Exploration of Dance Teaching Reform in Colleges and Universities under the Integration of Music and Dance

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Abstract: This paper mainly introduces the principles of the integration of music and dance, analyzes the existing problems in the current stage of college dance teaching, and discusses the effective measures for the reform of college dance teaching under the integration of music and dance. It aims to change the traditional college dance teaching mode, effectively integrate music and dance, and create a good dance learning atmosphere for students by using music. Cultivate students' sense of music and improve their dancing skills, so as to maximize the benefits of dance teaching in colleges and universities and promote the modernization of dance teaching in colleges and universities.

Keywords: Music and dance integration; College dance teaching; Reform; Effective measure

In recent years, our country has been committed to the process of higher education reform, dance teaching is one of the important parts, must be considered highly. The traditional teaching mode of dance can no longer meet the requirements of the development of dance industry in modern society, and can not cultivate compound dance talents. In order to change this situation and implement dance teaching in colleges and universities based on social needs, we should promote the reform of dance teaching in colleges and universities. The relationship between dance and music should be fully recognized, music and dance should be effectively integrated, and music should be used to innovate teaching methods in the process of dance teaching, so as to attract more students' active participation and improve students' dance perception ability. We should follow the principle of music and dance integration, take effective measures to improve the level of dance teaching, so as to cultivate more excellent dance talents.

1. The principle of music and dance integration

When music and dance are effectively integrated, certain principles should be followed: First, follow the principle of step by step. Teachers should clearly realize that the integration of music and dance is not a simple task, which needs long-term persistence and gradual development. According to the actual situation of dance teaching, the teacher should start from the basics. For example, at the beginning, the teacher can choose some music with relatively clear rhythm and not too complicated, and integrate it with the dance, so that the students can adapt to this way first. Similarly, when choosing dance accompaniment for students, they can also choose their favorite music or pop music according to their preferences. Students are familiar with this kind of music, which is easier to help students to integrate the dance. With the aid of music, students can deepen their memory of dance movements and at the same time deeply understand the emotions contained in the dance [1].

Second, in the fusion of music and dance, body language aphid and music rhythm to produce resonance. During dance learning, students will do a lot of repetitive dance training in order to remember dance movements and make each movement more standard. This process is relatively boring and will bring great pressure to students, which is not conducive to the effective development of dance teaching. For students, some simple dance movements can basically be completed, but when these movements are arranged into dance works, it is difficult to transform the movements, and only through constant practice can we accurately control the rhythm, which is more difficult on the whole. By integrating music into dance, students can move and practice movements along with the rhythm, which not only relieves the boredom of repeated training of a single movement and relaxes students physically and mentally, but also enables students to focus more on dance movements, deepen their memory of dance and improve their dance skills. In addition, some music with a strong sense of rhythm can be used to strengthen students' musical sense.

The third is to follow the principle of hierarchical design. Dance teaching is not only difficult to dance movements, it also needs to follow the changes in the rhythm of music. Complex dance, the body movement difficulty coefficient is relatively high, and its need for the accompaniment music is also complex and compact. In the process of dance teaching in colleges and universities, teachers should select appropriate music to integrate with dance according to students' actual learning situation and their dance level. For example, for students with weak dance foundation, some slow rhythm music can be selected to help students practice dance, reduce the difficulty of learning dance, solid students' dance foundation, and avoid students' fear of difficulties [2].

2. The existing problems in college dance teaching at the present stage

At the present stage, there are still some problems in the process of dance teaching in colleges and universities, which need to be further improved. The problems are mainly shown in the following aspects: first, the teaching concept of dance teaching adopted by teachers is relatively backward, and the teaching method implemented is too simple, which is not conducive to cultivating students' interest in dance, and it is difficult to stimulate students' subjective initiative, so that the quality of dance teaching cannot be improved; Second, teachers have not grasped the key point of dance teaching. Most dance teaching in colleges and universities only focuses on students' learning of dance theory knowledge and teaching dance skills, but neglects the emotional education conveyed in dance. As an excellent dancer, he should not only have superb skills, but also rich emotions. Only in this way can he integrate himself with the dance work, so as to bring a touching performance. Third, the lack of communication and communication between teachers and students has failed to strengthen the training of teachers, and the team of teachers in colleges and universities needs to be strengthened [3].

3. Effective measures of dance teaching reform in colleges and universities under the integration of music and dance

3.1 Clear dance teaching objectives

The significance of music and dance to people's life should be clearly recognized in the process of dance teaching reform in colleges and universities. Music and dance is a kind of art form, but also an important carrier for people to express their emotions and express their inner thoughts. Music and dance are inseparable in themselves. Based on this, traditional teaching ideas should be changed in the process of dance teaching, music and independence should be effectively integrated, and dance teaching objectives should be optimized. Teachers should lead students to explore the internal relationship between music and dance, tap students' dance potential, and let students clearly understand the indispensable role of music in dance learning. In order to stimulate students' independent learning ability and cultivate their dance creation ability, teachers can allow students to make use of music to create and record the real dance learning situation of each student in detail, so as to comprehensively understand each student's dance style and ability, which is more conducive to teachers to help students find their own advantages and achieve the goal of dance teaching .

When designing dance teaching objectives, teachers can think from the following aspects: First, teachers should mobilize students' interest in dance learning, let students consciously integrate music and dance, highlight students' dominant position, and give play to students' subjective initiative. Teachers should make appropriate teaching content according to students' dancing style, aiming at helping students to fully understand the integration of music and dance, and realizing the goal of dance teaching. Secondly, teachers should take the initiative to collect dance teaching materials, constantly improve their own ability, expand the scope of dance knowledge, and urge students to accumulate dance materials by example. In order to ensure the feasibility of dance teaching objectives, teachers should strengthen communication with students, share dance learning experience with students, close the relationship with students, so as to improve the efficiency of dance teaching. Finally, teachers should provide effective emotional guidance to students, create a good artistic conception of dance for students, so that students can deeply feel the artistic charm of dance and stimulate their love for dance.

3.2 Optimize dance teaching methods

In the process of dance teaching in colleges and universities, teachers should introduce advanced teaching means, constantly innovate teaching methods and change the single teaching methods in the past. Traditional dance teaching is not conducive to the cultivation of students' interest in dance learning, and more boring, easy to make students feel tired and bored. Only through the teacher to demonstrate the movement, the students passively imitate, can not let the students truly understand the charm of dance art, nor use the students to master the dance skills, only stay on the surface. Different students have certain differences in dance styles

and levels, so a set of teaching mode cannot be applied to all students. Teachers need to implement personalized teaching, follow the principle of adapting to local conditions, formulate appropriate teaching plans and choose appropriate teaching methods according to students' actual needs, and pay attention to students' learning feelings in real time. This is more conducive to stimulating students' subjective initiative . Based on this, teachers can improve from the following aspects: First, in the teaching process, teachers can exchange roles with students, let students play the role of teaching, respect students, change students' passive learning attitude, and cultivate students' artistic quality of dance. In the process of playing the role of teacher, the students have a new cognition of the course content, and improve the students' dance perception ability; Second, teachers should change the traditional teaching methods, make bold innovations, and effectively integrate music and dance. Centering on teaching objectives, combining with students' actual learning situation and preferences, effective teaching methods are implemented to give students personalized guidance, change traditional teaching ideas, encourage students to learn independently and give play to their creative ability. Teachers should learn to listen, understand the needs of students, encourage students to express their own ideas, accept reasonable suggestions from students in teaching, and constantly improve the teaching plan, which can not only make the dance teaching more flexible, but also cultivate students' independent thinking and make them more independent.

Concluding remarks

In a word, in the process of dance teaching in colleges and universities, we should attach importance to the integration of music and dance, clarify the internal relationship between the two, follow certain principles of integration, and implement effective dance teaching measures, so as to guarantee the quality of dance teaching in colleges and universities.

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