

Research on Dance Sport and Improvement of the Aesthetic Awareness of College Students

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Abstract. Dance Sport in Students' Aesthetic Judgment of special effects: sports dance education is an important part of the Aesthetic Education. The sports dance sport anachronistic modern harmonious development of body and mind, to meet the aesthetic needs of the people, the people's aesthetic sense of culture, people's ability to improve the aesthetic, but also to students the correct aesthetic ideas have important guiding significance. Therefore, to further expand and enrich sports dance aesthetic function, become an important issue of Sports Dance Development.

Introduction

According to "Long-term Education Reform and Development Plan (2010-2020)" needs. In outline clearly states: "Aesthetic education is aesthetic, it is for students healthy aesthetic concepts and aesthetic ability, cultivate noble moral character and cultivate talent all-round development has an important role." For College Students and the current lack of aesthetic consciousness, needs to be improved. First, many college students College Students and the lack of aesthetic ability, sports colleges do not know what is aesthetic, why aesthetic, not to mention the ability to improve their aesthetic. Aesthetics is the human form of a special master of the world, referring to the social and natural formation of a non-utilitarian, image and emotional relationship status. Aesthetic Sense and Sensibility is the pursuit of the subjective and the objective of the specific unity of truth, the pursuit of development, departing from the truth and aesthetic development of the society is not got long universal praise. The reason why people want to aesthetic, because there are many aspects that we need to choose the world, there are many beautiful things we need. Faced with colorful world around, I do not know a lot of College Students and those are things the United States, even if they know something is beautiful, but do not know why the United States can not make a correct judgment of beauty and ugliness, let alone to improve the aesthetic himself. In addition, some university students in physical aesthetic of everyday life there is desalination and vulgar attitude, pure sensory pleasure replace beauty. Currently, many students at the time of looking at things, its evaluation and understanding only stay on the surface level, not from the aesthetic point of knowledge to be a judge on this thing, often in a simple and pure aesthetic pleasure substituted by ignoring the essence of things of beauty.

Secondly, in terms of sports dance Students' Aesthetic Judgment of special effects: sports dance education is an important part of the Aesthetic Education. Dance Sport refers to international standards on the official launch of the Latin dance and dance projects classified by the State Sports General Administration of validation. Sports Dance sport is competitive and appreciation of dance as one of the sport of dance. Music, dance, costume and color, make-up and plastic arts, dance, and every kind of cultural background, etc. can be sure that, for sports dance aesthetic consciousness of students have a profound impact. The sports dance sport anachronistic modern harmonious development of body and mind, to meet the aesthetic needs of the people, the people's aesthetic sense of culture, people's ability to improve the aesthetic, but also to students the correct aesthetic ideas have important guiding significance. Therefore, to further expand and enrich sports dance aesthetic function, become an important issue of Sports Dance Development.

The Concept of Aesthetic Consciousness

Aesthetics is the human world to master a special form of a person and the world (social and natural) to form a non-utilitarian relationship between image and emotional state. Aesthetic Sense and Sensibility is the pursuit of the subjective and the objective of the specific unity of truth, the pursuit of development, departing from the truth and aesthetic development of the society is not got long universal praise. From a philosophical point of view, the aesthetic is something unified opposition and prove excellent. Aesthetic apparent opposition, embodied in his individual, aesthetic unity of the people by objective factors psychology of performance, that in every age or stage, the environment in which people, more or less affect people's aesthetic affected. Since the aesthetic is a subjective activity, so a lot of people would argue that the aesthetic is a special kind of human behavior, there is no aesthetic in other animals. In actual fact, it is speculated that the presence of animals, whether aesthetic of this act, largely by people's thinking about, but not really from the animal's point of view, it is inevitable there is a deviation, it is difficult to say just aesthetic unique to humans .

The concept appears aesthetic consciousness is the result of human activity of aesthetic practice the deepening and expansion. People aware of different things can cause their own different feelings, some objects in the body can feel happy, joy, and in some objects who have the feeling of awe and fear. This problem was deeply troubled people, they began to think and recourse produce this phenomenon causes. It is also in this issue to explore the long-term process, people have begun to question the beauty slowly deeper level of understanding, and thus produce the aesthetic sense of this concept. Meanwhile, people are constantly thinking about this issue and explore, but also to promote the people's own awareness of the deepening. People on the beauty and aesthetic sense of understanding of the concept of continuous improvement and clear on the show, people on their own to explore and analyze aesthetic issues also continue to improve and progress. Alongside this process, which gradually formed the aesthetic discipline. It can be said, it is a history of people's aesthetic sense of aesthetic awareness and explore the history of the deepening and development.

Aesthetic Education Function of Sports Dance

Sports Dance Can Meet the Aesthetic Needs of the People. Need is intrinsic motivation of all human behavior, it is intrinsic motivation aesthetic needs of human aesthetic activities. In sports dance learning process, on the one hand it will lead to expansion of sports dance aesthetic needs related, on the one hand by the aesthetic needs corrective action caused. For example, people who study modern dance, through the aesthetic of modern dance in the ladies and gentlemen of the needs are met, which he is affirming that his words and deeds in life, manners, gestures, will reveal elegance . And because sports dance just a sport, it does not meet all the aesthetic needs of the people. Only continuous learning dance sport, people will know what it can to meet their aesthetic needs, and some aesthetic needs can not get through it. In other words, sports dance learning process, people should keep their actions at any time be modified to sports dance aesthetic needs can be amended at any time. So, sports dance as a correct and healthy guidance aesthetic activity, people's aesthetic needs of its formation, as well as to meet people's aesthetic need to play a very important role.

Sport Dance Can Train the Correct Gender Aesthetics of Young People. Flexible and rigid beauty is the beauty of the aesthetic perception generated, it is the people on the dance sport as expressed in the most intuitive aesthetic experience. Dance Sport in correcting teenagers that morbid aesthetic standards, establish the correct rigidity United States, a flexible approach has outstanding aesthetic beauty "efficacy." Whether through sports dance rigid beauty and flexible appreciation of beauty, or by between partner expressed by rigid beauty and flexible appreciation of beauty, they will, as a representation in people's brains, adolescent eyes and ears, influence their feelings, their physical and mental mayonnaise dip, should influence their aesthetic imagination, aesthetic emotion, as they must accept the rigid and the United States, the United States played a role in fueling the flexible, in order to establish the correct gender aesthetic consciousness. In fact,

with sports dance movement started growing popularity of sports dance has set off an upsurge in society, it has also become one received by young people in recreation projects. With this trend in the promotion, study and appreciation of dance sport has become popular instantly. Now Campus Team universal primary and secondary schools, students of adolescent physical activity, physical development, as well as a series of problems because of the curiosity generated by the opposite sex, has a certain role to promote and improve.

Sports Dance has the Function of Improving Aesthetic Mental Processes. In general, sports dance movement in train people to experience the beauty of form perception, content experience, creating such images three progressive mental process, that is, aesthetic perception, aesthetic experience and aesthetic creation. Sports Dancing through the psychological process of this three-linked by form and content, from the outside to the inside of the image in real terms, to the deep implication to grasp this sports dance aesthetic object, so as to improve the function of the aesthetic subject of aesthetic psychological process. But people on the sports dance aesthetic psychological process, only in the normal mode, is based around three this process, but not all of the aesthetic psychology of aesthetic subject are strictly follow this process, but also by the perceived aesthetic creations , but also directly to the aesthetic creations, or directly by the aesthetic created by the aesthetic experience aesthetic object, and so on. Aesthetic psychological process people subject to the object is to make the process of a series of complex psychological reactions.

The Countermeasures of Dance Sport Improving the Aesthetic Awareness of College Students

Sports Dance Teachers Should Strengthen Aesthetic Education Knowledge Learning and Raise Aesthetic Awareness. Good aesthetic accomplishment and wealth of aesthetic knowledge is the basis of sports dance teachers implement aesthetic education in teaching, with the charm of beauty infections students, only sports dance teachers must first be able to feel United States, understand the United States, in order to shape the United States, show the beauty of the infected students, only high aesthetic cultivation in order to give students "aesthetic eye" and therefore as beauty messenger, the US sports dance teacher communicators need to constantly improve their own quality. Directly affect teachers 'level of knowledge to students of Dance Sport Course in love and commitment as well as students' aesthetic ability, high-level, experienced teachers teaching in order to teach the students a high quality, in order to better promote the aesthetic quality of students promotion.

Optimization Teaching Environment of Sports Dance. Teaching environment has on developing students' aesthetic quality non-negligible value, the role of the students have a subtle influence, to provide students with a beautiful physical environment and pleasant psychological environment is very important. Way to optimize your sports dance teaching environment varied, mainly to set health neat, artistic conception of the classroom environment, pay attention to build good relationships, including between teachers and students, between students maintained friendly and harmonious relations.

Reasonable Arrangements for the Teaching Content of College Sports Dance. The modern age is an age of information, not only the speed of updating the knowledge of fast and large, this textbook content to sports dance brought new challenges to the development of science and technology with improve the level and constantly updated to enhance the scientific and systematic teaching materials focus on scientific basis. Dance professor of college sports purpose is to allow students to keep fit, to enhance the aesthetic ability of students. Currently, many sports institutions in a limited number of hours of teaching, the technology content of sports dance accounted for a large proportion, proportion and rarely learn the theoretical knowledge of sports dance, inadequate training of students aesthetic consciousness. So sports colleges should be based on the actual level of the students to rational, scientific, standardized arrangements for the technical content of sports dance, if the student on the basis of different conditions, different levels of large technology sports dance teaching in colleges and universities should be based, the in sports dance teaching students the content in order to form, ballet, dance-oriented, students temperament, musicality and style, to improve students' sports dance appreciation.

Strengthen the Fit of Sports Dance, Music and Clothing in Teaching. Sports Dance is a physical beauty, action, beauty and musical beauty as one of the noble, graceful movement. Music is an important factor in sports dance, dance music is the soul of "shape" the combination of music "sound" and dance moves to complete the artistic beauty of sports dance performance. Different kinds of dance sports dance, choose a different song, the song is the rhythm and melody of strength, speed, the performance characteristics of a variety of different styles of dance. Sports Dance Teaching to grasp the rhythm of the music from beginning to end, with the melody and dance movements, in particular to highlight the rhythm of the music teaching. At the same time, the United States is an art apparel modified in dance sport specific clothing, the clothing is necessary to meet the requirements of the rules, but also reflect the movement style, but also to meet the different environments and events, but also to highlight the sports dance the characteristics and qualities of students, when college students studying sports dance costumes should also request the United States, so that both enable students to experience the beauty of sports dance costumes, and it helps show the muscles, bones and body beauty, but also in the maintenance of sports dance aesthetic characteristics integrity and uniqueness.

Conclusions

Dance Sport contains a lot of aesthetic value. Sports Dance as an important part of the dance, set physical beauty, music, beauty, fashion United States in one sport, highlighting the beauty of the body shape, help to improve the capacity and improve the aesthetic image of the thinking ability of students, help students evaluation of the United States to improve awareness of the ability to appreciate beauty.

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