

DANCE SPORTS INFLUENCE FEMALE UNIVERSITY STUDENTS' PHYSICAL HEALTH IN ETHNIC UNIVERSITIES



ORIGINAL ARTICLE
ARTIGO ORIGINAL
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INFLUÊNCIA DA DANÇA ESPORTIVA SOBRE A SAÚDE FÍSICA DAS UNIVERSITÁRIAS EM UNIVERSIDADES ÉTNICAS

INFLUENCIA DE LA DANZA DEPORTIVA EN LA SALUD FÍSICA DE LAS ESTUDIANTES EN UNIVERSITARIAS ÉTNICAS

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ABSTRACT

Introduction: Ensuring healthy growth with high cultural quality in the population is an important part of Chinese revitalization. University students, as a group of high cultural quality, have the mission and responsibility entrusted by the state and the people. It is believed that these goals can be achieved by using sports dance, which has a wide range and high demands; dancers should have motor skills, physical qualities, understanding of the art of dress, and psychological balance as basic requirements. **Objective:** To test and evaluate whether sports dance activities in physical education students are conducive to promoting students' healthy physical development. **Methods:** This paper examines the influence of teaching sports dance on the physical health of female college students in Ethnic Colleges and its countermeasures. It also discusses the strategies for teaching sports dance to provide viable suggestions for follow-up dance instruction. **Conclusion:** The combination of sports and femininity in exercise has a good fitness effect, improves the artistic feelings of college women, and is conducive to the healthy development of the physical quality of college women. **Level of evidence III; Analysis based on alternatives and limited costs.**

Keywords: Student Health; Dancing; Dance Therapy; Health Impact Assessment.

RESUMO

Introdução: Garantir o crescimento saudável com alta qualidade cultural na população é parte importante da revitalização chinesa. Estudantes universitários, como um grupo de alta qualidade cultural, possuem a missão e responsabilidade confiada pelo Estado e pelo povo. Acredita-se que essas metas possam ser alcançadas utilizando a dança esportiva, que tem um vasto leque e altas exigências nesse sentido, os dançarinos devem ter habilidades motoras, qualidades físicas, compreensão na arte de vestuário e equilíbrio psicológico, como requisitos básicos. **Objetivo:** Testar e avaliar se as atividades de dança esportiva nos alunos de educação física são propícias na promoção do desenvolvimento físico saudável dos alunos. **Métodos:** Este artigo analisa a influência do ensino de dança esportiva sobre a saúde física de universitárias em Faculdades Étnicas e suas contramedidas. Também se discute as estratégias de ensino da dança esportiva, a fim de fornecer sugestões viáveis para o ensino de dança de acompanhamento. **Conclusão:** A combinação de esportes e feminilidade no exercício tem um bom efeito de aptidão física, melhora os sentimentos artísticos das universitárias e é propício ao desenvolvimento saudável da qualidade física das Universitárias. **Nível de evidência III; Análises baseadas em alternativas e custos limitados.**

Descritores: Saúde do Estudante; Dança; Terapia através da Dança; Avaliação do Impacto na Saúde.

RESUMEN

Introducción: Garantizar un crecimiento saludable con una alta calidad cultural en la población es una parte importante de la revitalización de China. Los universitarios, como grupo de alta calidad cultural, tienen la misión y la responsabilidad encomendadas por el Estado y el pueblo. Se cree que estos objetivos pueden alcanzarse mediante el uso de la danza deportiva, que tiene una amplia gama y altas exigencias en este sentido, los bailarines deben tener habilidades motoras, cualidades físicas, la comprensión en el arte de vestir y el equilibrio psicológico como requisitos básicos. **Objetivo:** Comprobar y evaluar si las actividades de danza deportiva en los estudiantes de educación física favorecen el desarrollo físico saludable de los alumnos. **Métodos:** Este trabajo analiza la influencia de la enseñanza de la danza deportiva en la salud física de las estudiantes universitarias de los colegios étnicos y sus contramedidas. También se analizan las estrategias de enseñanza de la danza deportiva con el fin de ofrecer sugerencias viables para el seguimiento de la enseñanza de la danza. **Conclusión:** La combinación de deporte y feminidad en el ejercicio tiene un buen efecto de aptitud física, mejora los sentimientos artísticos de las universitarias y favorece el desarrollo saludable de la calidad física de las universitarias. **Nivel de evidencia III; análisis basado en alternativas y costes limitados.**

Descriptores: Salud del Estudiante; Baile; Terapia a través de la Danza; Evaluación del Impacto en la Salud.



INTRODUCTION

With the deepening of China's opening to the outside world, people's demand for spiritual civilization and material civilization plays an important role in people's mind.¹ Especially in the construction of spiritual civilization, the pursuit of beauty is more prominent, and "aesthetic education" has become an integral part of school education.² Sports dance embodies the perfect combination of art and sports, is a set of dance, music, sports as one, with entertainment, viewing, competitive, aesthetic, fitness and other values of the movement.³ Sports dance is a perfect combination of sports and dance, which combines the rigidity of sports with the unique softness of dance. It has a high artistic value and appeal, and has been widely praised by the public.⁴ College students, a group with high cultural quality, bear the mission and responsibility entrusted by the state and the people. Ensuring their healthy growth is an important part of revitalizing China. Sports dance involves a wide range, and its requirements are also very high. Dancers must have enough dance skills, physical quality, clothing art and psychological quality, which is the basic requirement for every dancer.⁵

With the development of China's market economy, quality education has become the main theme of China's higher education reform. As the sports dance education in higher education, it is most directly and systematically related to the development of people's physical and mental health, and more directly affects the composition of College Students' modern talent quality.⁶ Sports dance as a physical exercise and artistic accomplishment into the physical education class in Colleges and universities, in the physical exercise at the same time, also has a promoting effect on the physical and mental quality of students.⁷ Sports dance in full combination with human structure, psychological state, physiological conditions and other factors, follow the background accompaniment music, carry out changes in different degrees of body, show different body movements, thus reflecting the emotion and characteristics of dance, is an entertaining, interactive, infectious dance way.⁸ The use of sports dance can not only exercise the physical quality of college students, but also cultivate their artistic quality, appreciation ability, performance ability, etc., which is an important test for college students, is conducive to the improvement of their comprehensive quality, and is of great significance to China's future development and construction.⁹ This paper analyzes the influence of sports dance teaching on the physical health of female college students in Ethnic Universities and the countermeasures, and probes into the teaching strategies of sports dance, in order to provide feasible suggestions for the follow-up dance teaching.

Enhancing the physical quality of College Students

College students are in the initial stage of life, the next stage of the workplace will consume a lot of physical functions, we must strengthen physical training, sports dance has undoubtedly become an important choice. The relationship between physical health and physical exercise is generally concerned by people, and there are many researches on it. Generally speaking, there is a certain relationship between physical fitness and physical exercise. For the sake of physical health, many people hope to shape their body shape, change their body shape and make themselves more healthy through physical exercise. Through sports dance, can greatly stimulate the interest of college students, mobilize the enthusiasm of college students, according to the different interests of college students to choose the appropriate dance, health behavior management refers to the use of monitoring, evaluation, analysis and other methods, for individuals or groups to provide health advice or health guidance, and their health behavior management.¹⁰ The establishment of health behavior management system can analyze the information of individuals and groups, and provide specific guidance according to the information, which is conducive to people's physical health through physical exercise.

Training college students' Adaptability

Sports dance has a high artistic value, which embodies the value of sports and dance to the fullest. It can enhance college students' artistic self-restraint, be influenced and infiltrated to a certain extent, and be beneficial to the cultivation of college students' appreciation and artistic views. By comparing the physical indexes of female college students in Huaibei Normal University before and after the sports dance training, it can be clearly seen that the height has hardly changed before and after, but the other six indexes have changed, and the weight, chest circumference and vital capacity have changed the most, which has been significantly improved. In the process of sports dance teaching, the main points and requirements of sports dance should be passed on to college students, and attention should be paid to grasping artistic temperament and feelings. Teachers should always tell college students to integrate their feelings into dance learning and realize the perfect unity of spirit and body.¹¹ Sports dance teaching can assist ideological and political education to a great extent. When students learn sports dance, teamwork, mutual help and collective sense of honor can improve the personality of college students. Some students may lack advantages and lack confidence in academic achievements. Being interested in sports dance can explore the potential talents of college students, enhance their self-confidence, and improve their world outlook, outlook on life and values.

Effective strategies of sports dance teaching in Colleges and Universities

Enhance the correct cognition of college students on Sports Dance

In sports dance teaching, according to the differences of different students, teachers choose different teaching methods. Combine these teaching methods to provide a fair platform for each student. For a long time, students have been used to passively accepting the actions taught by teachers psychologically. In recent years, some sports dance teachers have the awareness of letting students participate in learning activities, but many teachers still don't know how to guide students. We should enhance female college students' cognition of sports dance, understand the development history of sports dance, and have a comprehensive and systematic understanding of sports dance. In order to give full play to the value of sports dance and improve the physical health of female college students, the original classroom teaching mode should be optimized and innovated to enhance the effectiveness and efficiency of sports dance classroom. Figure 1 shows the mixed teaching mode of sports dance and cooperative learning.

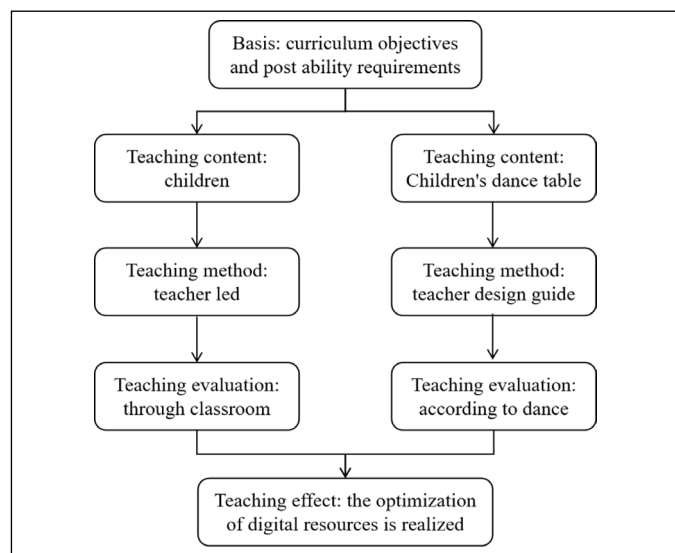


Figure 1. Mixed teaching mode of sports dance and cooperative learning.

The classroom teaching of sports dance should take the practicality of female college students as the core, and focus on cultivating the physique of female college students, which coincides with the requirements of quality education. In the process of teaching, teachers can teach some basic movements of sports dance first, and ask students to arrange their movements freely in groups after class when they are fully mastered. The experimental teaching system of sports dance is shown in Figure 2.

This teaching method not only enables students to learn something in class, but also summarizes and innovates what they have learned after class. Traditional sports dance teaching models are mainly based on demonstration method, decomposition method and holistic method, and their teaching effect is not ideal, so we should innovate on this basis and strengthen the training of female college students in dance. With the help of multimedia, teachers demonstrate in person and lead students to study together, so as to strengthen the interaction between teachers and students and create a harmonious and relaxed atmosphere, which can effectively stimulate students' interest and arouse their enthusiasm for participation.

Optimize the classroom teaching design of college sports dance

In the past, in the teaching of sports dance in colleges and universities, educators only paid attention to specific sports dance movements when designing teaching contents, while ignoring the innovation of sports dance movements. This traditional education model also seriously hampered students' initiative and creativity. While improving the professional quality of sports dance teachers, we should raise the entry threshold of teachers, strictly assess their professional level, and make strict requirements on their dance movements, performance ability and clothing selection, so as to lay the foundation for the development of teaching work.¹² Sports dance teachers should be aware of the key points and difficulties in sports dance teaching, devote themselves to teaching with a more professional attitude, and take the physical fitness of female college students as the core goal, so as to enhance students' physical quality, psychological quality and artistic connotation. Through learning evaluation, we can know not only the teaching situation of teachers, but also the learning situation of students, which is beneficial to teachers' improvement of teaching and students' further study. The realization process of PE teaching evaluation is shown in Figure 3.

Describe the index of teaching quality evaluation as the following quantitative comprehensive evaluation matter-element model:

$$D(p_1) = A \cdot \frac{m(1-r)}{p_1^b} \quad (1)$$

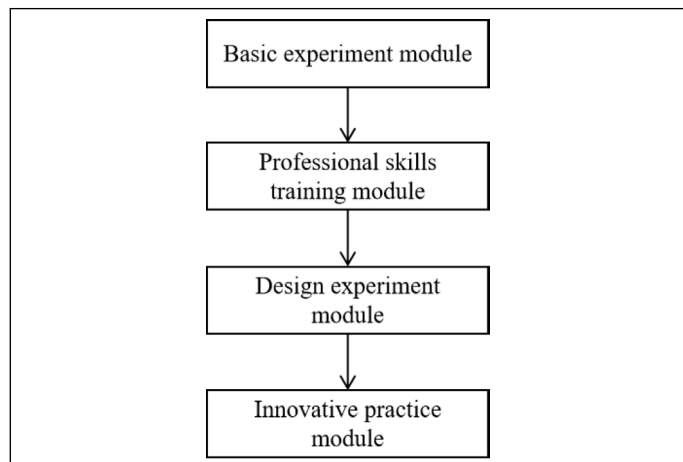


Figure 2. Experimental teaching system of sports dance.

The matter-element model formed by the allowable value range of each index in the comprehensive evaluation of teaching reform is called the node-domain matter-element:

$$AI_t = \frac{(I_t + Q_t)}{2} \cdot \frac{(I_t + Q_t)}{D_t} \quad (2)$$

The detected data or analysis results are represented by matter elements:

$$R_t(p_{it}, Q_t) = p_{it} \cdot \min(I_t + Q_t, D_t) - (p_{0t} \cdot Q_t + C_t \cdot AI_t) + R_{t-1} \quad (3)$$

Use the weight coefficient of each feature to calculate the relevance of the teaching quality evaluation reform on the grade:

$$I_{t+1} = I_t + Q_t - \min(I_t + Q_t, D_t) = \max(I_t + Q_t - D_t, 0) \quad (4)$$

As shown in Table 1, the structure parameter estimation and significance test of the teaching quality evaluation index.

Teachers should be good at using expression and language, warmly encourage students to question, have the courage to express different opinions, at the same time, fully respect students, establish self-confidence, so as to devote themselves to learning. Educators in the teaching time, make the value and role of students to be further highlighted, students can temporarily play the role of teachers, can stand in the position and perspective of teachers to think about problems, through this kind of transposition thinking can also find the hard work of teachers.¹³ For sports dance teaching, the design and arrangement of teaching content is essential. Before the course, teachers should design the whole class content, focusing on students' practicality, and strengthen the physical training of female college students. In the early stage of sports dance learning, teachers should choose relatively simple teaching contents such as movements, skills and footwork, from simple to complex, from slow

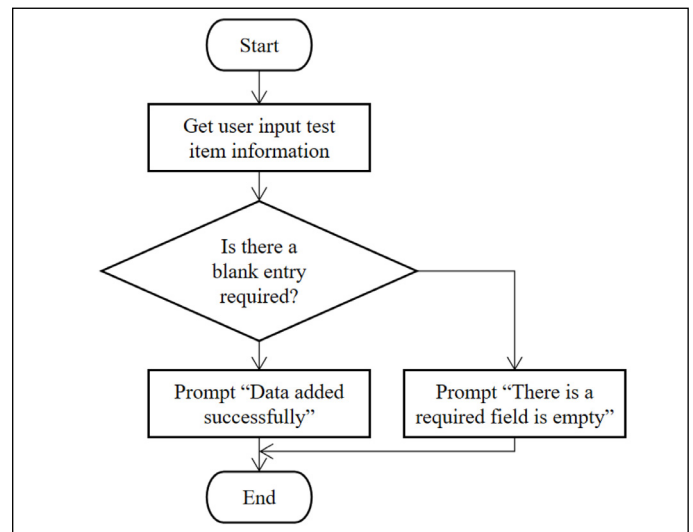


Figure 3. Process of PE teaching evaluation program.

Table 1. Information fusion parameter estimation and significance test.

Path description	Fusion parameters	Path coefficient
Learning ability	6.78	6.66
Promotion ability	5.35	5.28
Management ability	6.51	5.43

to fast, step by step, so as to let female college students experience the process of dance learning and improve their aesthetic taste and appreciation ability.

CONCLUSIONS

Through the influence of sports dance on college students' physical health, it can be seen that sports dance integrates sports and dance, and pays attention to the combination of movement and femininity while exercising, which has a good fitness effect, enhances college students' feeling of art, and is beneficial to the healthy development of college students' physical fitness. Sports dance teaching can assist ideological and political education to a great extent. When students learn sports dance, teamwork, mutual help and collective sense of honor can improve the personality of college students. Some students may lack advantages and lack confidence in academic achievements. In order to maximize the value of sports dance and improve the physical health of female college students, the original classroom teaching mode should be optimized and innovated to enhance the effectiveness and efficiency of sports dance classroom.

In order to better enhance the physical health of college students, we should optimize and innovate the teaching mode of sports dance, strengthen the construction of sports dance teachers, optimize the design and arrangement of curriculum content, and pay attention to cultivating the innovative ability of college students, so as to realize the overall optimization of college students' physical health. Teachers should make good use of expressions and language, enthusiastically encourage students to question, express different opinions, and fully respect students' self-confidence, so as to devote themselves to learning. In the early stage of sports dance learning, teachers should choose relatively simple teaching contents such as movements, skills and footwork, from simple to complex, from slow to fast, step by step, so that female college students can experience the process of dance learning and enhance their aesthetic taste and appreciation ability.

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