the Enhancement of Cultural Soft Power

Ballet, as a highly specialized and international art form and an important carrier of cultural soft power, makes educational reform in its talent cultivation process not only a need to improve the level of artistic professionalism, but also an important task to promote national cultural construction. Optimizing the ballet education model and improving teaching quality can inject new momentum into the dissemination and development of Chinese ballet art on the international stage, thereby more comprehensively showcasing the charm and influence of Chinese culture. Specifically, in the

context of globalization, ballet, as one of the most universal artistic languages worldwide, has unique aesthetic values and forms of expression that can transcend cultural boundaries. In terms of enhancing the international influence of Chinese culture, there is a gap in the international competitiveness of Chinese ballet education compared to developed countries. Students lack a deep understanding of Western classic works and have not effectively integrated Chinese cultural elements. However, integrating traditional Chinese culture into ballet teaching content through educational reform can enhance the recognition and attractiveness of Chinese ballet on a global scale. At the same time, ballet has developed over a hundred years in China and has formed artistic characteristics with Chinese characteristics. Classic plays such as *The Red Detachment of Women* integrate ballet with elements of Chinese revolutionary culture. In promoting cultural exchange between China and the West, educational reforms can further encourage students to explore more forms of cultural integration between the two. By using ballet as an international language to tell the story of China to the world, and by organizing international ballet exchange activities and competitions to build a bridge for dialogue between Chinese ballet and the world, we can promote the international dissemination of Chinese culture. As a manifestation of the soft power that contains national cultural values, ballet can enhance the country's cultural soft power. Optimizing the education system to cultivate ballet talents who can showcase China's style on the international stage is not only the goal of education reform but also an integral part of the country's cultural strategy. In this process, drawing on successful foreign experiences and combining local characteristics will win more respect and recognition for China in international cultural competition.

3. Analysis of Problems in Ballet Professional Art Talent Education

3.1 Imperfect Curriculum System

At present, there is a problem of singularity in the curriculum design of ballet majors in many universities. Although the curriculum system, which serves as the cornerstone of students' ability development, is based on it, it is difficult to fully meet the diverse development needs of students. This is because in current ballet education, there is an excessive focus on skill training such as basic skills training, movement standardization teaching, and stage expression cultivation, while lacking due attention to theoretical curriculum design. This makes it difficult for students to explore the historical origins, artistic development trends, and cultural connotations of ballet in depth, greatly limiting their comprehensive cultivation and hindering their ability to construct a comprehensive artistic perspective. At the same time, there are obvious shortcomings in the integration of interdisciplinary content, such as anatomy, psychology, music theory, stage art, and other important interdisciplinary fields that are crucial for students to understand movement mechanisms, accurately express emotions, and achieve excellent stage presentation. These fields are rarely covered in the curriculum, which not only leads to a lack of depth in students' artistic expression, but also reduces their competitiveness in diverse work fields. In addition, although ballet is a highly practical art form, some universities have a shortage of practical courses, which limits students' opportunities to participate in stage performances and leads to many graduates struggling to quickly adapt to the professional environment when entering the workplace due to a lack of sufficient practical performance experience.

3.2 Relatively Outdated Teaching Method

At present, the ballet education and teaching methods that follow traditional models and lag behind in many aspects hinder students' personalized development and artistic innovation ability. This teaching method mainly adopts a "master-apprentice system", where teachers focus on demonstrating actions and imitating students in the classroom. Although it can effectively teach basic skills, it puts students in a passive state during the learning process and neglects the cultivation of their autonomy and creativity. At the same time, there is a lack of flexibility in teaching content, and many ballet courses have not been updated for a long time, failing to keep up with the trend of integrating contemporary ballet with modern dance and choreography techniques.

For example, modern ballet has increasingly higher requirements for music, rhythm, and emotional expression, but these important elements have not received the attention they deserve in actual teaching. Finally, in the digital age, although multimedia and online teaching tools are widely used in the field of education, many ballet courses are still limited to offline teaching, and the use of advanced technologies such as video analysis and motion capture is not fully utilized. This not only makes teaching methods outdated and lacks a sense of the times, but also reduces students' interest and efficiency in learning to a certain extent.

3.3 Insufficient Teaching Staff

At present, as the core of ballet education quality in China, the teaching staff is facing a series of severe challenges in the field of construction. On the one hand, ballet teaching requires extremely high professional level of teachers, but some colleges are difficult to attract excellent teachers due to limited resources. Many teachers have performance experience but lack a systematic educational background, which has a negative impact on teaching quality to a certain extent. On the other hand, compared to top international ballet schools, there is a significant gap in the internationalization process of ballet education in China. Most teachers lack opportunities for overseas learning or exchange, and their understanding of international cutting-edge teaching concepts and development trends is not deep enough, which limits students' exposure to diverse cultures and the possibility of stepping onto the international stage. In addition, ballet teachers have a heavy workload, responsible for both daily teaching and organizing students to participate in various performances or competitions. However, many universities fail to provide sufficient support for teachers in terms of salary and career development planning, resulting in a common phenomenon of excellent teachers being lost.

3.4 Limited Employment Field of Ballet Major

Against the backdrop of the increasing demand for artistic diversity in society and the gradual expansion of career development space for ballet talents, the current ballet education system has many problems that fail to fully guide students to adapt to the diversified job market. For a long time, it has mainly focused on training professional dancers, ignoring the current job market demand and huge potential in professional fields such as dance education, choreography creation, and cultural management. As a result, these fields have not received the attention they deserve in the existing curriculum and career planning, which directly leads to a very limited range of employment choices for students. At the same time, in the face of the increasing demand for art education in recent years, the education system has failed to fully respond to the trend, resulting in many graduates being unable to fulfill the position of dance educators due to a lack of systematic educational knowledge and solid teaching skills. This not only hinders the career development of graduates themselves, but also to some extent restricts the popularization and promotion of ballet art in a wider range. In addition, many ballet schools under the current education system have a serious lack of connection with market demand, resulting in students often facing the dilemma of narrow employment channels after graduation. For example, opportunities for cooperation in domestic and foreign theaters, dance groups, cultural and creative industries, and other fields related to ballet majors are very limited. Students lack effective bridges to directly enter the industry, ultimately leading to some graduates having no choice but to choose careers unrelated to their majors, resulting in the waste of valuable talent resources.

In the current social and cultural context, the education of ballet professional artistic talents is facing many important factors that restrict the improvement of its educational quality, such as an imperfect curriculum system, outdated teaching methods, insufficient teaching staff, and limitations in the employment field. The existence of these problems not only affects the personal development of students, but also poses a severe test for the long-term inheritance and innovation of ballet art. Therefore, in the process of education reform, it is necessary to conduct in-depth research and practical exploration on these issues to build a more scientific, comprehensive, and open education system, so as to meet the diversified needs of society for ballet artistic talents.

4. Specific Path of Ballet Professional Education Reform

4.1 Optimize the Curriculum System, Strengthen Interdisciplinary Integration

Firstly, while deepening and expanding traditional courses, ensuring the systematic and professional training of basic skills, and emphasizing the accuracy and aesthetic expression of movements, we can increase modern ballet technique training and new repertoire research courses. For example, by introducing classic works of internationally renowned contemporary choreographers, we can cultivate students' sensitivity and adaptability, so that they can master the technical and artistic expression abilities that adapt to the development trend of modern ballet art. Secondly, we can break through the limited mode of skill teaching and introduce interdisciplinary content to broaden students' artistic horizons. Specifically, choreography courses stimulate students' creative thinking, performance psychology courses help students deeply understand character emotions, cultural and creative courses enable students to understand the operating mechanism of the art market, and art comprehensive courses integrate analysis of film, drama, and music into teaching, prompting students to seek inspiration and connections between various art forms, and enhancing the depth and breadth of artistic creation. Thirdly, grasping the balance between theory and practice is crucial. The drama analysis course enables students to deeply analyze classic works from the perspective of art theory, while practical courses such as dance choreography and rehearsal allow students to apply theoretical knowledge to practical creation. In drama rehearsals, students are encouraged to participate in the entire process from topic selection to rehearsal and design small-scale plays, thereby enhancing their practical and artistic expression abilities.

4.2 Innovate Teaching Methods, Emphasize Students' Subjectivity

Firstly, achieve a transformation in teaching methods, gradually shifting from traditional teaching methods that focus on teacher instruction to modern teaching methods that emphasize more on stimulating students' active learning. By introducing inquiry-based and case-based teaching methods, combined with specific theatrical rehearsals (such as *Swan Lake*), teachers can design a series of questions to guide students to think deeply about the relationship between character movements and psychological changes, deepen students' understanding of the connotation of the play, and effectively stimulate students' learning initiative. Secondly, emphasize interactive teaching and teamwork as important ways to improve teaching effectiveness. Adopting forms such as group discussions and dance creation workshops can not only enhance students' teamwork skills, but also stimulate their artistic creativity. For example, in choreography class, students are grouped to design and showcase short plays, and through team collaboration, they complete the work. This process not only exercises their directing skills, but also enriches the forms of artistic expression. Thirdly, technological means can be used to assist teaching and bring innovation to ballet education. Using virtual reality (VR) technology to simulate stage scenes allows students to experience the lighting, music, and spatial effects of the stage in an immersive environment, thereby enhancing the realism of the performance. Using artificial intelligence technology can accurately analyze students' movements and provide personalized improvement suggestions. These technological means not only help students quickly correct movement deviations, but also encourage them to pay more attention to detail improvement in practice [3].

4.3 Strengthen the Construction of the Teaching Staff, Improve the Quality of Teaching

On the one hand, it is necessary to strengthen the training of modern teaching skills for teachers, that is, organizing teachers to participate in academic exchanges and teaching seminars at home and abroad, so that they can be exposed to and learn advanced teaching concepts and methods. At the same time, it is useful to regularly invite top international dancers to give lectures at the school, which not only enriches teaching resources but also provides a platform for teachers to directly communicate with industry experts. Through seminars and professional training, it helps teachers master emerging teaching methods such as inquiry-based teaching and interdisciplinary education, thereby continuously improving their teaching level. On the other hand, we should attach importance to the artistic practice ability of teachers, encourage them to actively participate in

international ballet competitions, serve as stage directors and other professional drama creation and directing work, integrate practical experience into classroom teaching, and enable students to more intuitively understand the combination of theory and practice, thereby improving learning outcomes. In addition, building a diversified teaching team is also key, including experts in directing, stage art designers, lighting technicians, and other fields of expertise. These professionals can provide comprehensive and professional guidance to students from different perspectives, not only broadening their learning horizons, but also providing strong support for their comprehensive ability improvement.

4.4 Strengthen Connections with Society and Expand Employment Opportunities

Firstly, given that strengthening connections with society is crucial, we can establish a practical platform through deep cooperation with institutions such as theaters, dance troupes, and cultural companies, allowing students to come into contact with and understand the actual needs of the industry. For example, we can partner with well-known dance troupes to set up “off-campus workshops”, allowing students to personally participate in professional drama rehearsals and performances, accumulate experience in practical situations, and lay a solid foundation for their future careers. Secondly, diversified employment guidance services are crucial. Employment guidance should not be limited to traditional career paths, but should help students broaden their horizons and explore diversified career choices. On the one hand, industry professionals such as directors and dance education experts should be invited to give lectures at the school to share their career experiences and provide valuable career planning advice for students. On the other hand, alumni networks should be established to encourage students to explore emerging career directions such as dance education, art planning, and cultural project management through sharing successful cases, laying a broader path for their future ^[4].

5. Conclusion

The education reform of ballet professional artistic talents is a systematic project involving multiple aspects such as curriculum system, teaching methods, faculty strength, and social demand matching. In the process of vigorously promoting educational reform, the field of ballet education should focus on balancing tradition and modernity, integrating local and international aspects, and cultivating composite talents with technical strength, artistic innovation, and social adaptability. Only in this way can ballet professional education better serve the inheritance and innovation of art.

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