# Research on Teaching Methods of National Folk Dance in Colleges and Universities under the Background of Internet

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**Abstract:** At present, the rapid development of the Internet in my country has improved people's living standards. With the in-depth reforms in the information age, it also has a certain impact on education. Many colleges and universities are in the teaching mode and educational philosophy. Significant changes have also taken place, from which many new teaching elements and vitality have been added. In the new teaching mode, more attention should be paid to the use of students' learning time after class, so as to continuously improve the teaching efficiency of College folk dance and students' learning enthusiasm. In this regard, this article discusses the significance of the teaching of ethnic folk dance in colleges and universities under the background of the Internet, as well as the current status of its problems, and proposes the following effective teaching methods to promote the innovation and development of ethnic folk dance teaching.

## 1. Introduction

In the new era, the traditional methods of teaching folk dance in colleges and universities can no longer meet the needs of education, and Internet technology has obvious characteristics, which can not only realize cross-regional and cross-time education, but also realize the effective expansion of educational resources. Therefore, the development of its technology has promoted the transformation of the teaching methods of ethnic folk dance in colleges and universities. In order to give full play to the role of Internet technology, the teaching of ethnic folk dance in colleges and universities needs to actively explore the Internet teaching methods, which is also the need for the development of modern teaching of ethnic folk dance in colleges and universities. Key research content.

## 2. The significance of the Internet to the teaching of ethnic folk dance in colleges and universities

In the current stage of social development, the Internet has become an indispensable technology in people's lives. It has significant characteristics and has played a positive role in promoting the development of all walks of life. Teaching also provides good conditions. The Internet has a positive role in promoting the modern teaching of folk dance in colleges and universities. First of all, with the help of Internet technology, it can provide modern means for the management of folk dance teaching in colleges and universities, and can realize real-time dynamic grasp of student information, provide a basis for teaching management, and improve teaching management Promote the improvement of students' dance learning effects; At the same time, Internet technology can provide rich teaching methods for folk dance teaching. The Internet provides technical support for dance teaching, which facilitates the development of diversified teaching activities and improves the effect of dance teaching; In addition, the Internet environment includes a large number of national folk dance teaching resources, which can provide students with these teaching resources through the Internet, so as to expand their learning range and promote their comprehensive dance literacy [1].

# 3. Problems in the teaching of folk dances in colleges and universities

Ethnic folk dances are generally based on the traditional cultures of various ethnic groups. Only by learning ethnic folk traditional culture can we make more innovative ethnic folk dances, and then apply ethnic folk dances to teaching. Due to the limitation of various aspects, there are a lot of problems in the teaching of folk dance in colleges and universities.

## 3.1 Insufficient training of teachers by universities

The folk dance courses in colleges and universities play a very important role in cultivating students' aesthetics and quality. At the same time, colleges and universities should vigorously train teachers, increase the investment of masters, and continuously improve the teaching level of college teachers. At present, colleges and universities lack financial support for cultivating teachers and learning styles, which has caused the low efficiency of folk dance teaching, and also affected the training and development of students. Therefore, colleges and universities should strengthen the training of teachers and introduce new and effective dance teaching resources in time, so that teachers can give full play to their teaching advantages, so that they can better cultivate and teach students national dance, and improve the efficiency of course teaching.

## 3.2 Lack of teachers

With the rapid development of modern society and economy, it has had a certain impact on the recruitment of talents in our country. There are many types of industries, making the education industry less and less talented, especially the teachers of ethnic and non-governmental teaching in colleges and universities, there is a serious shortage of current situation. This has affected the inheritance effect of my country's traditional folk art dance. Therefore, colleges and universities should strengthen their investment in teachers, expand the scope of teacher recruitment, and actively introduce excellent and effective teachers, so as to better improve the current situation of the shortage of teachers in colleges and universities.

## 3.3 The contact between school and school has decreased

If the teaching of folk dance is to make good progress and development, it is necessary to strengthen the communication and connection between the school and the school, and integrate it to provide students with better dance learning resources. However, many colleges and universities have the problem of independent teaching at this stage, and they have very little contact with outside schools. They even used their own teaching concepts and methods to require teachers to teach courses. This has resulted in students' single thinking and teaching mode. Simple phenomenon. Therefore, it is difficult to improve the progress and development of folk dance teaching. Therefore, if colleges and universities want to fully improve this problem, they must spend a certain amount of energy and time, increase contact with each school, and send more people to focus on the study of folk dance culture, so as to learn from the folk dance culture. Excellent results in culture.

# 4. The Teaching Method of National Folk Dance in Colleges and Universities under the Background of Internet

## 4.1 Construction of Network Teaching Platform

In the context of the Internet, in order to better promote the reform of ethnic folk dance teaching in colleges and universities, it is necessary to make full use of Internet technology to transform the teaching mode, and the construction of a network teaching platform is a modern education method, which is the teaching of ethnic folk dance in colleges and universities. Provides good conditions. For example, colleges and universities can build an online teaching platform with ethnic folk dances, regularly publish and update dance teaching content and teaching information, and allow students to learn related knowledge in advance according to the information published in the online platform, so as to guide students to learn independently ；At the same time, in this online platform, students and teachers can communicate effectively. Students can discuss problems in learning and ask

teachers for advice, thereby promoting their efficient learning. In addition, the online teaching platform can also be Teaching resources are integrated to ensure that students complete their learning tasks while enabling students to learn independently in a good environment.

## 4.2 Use of smart phone software

Smart phones have the advantages of portability and ease of use. At present, people are also very dependent on smart phones. Through continuous development, the functions of smart phones are becoming more and more powerful. The more and more mobile phone software, the more and more mobile phone software is emerging. Software such as WeChat, QQ, and Weibo has been widely used by people, which also provides convenience for folk dance teaching. For example, through the mobile dance circle APP, there are many videos, forums and other dance resources in the Internet environment, and teachers can use smart phones to arrange related learning tasks, allowing them to search for related ethnic and folk dance resources as required , And then it is very convenient to click to watch and learn; at the same time, teachers can also open a dance course WeChat official account to ask students to pay attention, so that teachers can regularly push some teaching content, teaching tasks, teaching requirements and teaching resources, etc. This extends the classroom teaching and facilitates students to master the teaching requirements and actively and effectively carry out learning activities [2].

## 4.3 Implementation of the flipped high-efficiency classroom

At this stage, college education advocates the implementation of flipped classrooms. This teaching method effectively embodies the student-oriented concept and promotes students' independent learning and the expansion of learning space. The Internet environment facilitates the implementation of flipped classrooms. With the help of Internet information technology, efficient teaching purposes can be achieved in pre-class preview, in-class guidance, and after-class tutoring. For example, in the teaching of folk dance, teachers can arrange learning tasks for students before class, and students can use Internet technology to learn independently according to the task requirements. In class, teachers can use Internet technology to help students learn. To master the task learning situation, it is convenient to guide their ethnic folk dance learning, and after class, the teacher can assign related expansive tasks, allowing students to use the Internet to further explore and learn [3].

## 5. Conclusion

In summary, the Internet provides good conditions for the teaching of ethnic folk dance in colleges and universities. Under this background, the teaching of ethnic folk dance in colleges and universities needs to be actively reformed, making full use of the advantages of Internet technology, and actively exploring and innovating teaching models. This has positive significance for promoting the development of the teaching of folk dance in colleges and universities.

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