

Design and Analysis of Sports Dance Teaching Design under the Background of Internet

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Abstract: Since 2014, the reform of education model has been fully implemented in China, and the traditional teaching mode has been gradually replaced by individualized teaching. As a comprehensive discipline combining theory with practice, sports dance teaching is the main research direction of how to make full use of network resources and achieve information teaching in sports dance. This paper, taking the development of sports dance teaching as the research background, analyzes the concept of sports dance teaching design under the background of the network era. According to the future development trend of sports dance, this paper discusses the teaching design process of sports dance in the background of network age. To further improve the quality of sports dance teaching in China.

1. Introduction

In the outline of moral education in Chinese colleges and universities, it is clearly pointed out that the implementation of the party's educational policy and the dance teaching of college students as an important part of the health education in Colleges and universities are very important. Therefore, the teaching of sports dance is of great importance. With the advent of the new media era and the era of cloud, it is an opportunity and a challenge for the teaching of sports and dance. It can make the form of sports dance more diversified and improve the comprehensive quality of the students and the health index of the body [1-2]. Therefore, it is of great practical significance and necessity to design the teaching mode of sports dance teaching through the network. This paper mainly uses the advantages of Internet, such as timeliness, openness, interaction, and mass of information to solve the disadvantages of the present sports dance teaching. Through the favorable platform of the Internet, formulate effective countermeasures and further improve the teaching of sports dance.

2. The Concept of Sports Dance Teaching Design under the Background of Network Age

The design of teaching is to design the bilateral activities in the course of teaching, that is, to establish the teaching theory and program according to the psychological needs of the students. The main course of the course of sports dance is the students of colleges and universities. Teaching content generally includes two kinds, one is a double dance project with international athletics, and one is a kind of dance for fitness and bodybuilding. Traditional sports dance teaching design is based on teaching objectives and students' class time and stage teaching design, so as to guarantee students' complete teaching content in the specified teaching time [3]. In the context of the network era, the goal of sports dance teaching has started a new location and selection, under the support of multimedia hardware and facilities. Teachers need to combine the main factors in the teaching process, such as teaching content, teaching environment, students' psychological needs, teaching evaluation, teaching field and so on. Change the traditional teacher - oriented teaching situation. By increasing the interaction in the teaching process, the students' interest in learning can be further stimulated and the quality of teaching is improved.

3. The Principles of Sports Dance Teaching Design Based on the Background of Network Age

3.1 Unity of health and entertainment

The teaching goal of sports dance is not only to cultivate the physical and mental health of the students, but also to cultivate the students' good social behavior and any noble charm. The main thing is to let the students feel the positive strength of the dance in the sports dance interaction. If we only pay attention to the principles of students' health in the process of sports dance health design, it will lead to a very monotonous dance sports classroom, violating the teaching principles of sports dance, and reducing students' interest in learning. Just as the sports coach is training the model of the athletes, the students lack the initiative consciousness in the course of sports dance teaching [4-5]. Therefore, in the era of network era, teachers should give full play to the interactive advantages of the Internet media in the design of sports dance teaching, obey the principle of unity between health and entertainment, enable students to play in high school, play in learning, and enhance students' interest in learning.

3.2 The unity of comprehensiveness and the common cultivation of students

The traditional sports dance teaching mode is through one to many teaching mode, the teacher unilaterally transfers the knowledge of sports dance skills to the students, and the students learn from each other. This teaching model can easily lead to the difference of students' learning effect, and it is not conducive to the cultivation of students' creative ability and self-study ability. Therefore, under the background of the network age, the teaching design of teachers' sports dance needs to abide by the principle of the comprehensive nature of the rights and the common cultivation of the students [6]. By combining students' learning ability and learning needs, we should carry out group targeted teaching, or improve students' independent innovation ability and learning ability by changing the roles of students and teachers, so as to achieve comprehensive improvement of students' comprehensive quality and personal ability.

3.3 The unification of direct imitation and thinking enlightenment

Imitation is the first step in the teaching of sports dance. By imitating the key points of sports dance movements, students form certain thinking memory and display their sports dance movements by dominating their limbs. But in the course of teaching design, teachers should not only exercise students' ability to imitate action, but also need to exercise students' thinking and enlightening ability. This is mainly reflected in the process of teaching sports dance; chapters evaluate this aspect. In the traditional teaching mode, because of the singleness of the students' teaching material, the students are teaching only through the teacher's classroom teaching and the sports dance teaching material [7-8]. The student's sports dance examination is only through the student imitate the teacher's class dance movement, according to the student's proficiency in the action, carries on the appraisal score. This teaching method greatly restricts the development of students' creative thinking. Therefore, under the background of the Internet era, teachers need to change the old evaluation system, and carry out the evaluation and assessment by students' autonomous exertion, so that students can combine their own sports dance skills to innovate research and development.

4. Teaching Design of Sports Dance Based on the Background of Network Age

4.1 Curriculum development

The main contents of curriculum development include the establishment of learning content, learning goal and learning task. In the implementation of network teaching classroom, the teacher broadens the students' learning materials by means of multimedia teaching, and students learn knowledge by autonomous learning. Each course has a different learning style, but the students' learning goals are consistent [9]. Therefore, in curriculum development, teachers need to convey to students explicit learning tasks and specific learning contents, so that students can learn and

improve learning efficiency in the teaching process of sports dance.

4.2 Making multimedia courseware

The teaching of sports dance is divided into two kinds: Theory Teaching and outdoor practice teaching. The first is the teaching of theory. In the background of the Internet age, the teaching of sports dance theory should be abandoned by the traditional blackboard and chalk teaching. Through multimedia hardware facilities, teachers integrate elements such as video, pictures and music into the theoretical teaching process, activate classroom atmosphere and improve students' interest in learning. The second is outdoor teaching. In the process of outdoor teaching, teachers are not only the training of one to one dance knowledge, but also teachers can integrate dance movements into the game and situational playing process, so that students can master the key points of sports dancing through games [10-11].

4.3 Knowledge imparting

The channel of knowledge imparting in the network classroom is usually the PC end and the mobile end user. In the process of sports dance teaching, after explaining the theory knowledge, we use network communication platform to collect problems raised by students' self-thinking, and guide them one by one. Instead of taking the initiative to instill knowledge into students through the way students ask questions [12]. At the same time, teachers can group students who have complementary learning ability and learning needs into groups to achieve all-round development of personality and commonalities. In the process of teaching dance skills, teachers can break the constraints of time and space by recording the online video of sports dance movements, allowing students to learn sports dance.

4.4 Teaching evaluation system

The teaching evaluation system is embodied in two aspects: the teacher's evaluation and the self-reflection of the students. In the process of sports dance teaching, before announces the results of skill assessment, the teacher summarizes and analyzes which dance moves according to student's assessment results, and the student's error rate is high. And according to the assessment of the students, review and plan the correct way of learning. The theory of knowledge assessment, through the use of online examination, compared to the traditional sports dance examination, online examination is more novel and unique, can let the teachers first practice to master the learning situation of students, and help students to strengthen the knowledge of sports dance. Second is the student's self-reflection. In the process of sports dance teaching, the teacher through the classroom sampling survey, let the student self-evaluate, in the learning process, its own advantages and disadvantages. Finally, in combination with the teachers and students' opinions, the deficiencies in the learning process are improved. While improving their learning ability, the quality of teaching is improved in an all-round way. The classroom of sports dance network is the key factor for students' autonomy to become the determined students' academic achievements. Therefore, in the course of sports dance teaching, teachers need to allocate reasonably, the time of theoretical knowledge teaching and the time to supervise and manage the students' learning conditions.

5. Conclusion

To sum up, under the background of Internet era, in order to achieve the individualized teaching of sports dance, we need to abide by the principle of unity of health and entertainment, the unity of comprehensiveness and student's general training, and the principle of direct imitation and thinking inspiration. We should make full use of network resources to design the personalized teaching mode, such as curriculum development, multimedia courseware, knowledge imparting, teaching evaluation system and so on. Improve the quality of sports dance teaching and give full play to the role of sports dance course.

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