

Promotion Method and Significance of Sports Dance in College Teaching under Epidemic Situation

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Abstract : A pressing matter of the moment is that the epidemic of new corona virus infection poses a serious threat to the safety and health of the people. It can be said that in the battle against epidemic environment, it is imperative to strengthen the national physical fitness under the premise of raising the awareness of national epidemic prevention. Therefore, sports dance as the most effective sports fitness project, in the epidemic environment to promote has practical significance. The purpose of this paper is to explore the promotion methods of sports dance in the teaching of colleges and universities under the epidemic situation, and to clarify its promotion significance, so as to lay a good foundation for the implementation of the long-term education mechanism of epidemic sports.

Keywords : Epidemic Situation; Sports Dance; Colleges and Universities; Promotion

With the effective control of COVID-19, China's economic activities have gradually entered the right track, and the teaching in universities has gradually returned to normal. However, face-to-face teaching and large-scale gathering are no longer possible, and the epidemic has caused different degrees of adverse effects on the physical and mental health of teachers and students. Therefore, under this social background, it is of practical significance to explore how to teach and promote the sports stage course which can improve the physical and mental health of students. However, because of less discussion on this kind of topic, it is hoped that this study can provide reference for colleges and universities to promote the teaching work in an orderly manner under the epidemic environment.

1. Analysis of the adverse effects of epidemic environment on teachers, students and teaching activities in colleges and universities

The novel corona virus pneumonia not only seriously affects economic activities, impedes economic development, but also changes people's lifestyle^[1] to some extent. The novel corona virus pneumonia affects the teaching plan and the quality of teaching and the teaching effect to some teachers and students. In detail, the adverse effects of epidemic environment on college teachers and students and teaching activities mainly include the following points:

First, the epidemic has a negative impact on the psychological state of teachers and students. During the epidemic period, college teachers and students were forced to live in isolation at home and spent a long "holiday", thus sprouting an urgent expectation of returning to society, school and interpersonal communication. Limited by the epidemic factors, it is difficult to achieve, resulting in depression and irritability. In addition, after the epidemic is stable, they return to school, but they do not live in the normal safe environment, and teachers and students are also vulnerable to lack of a sense of security.

Second, the epidemic has a negative impact on the physical condition of teachers and students. The epidemic has suppressed people's desire to travel. The long-term sedentary and long lying life style has resulted in the lack of physical activity and the decline of physical quality of teachers and students.

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Third, the epidemic has a negative impact on the teaching plan of colleges and universities^[1]. The epidemic delayed the start of school and directly disrupted the original teaching plan. Although colleges and universities try their best to maintain the teaching plan and progress after the resumption of the course, due to the lack of online teaching equipment, teachers and students do not adapt to online teaching methods in a short time, and the poor effect of online teaching, the process of teaching plan is directly delayed.

Fourth, the epidemic has a negative impact on the quality of teaching in colleges and universities. Firstly, under the epidemic situation, if online teaching is carried out alone, the teaching information is not conveyed in a three-dimensional way, which directly affects the teaching effect. Secondly, if online + offline teaching method is adopted, and in the process of online teaching, teachers can't supervise students, and it is also difficult to guarantee students' participation rate and learning effect.

2. Discussion on the promotion methods of sports dance in college teaching under the epidemic situation

It can be seen from the above that the epidemic environment has a certain adverse impact on the physical and mental state of teachers and students and the development of teaching activities. Therefore, for college sports dance teachers, how to carry out and promote the course in the post epidemic era to ensure the quality of teaching needs to be solved urgently.

2.1 Building the information feedback system of physical and mental health of epidemic situation

In the post epidemic era, we should pay attention to the physical and mental health of college teachers and students is not only the requirement of anti epidemic, but also the basis of school teaching activities. The author believes that colleges and universities can collect the information of physical and mental status of teachers and students during the epidemic period, build the information feedback system of physical and mental health of the epidemic, and let teachers and students update their recent physical and mental health status on the system, so as to ensure that schools or third parties can understand the status of teachers and students in real time on the platform system. Of course, in order to ensure the accuracy of the information, we can imitate the community management and control mode during the epidemic period. According to the dormitory distribution, we can set up multiple service groups in each class. The volunteers in the group measure the temperature of the group members, pay attention to their daily life and learning, and understand their psychological and emotional states. These volunteers are responsible for reviewing the personal information updated by teachers and students on the information platform.

In addition, with the support of the school, colleges and universities can carry out epidemic psychological lectures and popular science to let teachers and students understand. To carry out and participate in any teaching activities in the epidemic environment, we should improve the awareness of prevention and control and pay attention to physical and mental health.

2.2 Adopting mixed teaching method: online + offline

During the period of strict control of the epidemic situation in early 2020, online teaching mode has been adopted in primary and secondary schools in China, which has achieved certain results and provided practical basic theory for the application of online teaching mode in colleges and universities. However, sports dance is also a teaching activity for teachers to demonstrate movements and teach skills in specific sports venues. Therefore, if only online teaching method is applied to sports dance in colleges and universities, it is obviously difficult to guarantee the teaching quality. Therefore, the author thinks that the mixed teaching method can be adopted, that is, online teaching and offline teaching in parallel.

Take the Waltz in sports dance as an example: firstly, build an online course platform to enrich online teaching resources. The online resources commonly used in our teaching mainly include MOOCs, movies, micro lessons, courseware, etc. Teachers can directly use the teaching content of Waltz course in these online resources, or record their own Waltz dance videos or dance fragments, and upload the flash demo decomposition pictures to the online platform for students to learn. Secondly, according to the online course content, re-design the offline dance course. If the students have learned the style and characteristics of Waltz and the change of pace through online learning, the focus of offline teaching is to correct the students' movements and ensure that the movements are accurate and the pace is skilled. Thirdly, the flipped classroom should be used reasonably to achieve "online + offline" and "1+1" greater than 2. In short, flipped classroom is a kind of teaching mode of preview on the front line of class, learning in and out of class, and online review after class^[2]. Sports dance teachers can assign homework or ask questions in offline class (such as: how to make the forward cross step to the right turn step look more beautiful?) Let students actively participate in online learning after class. Finally, strengthen the contact between teachers and students to ensure the smooth flow of teaching channels. The application of online teaching will inevitably lead to "centralized" teaching to "spread" teaching. Therefore, teachers

can establish a variety of communication and docking modes between WeChat, public official account, university teacher, university student and teacher student, so as to ensure smooth communication between schools, teachers and students. In addition, these channels can also serve as a platform for teachers to publish short teaching videos and publish COVID-19 prevention and control messages.

3. Summarizing the significance of promoting sports dance in college teaching under the epidemic situation

Previous studies have shown that the development and promotion of sports dance teaching can help to improve the physical and mental quality and humanistic quality of college students. Therefore, the promotion of sports dance in college teaching has its teaching significance and social value.

3.1 Improving the physical quality of college teachers and students

Under the novel corona virus pneumonia, continuing sports dance teaching will help improve the sports system function of college students, strengthen the function of heart and lung, and improve the physical quality of students, so as to help students better resist the outbreak of new crown pneumonia and ensure the health and safety of life^[2].

3.2 Improving the mental health level of college teachers and students

College students have great learning pressure, teachers have heavy teaching tasks, and the impact of the epidemic, it is easy to appear depression, weariness, irritability and other unhealthy psychological state. To carry out and promote sports dance course, we can relieve the depressed mood through sports dance training, so as to timely dredge the bad mood and stimulate positive attitude towards life. The principle of improving college students' mental health through sports dance training is to promote the development of students' mental health through the education of physical and mental harmony and the training of sensory organs and sports dance movements^[3].

3.3 Improving the interpersonal communication level of college students

One of the goals of education reform is to cultivate students' interpersonal communication ability and social adaptability. Sports dance is a course that needs to communicate with others. Students can communicate with others through training, learning, performance, competition, appreciation and other ways, so as to improve the level of interpersonal communication^[4]. At the same time, the increase of good interpersonal relationship and interpersonal communication can help students relieve their bad emotions and improve their unhealthy psychological state.

4. Conclusion

To sum up, the physical and mental status of teachers and students and the development of teaching activities have been negatively affected under the epidemic environment. Through the construction of the epidemic physical and mental health information feedback system and the use of hybrid teaching method, it is helpful to carry out and promote the sports dance course in colleges and universities under the epidemic environment. Under the epidemic situation, the development and promotion of sports dance course in colleges and universities can indirectly improve the teaching level and have research value to protect the physical and mental health of teachers and students and students' interpersonal communication ability.

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