

# Exploring the Dance Training Curriculum System for Higher Vocational Performing Arts Majors

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**Abstract:** Higher vocational education should cultivate students' comprehensive problem-solving ability and advanced thinking. The quality of practical teaching should be reasonably and effectively improved in the process of cultivating art talents in higher vocational education. The teaching of higher vocational art courses can only comply with the development of contemporary art and design industry, and actively update the concepts and methods of talent cultivation in order to better realize the goal of cultivating higher vocational art and design talents, and to meet the needs of the industry and enterprises in the employment of relevant jobs.

**Keywords:** Higher Vocational Education; Performing Arts Major; Curriculum System.

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## 1. Introduction

For dancers, dance teaching is an inner and outer process. As an actor, you must thoroughly control the behavior of the character, go deep into the heart of the character, truly understand the emotional world of the character, and fully understand the nature of the character. Generally speaking, dance performances are mainly technical, with facial expressions and movements that are completely consistent. In practical education, teachers should fully consider the challenges that dancers face in practice.

## 2. Innovative Strategies for Teaching Reform of Core Curriculum for Higher Vocational Dance Majors

### 2.1. Reform the Concept of Talent Cultivation and Clarify the Educational Objectives

Under the background of the new era, the teaching reform of the core curriculum of higher vocational dance majors should update the concept of talent cultivation, further clarify the educational objectives, build high-quality and high-level dance specialties, and cultivate high-level applied talents who can shine in various professional positions. From the point of view of the dance professional teachers, communicate with students in advance to understand the students' own ideas, and then you can adjust the core curriculum teaching content in combination with the students' target direction, and provide high-quality teaching resources for students with different interests, such as providing students who want to become early childhood teachers with some early childhood dance video resources, which will motivate the students to develop towards their own goals.

### 2.2. Optimize the Construction of Core Courses and Clarify the Focus of Education

Higher vocational dance major in the development process should also optimize the construction of the core curriculum, to further clarify the focus of education, so that the dance professional education can focus on key teaching projects and tasks to improve teaching efficiency, so that students in the

three years of higher vocational learning time to learn the real skills. The core curriculum of the dance major should include basic dance skills, dance choreography, dance appreciation, and multiple types of dance performance courses, which are practical courses that help to improve the core skills of students, which can help students to adapt to the needs of various dance professional positions in society, and become the backbone of the society in art and culture dissemination.

## 3. The Construction of the Curriculum System for Training Talents of Higher Vocational Dance Majors in the New Era

### 3.1. Construction of Curriculum System

For a long time, there is a lack of a specialized guidance document, and there has not been a specialized and systematic evaluation of the curriculum. The curriculum is generally inseparable from the policy documents issued by the Ministry of Education on curriculum reform and curriculum setting, and it is also necessary to consider the basic conditions of the specialty and the requirements of the society for this specialty. On the basis of expanding the knowledge of the discipline, students should also be required to study the main courses of the discipline and interdisciplinary courses.

Combined with the principles of curriculum construction, it should be: to cultivate composite and applied talents, to take the students' ability as the core, to attach importance to the professional practice, and to increase the proportion of hours of technical skills. Cultivation objectives combined with the actual characteristics of professional culture, the actual proportion of courses in the humanities aspect of dance is optimized, and the proportion of courses in the type of artistic cultivation is also optimized. It is necessary to emphasize some special courses, guarantee the balance of professional basic courses, increase elective courses in a moderate proportion, and guarantee the diversity of course contents.

In the broadening of the professional direction, the school should try the mode of teaching in stages. In the first stage, students need to study professional theory and practice, such as dance performance, or a variety of basic courses. In the second stage, students should combine their preferences and basic conditions to choose a minor direction, such as jazz

dance, ballet and other programs, to expand the training of a single goal into a main multi-directional, dance as the main goal, and take into account some other performance projects. This kind of program will help students' professional learning, develop their personality and meet the actual demand for multi-talented talents in the society.

### **3.2. Practice with the Curriculum System**

First of all, with the support of the school, it should be combined with the basic conditions of internal school running, and the students should go to organize standardized school competitions, exercise the students' ability to organize and lead, and improve their creativity. In the activities, it is also necessary to make use of the process of dance competition, system development and other work to improve students' organizational skills. The use of competition declaration and other activities, as well as to social institutions to seek sponsorship, etc., are conducive to students to exercise their communication skills, conducive to improving their overall quality. Schools can also encourage students to actively participate in domestic and international competitions, in which students can demonstrate their skills, train themselves and improve their self-confidence. At the same time in the competition to seek shortcomings, and then continue to work hard.

Secondly, we should help and communicate with other higher vocational colleges and organizations to form a more standardized teaching system to train teachers, students and judges. In meeting the winter and summer holidays and other periods, in higher vocational colleges and universities, dance venues are often idle, should be used on-campus venues and other facilities, the organization of short-term intensive training. Through the referees, teachers teaching training and training and other measures, and their regular assessment of training to promote the quality of professional teaching.

Finally, the school should make use of the full opportunity to associate with the dance social groups, make use of all kinds of after-school time outside the professional learning, to borrow the training base, arrange for students with better technical level, participate in their teaching, and promote the development of their comprehensive quality.

### **3.3. Suggestions for the Construction of Curriculum System**

First, from the essential point of view, in higher vocational education, teaching and teachers belong to the key influencing factors. On the basis of the relatively excellent level of teachers, higher vocational teaching can get good development. Higher vocational colleges and universities should establish the correct idea of dance education, and establish a good training program, combining practice and theory, so as to promote the transformation and progress of teaching.

Secondly, in many higher vocational colleges and universities, although the professional teaching of dance has gained certain achievements at the present stage, in order to make more talents to develop in the international dance world, the schools not only need professional athletic and performance talents, but also need talents of organization planning and advanced choreography, etc. No matter what kind of schools, they should take the best of the best. Regardless of the school, it should take advantage of its own strengths and weaknesses, combine them with the school's characteristics, highlight its own strengths, and actively

cultivate the skills that professionals need to have by utilizing various requirements at home and abroad.

Third, the collection of dance, music and other types of courses, not only dance and performance courses, you need to be more art courses, such as jazz dance, physical training and other courses. On the basis of the major courses, there is a need to offer subjects such as martial arts and modern dance, which are subjects with strong application. Schools should strive to offer more practical and applied courses on the basis of the basic courses in the majors.

Fourthly, the school should combine the system of multiple disciplines. And the main subjects for the arts and dance co-existing disciplines, which belongs to the important foundation of all the disciplines. In terms of the main courses, generally divided into art classes, dance art theory classes. Schools also need to cultivate the ability of students to practice in the post, using teaching practice, to enrich their practical experience, increase their practice opportunities, and in order to promote the students to play a unique nature, they should be guaranteed to have a skillful and exquisite technology, and follow the standard norms. In schools, classroom operations need to be used as a starting point, supplemented by internal and external foundations, to build a platform for cooperation between schools and other organizations.

Fifth, higher vocational colleges and universities should update the concept of teaching, deepen the reform of the teaching system, and cultivate highly sophisticated talents in this specialty so that they can better adapt to the workplace. When cultivating talents, the cultivation goal should be taken as the core to ensure that the cultivation is in line with the principles and laws of school teaching. The purpose of the school is to deliver talents to the society, so it should do a good job of professional teaching with objectives and plans. Schools should contact the actual, combined with practice theory, market demand as a guide, social demand as a design supply, to promote their smooth employment.

Sixth, according to the students' character requirements, hands-on ability and other aspects of the needs of compulsory courses belong to the development of students' professional skills, the proportion of which needs to be increased appropriately. And other elective courses, belong to the auxiliary students' skills exercise courses, so also need a certain proportion of class time. Schools should also provide students with opportunities for practical learning, while practicing and perfecting.

## **4. Main Contents of Dance Performance and Training**

Basic dance skills. As one of the important components of dance performance and training, basic dance skills have a wide range of influences on dancers. The practice of basic dance skills cannot be relaxed in dance training. Only with strong dance fundamentals can you better integrate your understanding of dance into your dance performance.

Dance posture standing. Excellent dance performances can not be separated from the beautiful dance posture standing, in the dance performance, the dancer's dance posture standing will also affect the quality of the whole dance performance. During non-dance training time, dancers should also carry out a series of physical training, such as avoiding sedentary, do not lie on the bed for a long time. Dance teachers also need to strengthen the training of dancers' dance posture and standing

in the weekday dance training activities, so that they can form a good foundation of the body.

**Psychological quality.** As a result of long-term high-intensity dance training, some dancers to a certain extent will successively appear a series of negative emotions. Some dancers think that every day is basically in the basic training is too boring, some dancers think that some of the dance movements are more difficult, and some dancers think that the training process is too grueling. For the dancers, in order to present a perfect stage performance, they must overcome the psychological fatigue with a strong psychological quality, and finally experience the unique sense of achievement and honor in dance performance with a perfect performance.

**Breathing and eyes.** In addition to basic skills, psychological quality and dance posture, breathing and eyes are also extremely important dance training content for dancers. Correct breathing can make the dancer keep the center of gravity for a long time, and make dance movements according to the correct music beat during the dance performance. From the perspective of the eyes, for dancers, the eyes are also a kind of body movement, to communicate with the audience with the eyes, so that the theme of the dance performance can be further sublimated.

## 5. Reflections and Suggestions

Do a good job of preparatory activities and relaxation exercises. During dance training, dancers must realize the importance of preparatory activities and relaxation exercises. Once the dancer fails to form a correct understanding of the preparatory activities and relaxation exercises, it will lead to injuries in the actual dance training process, and in serious cases, the body may be seriously traumatized, which will affect their career as a dancer. Adjust the preparation and relaxation program according to each situation to avoid unnecessary injuries as much as possible.

Pay attention to whether the movements are in place. Surveys have found that many dancers often do not have the right movements during dance training. Dancers need to be clear that the movement is not in place is also an important cause of physical injury. Therefore, dancers should then pay attention to their dance movements in their daily dance

training. If necessary, dancers can also seek help from professionals other than teachers to standardize their dance movements under the guidance of professionals. In addition, dancers can also use new media technology to view the standardized dance posture and dance movements, and then effectively improve their own dance ability.

## 6. Conclusion

In higher vocational education, it is very important to build a talent training system for dance majors, which is conducive to the improvement of the quality of talents in this specialty and provides the society with the needed talents. Therefore, all higher vocational colleges and universities should combine the actual situation, find the deficiencies in the construction of the curriculum system of this specialty, and be good at combining the deficiencies and the actual teaching and learning, and explore the effective construction method of the curriculum system, so as to truly realize the goal of "improving quality and efficiency" of dance teaching.

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