

Application of Body Function Training in Latin Dance Training

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Abstract. Latin dance is a very popular sports event. It has officially become one of the sports events of the Asian Games, which has attracted more and more countries and people attention. At present, the relevant experts and professional athletes are also studying Latin dance more and more deeply. They continue to promote the smooth development of this sport event through the study of methods and skills, so as to improve the quality and level of sports and promote the effective promotion of people's physical and mental health. In this paper, the application of body function training in Latin dance training is mainly analyzed, which lays a foundation for the further development of Latin dance in the future.

1. Introduction

As a kind of emerging sport event, Latin dance has developed very rapidly, especially in recent years, a lot of international large-scale dance competitions and sports games are held in China, which had also greatly driven the enthusiasm of the Chinese people to practice Latin dance. Currently, the practice audience of Latin dance is getting bigger and bigger in China, and the degree of specialization of Latin dance practice is getting higher and higher. People not only pay attention to the fun that the sport can bring to people, but also put forward higher requirements on it in terms of skills and rhythm, increase the moveability and artistry of practice, truly improve their own sports skills, and promote the flourishing development of Latin dance in China.

2. Overview of Body Function Training

The body function training of Latin dance is a further practice of the body from different aspects. This overall body training method is more popular in current sports. The body function training of Latin dance is helpful to improve the body moving posture and body moving mode through the development and correction of sport movements, and promote the coordinated development of athletes' physical quality and various skills, and also contributes to the overall improvement of athletes' physical quality and psychological quality. The effect of this exercise is very obvious. It can not only promote the relaxation of athletes' muscles, but also improves the flexibility of the body movement and the coordination of limb movement. The body function training of Latin dance is mainly specific to the training of the coordination and flexibility of the various parts of the athletes' body, so as to strengthen the effective connection of each part of the body through the practice of dance. In addition, the body function training of Latin dance can also improve the overall physical quality of Latin dance, lay a solid physical foundation for their future sports exercise, and help explore the athletes' own sports potential.

3. Study on the Current Application of Chinese Latin Dance Athletes' Body Function Training in Latin Dance Training.

3.1 Physical Strength Quality Status

Under normal circumstances, a very important indicator to test the physical quality of sports athletes is the physical strength quality. Physical strength quality is also the basis of the athletes' physical

exercise effectiveness, and it is very important to improve the performance of sports, the achievements of the game and the development of their own physical quality. When investigating of the athletes' physical strength quality, it is necessary to focus on the relevant inspection and examination of three items, namely, lying leg raises, pull-up and standing long jump. According to the investigation of relevant experts, the strength quality of Chinese Latin dance athletes is relatively large, and the average is also very large. Therefore, the Latin dance movement has higher requirements for athletes' upper and lower limb strength, especially for lower limb strength. Besides, the strain capacity and rapid power weight of the lower limb also need to be improved in the dance process. Based on such realistic reasons, if Chinese Latin dance athletes want to achieve excellent results in the competition, they need to coordinate the strength of their upper and lower limbs and promote the coordinated development of limb movement strength. In particular, they need to focus on improving the effective training of the rapid strength of the lower limbs, and further improve the technical level of Latin dance.

3.2 Status of Speed Quality Training

Athletes are very demanding on the response speed quality in the process of Latin dancing. The human body needs a strong ability to respond to rapid movement and can control high-frequency movements and ranges at any time. Athletes' speed quality response has a great relationship with natural sports quality and psychological tolerance. Although the speed response of athletes can also be improved through various exercises and the use of methods in the later training, athletes' innate consciousness reaction abilities are the most important. Therefore, if the Latin dancers want to further improve the training speed quality, they need to work hard to carry out high-intensity and targeted speed response training.

3.3 Status of Endurance Quality Training

In the course of physical exercise, the requirements for athletes' physical endurance quality are also very specific. The muscle anti-fatigue ability of athletes during the long-term exercise can reflect the coordination between various organs of human body and the psychological quality of the athletes themselves. As a result, if athletes want to enhance their physical endurance quality, they need to promote the improvement and enhancement of the human respiratory system and the cardiovascular system through scientific and reasonable biological methods, in order to further enhance the athletes' physical quality and improve their endurance in the exercise process. However, for Latin dancers, as the music rhythm is faster and the frequency of movement change is higher during the dance process, they are not necessary to take slow or uniform exercise. Accordingly, the endurance quality has very little effect on the improvement of the professional level of Latin dancers.

3.4 Status of Flexible Quality Training

Athletes need to enhance their own flexibility during exercise, and exercise the range of motion of their joints and the stretch of muscle ligaments through warm-up activities. In order to improve the quality and level of exercise, Latin dancers must start from improving the flexibility of their bodies, so as to not only increase the coordination between the various parts of the body during the exercise, but also help reduce the physical injury during the Latin dance. Latin dancers need to enhance the flexibility of movement between the hips, groins and other joints to promote the enhancement of flexibility and improve the overall level and quality of Latin dance.

3.5 Status of Agility Quality Training

The Latin dance movement is very important for the athlete's reaction of health mind, especially in the process of dancing. As the music rhythm changes, the athletes need to change the movement, and at this time, they need to promote the display of flexible posture through the tender changes of the body. The agility quality is closely related to the brain flexibility of Latin dancers. To further improve the agility quality of Latin athletes, it is necessary to exercise their emergency response ability, balance ability and observation ability through certain methods. In the athletes' body function, the

movement of athletes can be enhanced to promote the correct position of the body knowledge and increase the sensitivity of the sports.

4. Analysis of Methods of Body Function Training in Latin Dance Training

4.1 Strengthen the Training of Athletes' Joint Flexibility and Stability

For Latin dance athletes, it is necessary to focus on improving the flexibility and stability of their joints in the process of body function training, because the flexibility of the joint can directly affect the accurate completion of the dance movement, and prevent excessively complex movement during the sports process. If the joints are not flexible during the Latin dance, the magnitude of the movement will be greatly reduced, and some movements cannot be accurately expressed. If there is a lack of stability, the body's joints may be damaged as the limbs continue to change during the dance. Therefore, it is very important to promote the body function training by strengthening the flexibility and stability of athletes' joints.

When exercising athletes' flexibility and stability, it is necessary to further improve their ability to adapt to the situation through the training of athletes' nervous system reaction ability, to ensure that their body balance can be achieved during the sports process, and to prevent injuries during sports process.

4.2 Strengthen Multi-dimensional and Multi-joint movement mode training

The Latin dance sport movement is very demanding for athletes' body movement. Athletes need to display different dimensions of body gestures with the changes in music rhythm. Therefore, in the process of exercise, athletes need to strengthen the training of multi-dimensional and multi-joint movements, promote the accuracy of body posture positions, and strengthen the perfection of various body functions. In the process of completing the movement, neither the joints of various parts of the body nor the athletes' own physical strength can be consumed excessively, so as to ensure the high-quality completion of the dance movement.

4.3 Strengthen the training of Sports Chain

Many movements of Latin dance has a certain degree of coherence. The completion of a movement depends on the transmission of power from the lower limbs to the upper limbs of the human body, which is then displayed at the end of the limb. As the single part of the human body is connected to each other, it is necessary to coordinate the strength of the limbs in the process of Latin dance and promote its perfection. It is emphasized that Latin dance is a whole, rather than the training of a single part of the body, and the movement of various parts shall be organically combined during the exercise. Therefore, in the process of Latin dance training, it is necessary to correct the shortcomings of each part of the movement through overall training, further promote the improvement of physical coordination, and ensure the quality and level of Latin dance sports.

4.4 Strengthen Fast Stretching Compound Training

Speeding up the stretching compound training of Latin dance athletes can help improve their athletic response and the quality and level of Latin dance. In particular, athletes need to perform warm-up exercises before the start of a sport. Through this training, they can also effectively increase the explosive power of muscles to reduce the occurrence of muscle strain during sports. In addition, strengthening fast stretching compound training also helps adjust the relationship between athletes' strength and speed, promote Latin dancers to achieve a more perfect display of movement, and promote the improvement of sports artistry and the display of sports beauty.

4.5 Strengthen Regeneration Training

Latin dancers also need to carry out restorative training after exercise through effective methods such as changing movement, stretching and relaxation and massage. The regeneration training can also supplement the energy of the Latin dancers in time, which helps the injured athletes recover after

injury. In the process of carrying out the regeneration process, it needs to be adjusted through scientific and reasonable methods. At present, both the psychological therapy or health recovery therapy are very important to effectively promote the recovery of body function and promote athletes to adjust their physical condition as soon as possible, so as to make full preparation for the Latin Dance sports competition and achieve excellent competition results.

5. Conclusion

To further improve the quality of Latin dancer themselves and the level and quality of sports, scientific and reasonable methods must be used to promote the physical training of Latin dancers. Through the purposeful and varied training methods, the overall quality and physical coordination of the Latin dance athletes will be further improved to ensure the efficient development of Latin dance.

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