

Research on the Current Situation and Optimization Strategies of Ballroom Dance Course in Colleges and Universities

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Abstract: With the deepening of quality education, the educational requirements for students have changed from blindly pursuing scores to realizing the all-round development of students' morality, intelligence, physical education, and labor. Therefore, more and more colleges and universities introduce ballroom dance teaching in physical education courses to give students more selectivity and possibilities. ballroom dance can not only exercise students' bodies and improve their physical quality, but also improve students' artistic quality through the study of complex ballroom dance movements in this process. Although many colleges and universities have carried out ballroom dance courses, this is a new thing after all. There will certainly be a series of operational problems in the actual teaching process, which makes it difficult to effectively and actively carry out ballroom dance teaching. In view of this situation, colleges and universities must attach great importance to it, discover and solve problems in time, and give full play to the significance of setting up ballroom dance courses.

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Ballroom dance is conducive to improving students' temperament, shaping students' body and cultivating students' sentiment. In recent years, it has been more and more welcomed by college students. ballroom dance can promote the metabolism of the human body, make people feel happy physically and mentally, improve physical literacy, and can also correct students' bad behavior habits such as stooping and hunching. However, as a competitive sport, the ballroom dance course is not popular among the masses, so the understanding of ballroom dance is not perfect, and a series of problems will inevitably arise in the teaching process, which will affect the active development of teaching work. This paper discusses the current situation of ballroom dance in colleges and universities and how to improve the curriculum and optimize the design of specific measures, so as to provide reference and reference value for the promotion and development of ballroom dance courses in the future.

1. Current Situation of ballroom dance Course in Colleges and Universities in

1.1 Lack of Teachers' Ability in ballroom dance Course

Teachers are very important for teaching, especially ballroom dance teaching. ballroom dance teaching is a professional sports sports, which has very strict requirements for the control and requirements of movements. Special teachers are required to lead students to study. However, the professional level of ballroom dance teachers in colleges and universities in our country is uneven, and the problems are mainly caused by these aspects^[1]. First of all, the limited capital investment in ballroom dance in colleges and universities has led to certain restrictions on the research work of ballroom dance. Teachers' professional ability cannot keep up with it and cannot fully expand the advantages of ballroom dance. Secondly, there are professional restrictions on teachers. Nowadays, many college physical education teachers have done good academic research on ballroom dance, mostly in gymnastics or other

sports directions, and their majors are not suitable, as a result, it is difficult to carry out the work of ballroom dance in colleges and universities.

1.2 Ballroom dance Hardware Facilities Inadequately Prepared

ballroom dance is a combination of strength and beauty. It is a sports activity that integrates technology, beauty, and performance. When students learn ballroom dance, they need to perform many difficult movements. Therefore, the teaching environment of ballroom dance is very high. Claim. First of all, one of the most important and indispensable factors in ballroom dance is music, but many college physical education teachers do not have the conditions to play music or professional music equipment. Secondly, students need auxiliary props in ballroom dance contact. Due to the imperfect research work and limited capital investment in college ballroom dance, it is difficult for many schools to prepare professional props needed for ballroom dance. ballroom dance has high requirements for the safety of training venues, but few colleges and universities have built special ballroom dance training venues, which makes it difficult to ensure the training and safety of students.

1.3 Ballroom dance Lack Professional Teaching Material Guidance

Textbooks, as the basis for teachers to carry out teaching work, generally include textbooks, handouts, etc. In people's traditional cognition, the understanding of teaching materials is divided into narrow sense and broad sense. The narrow sense is the traditional written content such as textbooks and exercise books used by teachers. The broad sense is that teachers can use information technology to show more professional ballroom dance performances to students [2]. Our country has a late start for ballroom dance, and the energy invested is limited. The teaching resources that can be used in the classroom are very good. Moreover, after ballroom dance enters the university course, there is no professional unified textbook compilation. The teaching resources in the classroom are mainly integrated and sorted by the teachers themselves, and then explained. The old teaching content and the low teaching classroom atmosphere are difficult to mobilize the enthusiasm of students. Most of the students who study ballroom dance in colleges and universities are ordinary students who have not received professional training. Their sense of dance and sound are not as good as those of professional players. It is difficult to reach the level of professional competitions. Without professional teaching materials, it is difficult for teachers to control the difficulty of teaching content. Too difficult ballroom dance training can easily make students lose interest in learning. Therefore, the lack of subjectivity of professional teaching materials hinders the classroom development of ballroom dance.

2. Research on ballroom dance Curriculum Strategies in Colleges and Universities

2.1 Strengthen Teachers' Educational Quality

Improving and strengthening teachers' teaching level is conducive to the development of ballroom dance teaching. First of all, the school should introduce as many professional ballroom dance talents as possible as teachers to teach. Teachers with professional backgrounds have more professional knowledge and movement essentials, which can help students better contact and learn ballroom dance; secondly, for non-professional PE teachers should constantly improve themselves and conduct professional learning of ballroom dance through various ways such as information technology, schools should also provide teachers with a platform to learn ballroom dance and enhance their understanding of ballroom dance. Because ballroom dance has a changeable style, high content difficulty coefficient, and contains certain cultural heritage and cultural background, teachers must learn professionally in order to better understand and facilitate the development of ballroom dance work. Finally, we must pay attention to the evaluation of teachers, through students' evaluation of teachers and teachers' self-evaluation, we can find the loopholes and deficiencies in the teaching content, adjust and improve them in time, urge teachers to adjust their teaching mentality, flexibly use the professional theoretical knowledge of ballroom dance, improve the professional practical skills of ballroom dance, improve the artistic quality of teachers, and effectively promote the teaching of ballroom dance in colleges and universities.

2.2 And Reasonable Construction of Teaching Sites

The evaluation of physical education teaching in colleges and universities by the State Ministry of Education, including the inspection of sports venues. ballroom dance is carried out indoors, so schools should actively build indoor stadiums to ensure spacious space, perfect functions and complete equipment to ensure students' learning environment. The indoor stadium should have a large-space dance practice field that can perform large-scale dance movements. To ensure the scope of students' activities, it should be equipped with hardware facilities such as mirrors and bars, so that students can practice basic skills, see their own movements, find shortcomings and make timely adjustments. It should also be equipped with professional music playing equipment such as sound so that students can conduct professional ballroom dance training, the ground of the indoor stadium should use wooden floors, which

is convenient for rotation and can protect the safety of students^[3]. By creating a professional stadium, it creates a good learning atmosphere for students, mobilizes students' learning enthusiasm, enables students to actively participate in the learning of ballroom dance, and improves classroom learning efficiency. One problem that teachers should also pay attention to is to regularly check and maintain the hardware measures of the stadium, repair the equipment with potential safety hazards in time, keep the ground clean and tidy, and avoid injuries caused by safety accidents when students are studying.

2.3 Standardize Teaching Material System and Improve Classroom Content

In order to make the ballroom dance education in our country can be effectively carried out, teachers should continuously improve the ballroom dance teaching materials, enrich the classroom content, improve the teaching quality, so that students can receive more complete ballroom dance education. First of all, the education authority should, according to the real development of ballroom dance in my country, unite professional teachers and relevant professionals to formulate teaching syllabus and teaching materials that are in line with the school's teaching reality, are operable, and have reference value, and are practical. Strong and easy to promote ballroom dance combination routines for various colleges and universities to learn; secondly, optimize the curriculum design, and carry out hierarchical teaching according to the actual learning situation of students, appropriate improvements are made to the dance movements that are more difficult to operate, which is in line with the students' real operation ability, and the focus is on professional training with strong pertinence and long timeliness, avoiding the mixture of multiple techniques and movements, and improving the difficulty of learning; finally Teachers can invite some professional ballroom dance learning students to demonstrate, so that ordinary college students can intuitively feel the charm of ballroom dance and improve students' interest in learning.

Concluding remarks

To sum up, the development of ballroom dance education in ordinary colleges and universities is a process that requires long-term practice. In the process of practice, teachers continue to improve teaching methods, enrich teaching content, and make it more suitable for students' learning and understanding. The school should increase the importance of ballroom dance, increase capital investment, continuously improve the school's hardware facilities, and improve the learning environment of students. Teachers should be strict with themselves, continue to learn professional ballroom dance knowledge, and provide students with more Professional classroom explanations enable students to continuously improve themselves, enrich knowledge reserves, and improve sports literacy and artistic accomplishment.

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