

Research on Integrating Traditional Culture into National Dance Teaching

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Abstract: National dances are faced with multicultural shocks, resulting in the lack of traditional culture and national characteristics in national dance teaching. National dance teaching faces serious challenges. Integrating traditional culture into national dance teaching is an effective way to cope with these challenges. This paper analyzes the relationship between traditional culture and national dance, deeply explores the profound connotation of Chinese traditional culture and the traditional cultural value of national dance. In view of the lack of traditional culture in national dance teaching, it puts forward the teaching strategy of integrating traditional culture into national dance: Strengthen the traditional culture of national dance teaching, improve the traditional culture of national dance teachers, use new media technology to enhance students' interest in traditional culture, and integrate traditional culture in all aspects of national dance teaching.

1. Introduction

Dance is a kind of traditional art that combines the beauty of form and the beauty of artistic conception. It expresses people's thoughts and feelings and inner spirit with human body form and action language, as well as the desire and pursuit of a better life. National dance refers to the production and spread to the people, the style is relatively stable, with self-entertainment as the main function, subject to folk culture. It is a form of impromptu performance dance. National dances from different regions, countries and nationalities are influenced by factors such as living environment, customs, lifestyle, national character, cultural traditions and religious beliefs, as well as physiological conditions such as the age and sex of the performers. There are very obvious differences in style. The national dances are characterized by simplicity, variety, rich content and vivid images. They have always been an indispensable source of classical dance, national dance, court dance and professional dance creation. National dance is an important part of national culture. Each ethnic group has formed a dance culture with unique national characteristics. The skill movements and style characteristics of national dances reflect the ideology and spiritual conservation of national culture.

While drawing on other artistic nutrients such as drama, martial arts and music, national dances highlight the rich historical and cultural connotations and aesthetic characteristics of the Chinese nation. The long history of the Chinese nation for thousands of years contains a profound and profound traditional culture, and also forms a national dance with profound cultural connotations and rich artistic content. National dance teaching is an important means of promoting traditional culture. However, in the modern society with rapid economic development, different cultures collide with each other. National dances are faced with the impact of multiculturalism, resulting in the lack of traditional culture and national characteristics in national dance teaching. Dance teaching faces serious challenges. The integration of traditional culture into national dance teaching is an effective way to cope with these challenges. Through the research of this paper, it points out the corresponding teaching path and serves the reform and development of national dance teaching.

2. Relationship between Traditional Culture and National Dance

The national dance has a long history and coexists with the ancient Chinese civilization. The history of China's five thousand years runs through the footprints of national dances. In the long-term historical development, people continue to prosper and produce, and the cultures of different ethnic groups are gradually communicating and integrating. After many generations of unremitting efforts, they have formed an excellent traditional culture. In this process, the national dance has not only been fully developed, but also gradually integrated the excellent culture of each stage of historical development. The imprint shows the fine tradition of the Chinese nation. Like traditional culture, national dance has a profound historical heritage. Different historical stages have dances that highlight national culture. Today's national dance has become more mature and moving, reflecting the traditional cultural posture and giving people a deep sense of beauty. Since the birth of the national dance art, it has carried on the historical responsibility of traditional culture.

Therefore, in the historical development trend of national dance, traditional culture has always been an important factor influencing it. It not only has a high national character, but also has a certain degree of integration with dance for a long time. It can also reflect various cultural factors in dance, and reflect the development of excellent national culture. Traditional culture has been passed down to the present, and it has a very high cultural foundation and can directly and effectively promote the development of national dance. National dances are closely related to traditional culture and can be said to be interdependent. National dance relies on the changes and development of traditional culture to gradually improve and optimize, and traditional culture can be displayed in the form of national dance. Rather than saying that traditional culture promotes the development of national dance, it is better to say that traditional culture is nurtured in national dance. The intersection of too many national cultures forms the current national dance, creating one unique and beautiful dance, and continuously moving forward, and showing the attitude of excellent traditional culture to the world.

3. Profound Connotation of Chinese Traditional Culture

Chinese traditional culture is the foundation and soul of the Chinese nation. It embodies the unique thinking mode and spiritual identity of the Chinese nation and plays an important role in promoting national progress and social development. National dance is a part of traditional culture and one of the expressions of traditional culture, bearing the national civilization and history. Chinese traditional culture has unique charm and rich connotation, mainly reflected in the following aspects: First, moralism. China does not have a religious system in Western countries. The spiritual pillar of maintaining society is a powerful moral force. The mature moral system of Confucian culture also provides useful intellectual resources for the principle of coexistence of the international community. The second one is self-improvement. It is this traditional cultural connotation that has nurtured the spirit of the Chinese nation's arduous struggle and tenacious struggle and has become the spiritual pillar of the Chinese nation's continuous development and inheritance. The third one is knowledge and behavior is combined into one. Knowledge refers to conscience, and line refers to human practice. The combination of knowledge and practice deepens the relationship between consciousness and practice of moral consciousness. The fourth one is the feelings of the home country. The feelings of the homeland are the spiritual pillars rooted in the hearts of the Chinese nation for thousands of years. They emphasize that individual self-cultivation, empathy, and the world are all important to social construction and national unity. The fifth one is inclusive. Try to absorb and include all aspects of the content, understand the way to be compatible, in order to learn from others. The Chinese civilization continues to vomit it's new and widely absorbed, and it is extremely inclusive and cohesive. The sixth one is honest and trustworthy. Honesty and trustworthiness are deeply rooted in Chinese traditional culture. They are also an important norm of the traditional virtues of the Chinese nation. To tell the truth and do practical things, the words are as good as words and words.

4. Problems of National Dance Teaching

National dance is a compulsory course for the basic training of dance majors. Through " motion, momentum, and law ", it guides students' cognition of national dances in a progressive way, allowing students to understand the historical causes of the sources of each dance and master the national dances of different ethnic groups. Style characteristics, improve students' performance ability, and cultivate students' aesthetic sense. At present, there are still the following problems in the teaching of national dance in colleges and universities: First, there is a lack of correct understanding of the national dance culture. Due to the differences in national culture, many teachers and students have a superficial understanding of national dances and cannot express the new concept of national dance culture. Second, national dance is impacted by multiculturalism. Western dance is a typical representative of multiculturalism. It has a strong sense of rhythm and rhythm. It also advocates form beauty and freedom and openness. Young students are more enthusiastic about learning and performing Western dance. Third, ignore the humanistic spirit of national dance. The humanistic spirit is the most distinctive feature of Chinese traditional culture. The national dance rooted in traditional culture contains rich humanistic spirit. At present, the teaching of national dance ignores the inheritance of humanistic spirit. Fourth, the teaching level of national dance teachers is not high. The national dance teachers are over-aged, and they have mastered the knowledge and movements of national dances. They only pay attention to teaching work and do not attach importance to scientific research, lacking self-improvement and self-development ability. Fifth, the emotional dance is ignored in the teaching of national dance. Emotional expression is an important criterion for evaluating the level of national dance. Neglecting emotional edification in teaching, resulting in the lack of emotional factors in students' national dance, cannot perfectly present rich connotations. Sixth, the content and methods of national dance teaching are outdated. At present, the traditional dance teaching basically adopts the traditional teaching method. Most of the students imitate the dance movements of the teachers, and cannot link the dance movements, cultural environment and life scenes.

5. Traditional Culture Values of National Dance

The cultural value of art is to give people a sense of beauty and education, and national dance has rich cultural value. The artistic charm and aesthetic value of national dance are incomparable to modern dance, and national dance is inseparable from traditional culture. National dances have a unique charm, precisely because of the traditional cultural values they display. The national dance absorbs the essence of traditional culture and presents the essence of traditional culture in front of people in the form of song and dance. It is both vivid and rich, and it is not only part of traditional culture, but also reflects the character of traditional culture. First, national dances show a unique ethnic style. National dance is inseparable from national culture, and the unique charm of national dance is precisely because of its cultural value. National dance absorbs the essence of national culture, and presents the essence of national culture in front of people in the form of song and dance. It is both vivid and rich, and it is rich in connotation. It is not only a part of national culture, but also reflects the character of national culture. Second, national dances show the connotation of national culture. National dances come from life, reflect the life and customs of ethnic areas, and reflect the life style and emotions of the nation. Each nation has a unique cultural connotation. The national culture is not only the wisdom condensed by people's lives, but also the spiritual sustenance of a nation's survival and development. It embodies the record of people's labor and life and reflects the spiritual outlook of the nation. The third one is the penetration of modern elements of national dance. With the development of the society, the national dance has gradually become modernized. From the sound effects to the stage set, modern expression techniques are adopted, and the cultural connotation embodied in the national dance is vividly displayed.

6. Strategies on Integrating Traditional Culture into National Dance Teaching

The vitality of national dance needs to be supported by a strong cultural foundation. National dance has a profound traditional cultural background. National dance education needs to inherit traditional culture as the goal, carry forward the characteristics of national dance culture, and let students accept the influence of national dance culture. On the basis of deep understanding of the profound connotation of Chinese traditional culture, aiming at the lack of culture in the national dance teaching, the teaching strategies of the traditional culture incorporated into the national dance proposed in this paper are as follows:

(1) Strengthen the traditional culture of national dance teaching. The outstanding traditional Chinese culture is the national basis of the socialist core values, the source of ideas and values of the core values, and an important part of the core values. Traditional culture is an important link of the spirit of national unity. Only through the cultivation of excellent traditional culture, national dance will continue to be enriched and innovated, and will be compatible with the development of contemporary society. The edification of traditional culture is an inevitable requirement for consolidating the foundation of the nation and developing the foundation of the country. It integrates the fine traditional Chinese culture and truly enters a new era of cultural integration and mutual assistance, and promotes the development of national dance. It is an important driving force to enhance the comprehensive national strength and national competitiveness by edifying the excellent traditional culture and carrying forward the inheritance system of the national traditional culture. It is necessary to incorporating traditional culture into the actual dance teaching, drawing on some elements of traditional culture, improving and optimizing the dance movement and dance performance forms, making the dance more traditional cultural characteristics and improving the aesthetic value and artistic value of the dance.

(2) Improve the traditional cultural qualities of national dance teachers. As a guide and organizer of folk dance learning, teachers, in addition to rich dance knowledge and teaching ability, also need deep cultural knowledge and inject cultural knowledge into classroom teaching. It is also necessary to fully integrate professionalism, artistry and traditional culture, to show personal charm in the process of dance teaching, to enrich the spiritual world of students, and to set a good example for students. The school regularly carries out training activities to update the teacher's knowledge structure, so that it can deeply understand the importance of traditional culture in the teaching of national dance. In the classroom teaching, the national dance knowledge and traditional culture are effectively combined. Teachers are encouraged to participate in study seminars, establish teaching and research groups, and go out for further study to improve their cultural and artistic accomplishment. It is necessary to organize the teaching design competition activities, find the resources needed for teaching from multiple channels, and carry out targeted teaching design based on the characteristics of students, improve the quality of classroom teaching, and improve the understanding and emotional expression of national dance.

(3) Enhance students' interest in traditional culture with new media technologies. In today's era, the unprecedented development of digital technology, the rich and flexible new media art expressions that have been born are also more mature. The new media technology integrates the characteristics of different media, and integrates three-dimensional animation, virtual technology and sensing technology to make the national dance teaching more stereoscopic, realistic and interactive. Compared with the new media art expressions, traditional dance teaching methods are quite singular, both static and passive, which not only limits the artistic appeal of national dance, but also hinders the promotion and dissemination of traditional culture. The new media uses a variety of animated virtual technologies to bring joy and beauty to people, making people feel more persistent when they leave the dance scene. National dance teaching must seize development opportunities and continuously improve teaching methods. At the same time, with the elements provided by various media platforms, the teaching content is richer and fuller. It is necessary to combine traditional national dance art with science and technology provides a new opportunity for the inheritance and development of national dance.

(4) Incorporate traditional culture into all aspects of national dance teaching. First, modify the teaching objectives of the national dance curriculum. The teaching goal is the result or standard expected by teachers and students through teaching activities. Taking traditional culture as an important part of the teaching of national dance courses, experiencing the national culture and emotions contained in the national dance, while cultivating the national dance art, it shoulders the heavy responsibility of inheriting the excellent traditional culture. Second, carefully select teaching cases that enrich the traditional culture. Teaching content is the main message of intentional transmission in the interaction between teaching and learning. The teaching process adheres to content-oriented and selects national dances with profound local cultural characteristics to enhance students' perception of traditional culture. Third, the traditional culture is an important part of the assessment of the national dance curriculum. In order to achieve the teaching effect and achieve the teaching objectives, it must be reflected in the curriculum assessment. Through assessment, play a guiding role, promote students' national dance art ability, and highlight the importance of traditional culture in national dance teaching.

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