The Application of Square Dancing in College Physical Education

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Abstract: Nowadays, the curriculum of physical education in colleges and universities is complicated and diverse. However, with the development of teaching work, a single yet boring physical education curriculum model is unable to meet the needs of contemporary college students. As such, educators are trying to find other teaching methods and patterns to adapt to the growing demand for teaching needs. The square dancing in college physical education in the discussion has also been gradually explored. Square dancing has motions of flexibility, rhythm and other characteristics that driving students to a state of curiosity and love. In this way, incorporating the square dancing into the college sports curriculum has become a new trend. This article aims to study on the square dancing in the application of college sports to highlight a specific exposition.

Keywords: square dancing; college sports; teaching application

Introduction

The rapid development of society brings about a substantial change in lifestyle and a significant improvement in living standard. Apart from meeting the basic material aspects of life, the society will also turn their focuses on their health aspect. Especially in institutions of higher learning, the body is viewed as an asset akin to revolutionary capital. Therefore, physical education is of great concern to the majority of teachers and students in particular the square dancing became the students’ favorite because of its popularity and simplicity. Square dancing is also gradually becoming popular in college physical education courses. In modern days, square dancing is rising in popularity as a leisurely engagement to a healthy body, especially so among the student groups in their initial stage of development. Through the application of square dancing in college physical education, the students began to gradually accept and love this type of teaching. Although its development is not yet in full swing, we can imagine the importance it will play in the future education process. This article made a specific introduction on the square dancing in college physical education with respect to its application and related issues.

1. The characteristics of the square dancing

1.1 Leisure sport

The main purpose of the square dancing is to provide for leisure pursuits for people after work and study. Those taking up square dancing in their spare time will be able to ease their own pressure, clear their negative emotions and achieve...
physical fitness. In the rapid development of society, fast-paced life has left many difficult to cope, so students in the face of study pressure and unable to vent their frustrations choose to dance in the melodious music dance. By so doing, sweating and exercising will become a venue to vent their pent-up feelings thus bringing relaxation and comfort. The introduction of square dancing in the student group physical curriculum will usher in a new and interesting way of leisure when groups of two or more interact during the dance thus strengthening the exchange, cooperation and bonds between them.

1.2 Popular sport
Since the beginning of its founding, square dancing spreads quickly in public. So far, more and more people have joined this popular leisure recreation. We can often see the square dancing groups around us. Apart from the elderly groups, this popular pastime has been gradually accepted by college students. The latter makes up part of the total younger generations in this leisurely pursuit. In the major institutions of higher learning, we may also see the use of square dancing as exercise for the body. Square dancing has become a very popular way of exercise and generally accepted and loved by the various age groups.

1.3 Social activity
Square dancing is an annex to social development; it is not only a cultural phenomenon, it has gradually evolved into a social phenomenon. In the streets or various major communities, we can often see dozens of people coming together for a group square dancing activity. In society, this has become a very common phenomenon. It is not surprising for those students leaving schools to join the society to be affected by such social development. In another word, such social phenomenon does have a bearing on the transformation of physical education in institutions of higher learning. Consequently, the impact on the students is deemed huge as through such interacting process the students have learnt to master interpersonal relationships. On top of that, the process also helps to improve the social collective concept; such group square dancing is the epitome of social belonging [1].

1.4 Performance aspects
Square dancing not only helps to achieve the purpose of physical fitness to the participants, more importantly it serves to bring to the spectators a unique visual enjoyment. It can be seen as a stage show yet it is somewhat different from the professional stage performance in that the square dancing audience and the participants are one [2]. In the major colleges and universities, due to the unique performance beauty of the square dancing movements more students are attracted to participate in them.

1.5 Participation of the masses
Square dancing does not have very complex actions, thus high requirements with good physical qualities is not a prerequisite making it possible for participation of all ages. Anyone can at any time join in the square dancing as it does not entail having professional dance knowledge as precondition. Because of the characteristics of the square dancing, the number of participants increase with time; noticeable also in institutions of higher learning where there exist a huge mass base [2].

2. Implementation of square dancing in college physical education courses is feasible due to the following reasons
2.1 Loved by students

Gymnastics and dance class sports courses have already been developed in college physical education. However, it is a pity that their development results are not ideal. Students lack of interests in these courses and make them gradually lose its appeal. The main reason is that the students' physical body foundation is relatively weak and are unable to adapt to these courses in high-intensity training; so these courses have gradually become exclusive to those physical training sports colleges [3]. In the course of the specific investigation, we found that students not satisfied with the courses of gymnastics and dancing classes were more than two-fifths, whereas those interested in such courses were an unprecedented three-fifths, which shows that such courses do command a certain mass basis. Apparently, the most important task now is close the disparity by solving the problem of student dissatisfaction versus student interest as soon as possible.

2.2 Strong demand

College PE teaching courses are to meet the needs of students. This need is to be reflected in the bodily needs, which on the one hand is to achieve the purpose of physical fitness and on the other hand is to cater to the psychological needs of the students, i.e. whether it satisfies their passion. A specific survey data reveals that more than three-fifths of the students show great interest in learning the square dancing, among which the majorities were girls, because subconsciously the dance is considered more suitable for girls. Therefore, in the specific teaching application of square dancing, in view of the inherent problem of group gender, there is a need to combine sports dance and aerobics. In the specific role of the process, it is more appropriate that the contents of teaching should be set in accordance with the specific needs of students [4].

2.3 Students passion for engagement is high

It is foreseeable that the appeal from the square dancing is still high among the students. Although college students have shown a strong interest to participate in square dancing their time is precious and too often could not find enough time for such activity, so they are hoping to have it incorporated into their school curriculum. In this way, it will serve their purpose of engaging in activities of their like. In the current situation, the majority of college students on the optical product teaching curriculum showed a very strong tendency to participate. We have received the support of many students in the experimental stage of the square dancing as an extracurricular project, and they are all eager to participate in this project, so we can foresee the feasibility of the square dancing as a college physical education course [5].

3. Incorporating square dancing into the college physical education curriculum

3.1 Improving the physical education curriculum system

Although the current college physical education courses are varied and many, ironically it is still unable to meet the needs of students. Hence, promoting field dance into college sports courses is visibly a viable move and its emergence will greatly enrich the content of physical education. In the current sports curriculum, there is a fatal weakness in that target is rather narrow and on a broader sense target group is blur and unclear. Drawing a parallel to the football and basketball sports, although very popular with students these games are too strenuous so they are generally selected boys but very much rejected by girls. Throughout the current sports curriculum system the majority of the courses were somewhat tailored more to the needs of the male students, as such, calling for more physical strength and
durability. Most of the physical courses for girls are aerobics, but aerobics are very difficult to master at the same time requiring some basic foundation. Naturally, most girls tend to shy away. So the advent of square dancing in the college curriculum benefits the majority of students, especially female students by providing more choices. And the square dancing as a new type of fitness model comes closer to the needs of student development; its various characteristics rendered it to be an excellent choice for the completion of physical education curriculum.

3.2 Promoting the physical and mental development of students

When performing the square dancing, we often can see the dancers beautiful postures and graceful movements. For example, many students because of incorrect long-term sitting posture leads to the problem of the back hump. Through the practice of square dancing such problem can be slowly rectified and in turn enhanced their temperament and self-cultivation giving rise to a more positive feeling. Apart from ensuring a healthy bodily development, square dancing also helps to achieve a good posture development thus making sure that health and beauty walk hand in hand. On the other hand, the square dancing involves interaction between many of the participants in a way that will enhance the ability to interact with others thus boosting one’s self-confidence along the way. The whole dance process works towards accomplishing a comprehensive development of body and its posture together with the psychological mindset of the participating students effectively attaining the goals that square dancing is set out for [6].

3.3 Enhancing the campus culture

Campus culture construction does not happen overnight; it requires a long-term development process to achieve. Therefore, improving campus culture and problems arising therefrom is constantly in the minds of educators. Square dancing nine tail collagen culture construction provides a way. Take the example of extracurricular interaction whereby teachers and students through the square dancing activity builds up and further enhance their feelings. Together in the presence of a melodious atmosphere dance to the music and communicate and deepen understanding of each other. Both teachers and students can thus achieve a harmonious atmosphere reducing also the gap between teachers and students and closing the gap between students and students. Square dancing is gradually been implemented into the major institutions of higher learning in view of the needs of the physical education curriculum. Its integration not only enriched the content of physical education, it also stimulates students’ enthusiasm for physical education revealing the youthful vitality of college students. The addition of square dancing to college sports teaching provides a reliable way for the construction of campus culture.

3.4 Promoting the formation of students lifelong sports awareness

The effect of the square dancing on the students is far-reaching; it is not short-term but long-term. After adapting and cultivating a keen interest to the square dancing culture, the enthusiasm in the sporting activity will continue to be a part of the students’ future life. As a result, students’ awareness of lifelong learning is formed. Take the example of our surrounding scenario, after learning the square dancing many students are willing to use it for physical exercise. In every corner of the school can be seen the square dancing teams.

3.5 Improving the health of students

In addition to what has been discussed above, the essence of square dancing is in its role of exercise whereby students not only master the coordination of the body’s ability but are also able to tackle their own negative emotions, which can be described as the overall development of the body and mind. The exercise intensity is small for this dance
course; both the masculine and feminine genders are able to participate because adapting to the dance routine is not an issue anymore. Through such practice physical fitness will gradually be enhanced giving the students a better footing to also engage in other sporting activities [7].

4. Square dancing in the specific application of physical education

4.1 Students play the main role

In order for the square dancing in sports teaching curriculum to be widely accepted, the most important thing is to mobilize the enthusiasm of students to learn. For example, you can choose different students during each class session to serve as the role of teacher, so that each student can have the opportunity to be a leader. Engaging the students in such role will help them to better master the dance process at the same time allowing other students to find their shortcomings of the dance action. It prepares the students in readiness even before the next dance lesson starts. Classmates can make recommendations to each other or else let the teacher choose, but the most important thing is that each classmate is given the opportunity to teach square dancing. And the selected student for this teaching role will feel the pressure to learn hard the dance movements, hoping to show the best to the others. In the specific square dancing teaching, we found that many students from the beginning are unwilling to serve in the capacity of dance teachers but finally they gradually began to be happy to share their dance knowledge with others. During this period of time these students managed to achieve some positive mentality and personality changes and their passion and love for square dancing is very much enhanced [8].

4.2 Combined with the appropriate square dancing action and music

Teachers in the arrangement of dance movements try to choose those simple, same directional dance actions, so as to allow students to adapt to the square dancing in the initial stages of learning moving from easier to more complicated as they progressed. In the choice of the accompanying music, it will be wiser for the dance teachers to choose those having a sense of good rhythmic flow or beat that can stimulate students to enthusiasm in dancing. Factors in considering the choice of songs are namely, meeting the student's identity, positive songs, rhythm matching the movements of dance or even popular or trending songs like the “Little apple”, “Gangnam Style” and “Double Children Cool” and other familiar songs.

5. Conclusions

Square dancing is no longer a Patent of the elderly; it has gradually penetrated into the domain of younger generations. Integrating the square dancing into the college public physical education classroom is a major mission of college sports system. The incorporation of square dancing teaching into higher institution physical education curriculum is seemingly an inevitable phenomenon due to a foundation of huge student masses on the one hand coupled with the keen interest and positive attitude shown by the teachers in this discipline. Although the square dancing teaching method has so far received support from various quarters, there remain numerous hurdles to be overcome. Hopefully in the near future, square dancing teaching is no longer just a simple tentative idea but a practical feasible teaching method. As such, its application process needs cooperation both from the majority of educators and college students to fully realize the mission possible objective.
Reference