

Study on the Role of Dance Art Education on the Quality Cultivation of Students in Higher Vocational Colleges and Universities

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Abstract: In recent years, the teaching reform of higher vocational and technical colleges has been deepening, which has made great progress in teaching quality and expanded the curriculum system to better meet the needs of social development. In the past, China's higher vocational schools take the cultivation of students' survival ability as the core, and in the teaching reform of higher vocational schools, how to better improve the comprehensive quality of students is also an important topic of concern for teachers in vocational schools. In the current vocational education, dance, as a major course, has become a compulsory subject in some vocational schools, and its introduction not only enriches the after-school life of students and enables them to develop a good physique, but also enables them to get a better development, so that they can feel the beauty of the dance and at the same time improve their overall quality.

Keywords: Dance Art; Higher Vocational Colleges and Universities; Quality Cultivation.

1. Introduction

Dance plays a great role in promoting the artistic quality and overall quality of students. Dance is an important form of art, and its unique beauty can help students develop a good posture, and it can also cultivate the students' emotions, so that they can find their own interests and explore their potential. In the current vocational education, the dance course is more and more accepted and recognised by many teachers and students, but there are a series of problems in the process of promoting the dance course. Therefore, a more in-depth understanding of how to improve the comprehensive quality of students, and at the same time, according to the situation of dance teaching in vocational schools, on how to make dance teaching better to play its positive role, this is an issue that we need to seriously consider.

2. The Role of Higher Vocational Dance Education in Improving the Comprehensive Quality of Students

Dance, as an elegant art, has an irreplaceable role in improving the artistic quality of college students. Due to our country's exam-oriented education, in junior high school and high school, schools do not provide students with sufficient art education, which results in most students not knowing much about art, while in vocational colleges, the students have relatively lighter burden of schoolwork. Meanwhile, in vocational education, students are in a critical period of aesthetic and life transformation, and it is especially important to broaden their horizons at the right time [1]. In the past, students' knowledge of dance is limited to film, television and so on, and the learning of dance is only regarded as physical action, in fact, learning dance also includes culture, theory and other knowledge, through which students' personal qualities can be improved, and a correct aesthetic concept can be cultivated. At the same time, learning dance can make students in the atmosphere of art, actively accept the positive influence of art, and play a positive role in

cultivating students' temperament and aesthetic consciousness.

3. The Status Quo of Dance Teaching in Higher Vocational Schools

At present, China's higher vocational schools have not given full play to the function of dance art education in cultivating the quality of students. In the dance education of higher vocational schools, most of them are carried out from the perspective of movement and body, and there is little education on artistic literacy. Dance teaching in most vocational schools is aimed at gaining places in various dance art competitions. Secondly, although many vocational schools recognise the important role of dance and art education on students' comprehensive quality, they do not effectively mobilise teachers and students in practice, resulting in the education of dance art literacy not getting the attention it deserves. Moreover, in vocational schools, most of the students have not carried out professional dance studies, and their basic knowledge is weak, so it is difficult for some students to actively engage in the teaching of dance art [2]. Therefore, to further enhance the status of dance art education in higher vocational schools, the current problems need to be solved.

And in order to make the overall quality of students in vocational education be effectively improved, it is necessary to make an in-depth analysis of the current dance education and take corresponding countermeasures to solve these problems, so as to make the teaching quality of dance be further improved. Firstly, the situation of students in higher vocational colleges and universities is complicated, and the basic skills of students are different, so it is difficult for students at different levels to make consistent progress in learning. Secondly, at present, students in higher vocational schools in China generally suffer from problems such as insufficient basic dance skills. Most of the students have never learnt to dance, and some of them have learnt to dance, but their mastery of theoretical knowledge is not good enough. The current dance class in higher vocational colleges and

universities has problems such as weak technique and weak basic skills. Thirdly, when dancing teaching in higher vocational colleges and universities, some teachers do not have a high level of management of students, and the students themselves are poorly disciplined and cannot restrain their own behaviour well.

4. Strategies to Enhance the Role of Dance Art Education in the Quality Cultivation of Students in Higher Vocational Colleges and Universities

4.1. Improve the Importance of Dance Teaching

The successful implementation of dance education in higher vocational schools is directly related to the relevant policies of higher vocational schools. It is necessary to strengthen the attention of school leaders to dance teaching, make the form of dance more diversified, so that students have more choices, so that more students can participate in it, and also allow students to experience and get to know a variety of dances, discover the types of dances suitable for them, and enhance their interest and confidence in learning. In the process of implementing dance teaching in higher vocational colleges and universities, it is necessary to organically combine aesthetic and moral education [3]. Embodying the beauty of art in the dance teaching of higher vocational colleges and universities can stimulate students' creative desire for beauty, inspire their interest in dance learning, and promote the formation and development of their correct aesthetic values. In the dance education of higher vocational schools, the educational concepts of ideological and moral lessons should be organically integrated in order to better enhance students' aesthetic awareness.

4.2. Improve the Overall Quality of the Teaching Team

Teachers' own quality and artistic quality will affect the quality of dance teaching, and the improvement of the comprehensive quality of the teaching team depends on the investment of funds. Therefore, higher vocational schools should increase the funding for dance teaching and strengthen the construction of the teaching team. In terms of teachers, not only should they be recruited for the society, but they can also deeply explore the students with dance foundation and learning background in our school, so as to make the best use of the resources in all aspects, and in the case of social recruitment, the threshold of recruitment should be raised, and teachers with real professional quality and educational experience should be selected, only in this way can the level and quality of dance teaching be improved in the level of teachers. At the same time, in the dance teaching equipment, the school should be in accordance with the reality of the need for students to create a suitable environment for ordinary learning, so that those who are interested in the potential of the students have enough material basis to give play to their speciality.

4.3. Enriching Teaching Forms and Contents

In the context of the new media era, the use of network technology for classroom teaching is a general trend. Dance teaching itself is a kind of flexible movement, coupled with the fact that vocational schools take improving students'

physical fitness as the main goal, therefore, dance courses in vocational schools should not be limited to the classroom, which is difficult for students to exercise due to the limitation of classroom teaching time. In order to improve students' ability to learn and exercise in normal times, vocational schools should enrich their teaching methods, make full use of the advantages of the Internet, and turn dance teaching into online teaching, so that teachers can make their own corresponding videos, so that they can go to study in their free time, and make use of the time that can be readily available to actively practice in normal times, so that dance teaching can be integrated with the life, create a learning environment, so that students can get better inculcation in the elegant art [4]. In terms of course content, practical teaching should be the main focus, while theoretical teaching and cultural teaching, so that students can practice on the basis of their understanding and mastery of theoretical knowledge, so as to better mobilise the students' interest in learning, and make the dance teaching play a practical role in promoting the improvement of the quality of individuals.

4.4. Cultivate Creative Ability

Modern society is in the midst of rapid changes, and the ability to innovate has become an important standard for measuring talents. Higher vocational colleges and universities to cultivate socially useful and innovative talents as their own responsibility, institutions of professional dance teachers hope that their students can be cultivated in the fierce competition in society to achieve their own values, higher vocational colleges and universities in the teaching of dance courses, attaches great importance to the cultivation of students' creative ability, in setting up the curriculum, pointing to the students' brain, physical training, dance skills itself with the corresponding rhythm and a sense of beauty, the students' learning ability and the improvement of self-discipline have been promoted. Dance teachers should guide students to understand that dance practice is not simply imitating external movements, but also an exchange of mind and art. Students should not mechanically memorise the thoughts and emotions contained in dance movements, but rather experience the emotions of the dance creators during the performance of each movement, and feel the intrinsic connection between the previous and subsequent movements, so as to cultivate students' aesthetic ability and creative ability. To cultivate students' aesthetic ability and artistic creativity, at the same time, dance training requires students to have a strong observation ability, students dance learning process should not only imitate, but also learn to innovate, and only innovation will allow it to produce a richer artistic experience, and cultivate the students' artistic concepts, higher vocational colleges and universities related to the dance teacher should pay attention to cultivate students' creativity, in teaching, to create a relaxing and harmonious teaching atmosphere, to the students' physical and mental health growth and comprehensive quality. It plays an important role in promoting the growth of students' physical and mental health and the improvement of their comprehensive quality [5].

5. Conclusion

Dance education is an important means of cultivating students' humanistic qualities and artistic temperament; and the teaching of dance art can enable students to establish correct values, cultivate their collective consciousness, and then guide students to develop a positive and upward attitude

towards life. Therefore, higher vocational colleges and universities should pay more attention to dance art education, continuously improve the level of dance teaching, combine the psychological characteristics and growth needs of students, and develop a more effective teaching programme, so as to lay a good foundation for the development of China's education. In vocational education, in order to carry out dance teaching activities, it is necessary to combine with the students' reality, make scientific design of teaching content, so that the quality of classroom teaching can be improved, so that the students' aesthetic and thinking ability can be comprehensively improved.

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