

Exploration on the Practical Significance of Appreciation of Dance Performance to Humanities Education in Universities

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Abstract: Under the background of the overall progress of tertiary education, the cultivation of humanistic quality and aesthetic ability is particularly important. As a unique means of art education, the appreciation of dance performance cannot be ignored. The role and development prospect of dance performance appreciation in humanities education in universities is the core topic of this study. This paper deeply discusses the effect of dance performance appreciation on improving students' humanistic quality, aesthetic ability and creativity, and its positive influence on campus culture construction and cross-cultural communication ability training. It is found that the appreciation of dance performance enriches students' artistic experience, and also helps them to grow up in an all-round way, improving their cultural tolerance and cross-cultural communication ability. The study points out that appreciation of dance performance plays an important role in humanities education in universities and plays a key role in cultivating students' comprehensive quality. At the same time, in view of the challenge of popularizing dance performance appreciation course in non-art higher vocational colleges, a series of solutions are put forward. This paper emphasizes that the appreciation of dance performance plays an irreplaceable role in promoting the all-round development of tertiary education and cultivating compound talents.

1. Introduction

In modern society, humanistic education constitutes a key part of tertiary education. It plays an indispensable role in cultivating students' comprehensive quality, improving their spiritual world and shaping their sound personality [1]. However, with the rapid development of tertiary education and the refinement of professional division of labor, humanities education is facing the risk of being marginalized or even missing in some fields, especially in non-art higher vocational colleges [2]. These institutions tend to emphasize the training of vocational skills, while ignoring the cultivation of soft power such as humanistic quality, aesthetic ability and cross-cultural communication ability [3]. This may lead to students' lack of overall competitiveness and development potential in their future career path.

As a unique art form, dance performance appreciation not only has high aesthetic value, but also shows its unique charm in improving humanistic quality, cultivating aesthetic ability and promoting cross-cultural communication [4]. By enjoying the dance performance, students can feel the artistic expression in different cultural backgrounds and understand the emotions and thoughts contained in the dance language. This can broaden their horizons and enhance their cultural sensitivity and inclusiveness [5]. Appreciation of dance performances can also stimulate students' creativity and imagination, enhance their aesthetic appreciation ability and lay a solid foundation for their all-round development [6]. In view of this, this study aims to explore the practical significance of dance performance appreciation in humanities education in non-art higher vocational colleges, and how to make up for the deficiency of humanities education through this art form and improve students' comprehensive quality and competitiveness.

2. Characteristics and mechanism of appreciation of dance performances

2.1. The characteristics of dance performance appreciation

Dance performance, as an ancient and unique art form, shows infinite charm with its perfect combination of body language, music accompaniment and emotional expression [7]. Body language constitutes the essence of dance. It transcends the boundaries of language and conveys the inner world and emotional fluctuations of dancers through the dynamics, posture and rhythm of the body. Music accompaniment and dance movements complement each other and create a unique artistic atmosphere together, so that the audience can immerse themselves in the audio-visual feast. Emotional expression is the core of dance performance. It makes dance not only a kind of physical exercise, but also a kind of spiritual communication, which can touch people's hearts and resonate.

The uniqueness of dance performance appreciation lies in that it provides a brand-new aesthetic experience for the audience. Watching dance makes people have a deeper understanding of the beauty contained in it. Whether it is the dancer's posture, movements or expressions, it is full of artistic charm [8]. Dance performances can also arouse the emotional resonance of the audience, so that they can establish emotional ties with the dancers during the viewing process. As a cultural carrier, dance bears the cultural characteristics and traditions of different regions. Through the appreciation of dance, the audience can have a deeper understanding of multiculturalism and broaden their horizons.

2.2. The mechanism of dance performance appreciation

From the perspective of psychology and pedagogy, the appreciation of dance performance has a far-reaching impact on people's cognition, emotion and behavior [9]. On the psychological level, dance appreciation can stimulate the senses, stimulate imagination and creativity, and make thinking more active and open. Emotional expression in dance can touch people's hearts, help emotional release and sublimation, and contribute to stress relief and emotional adjustment.

In the field of education, appreciation of dance performance is an effective teaching method. It concretizes abstract humanistic knowledge and emotional ideas through intuitive artistic forms, which is convenient for students to understand and accept. By appreciating and analyzing dance, students can improve their aesthetic and artistic appreciation ability and cultivate their perception and pursuit of beauty. Innovative elements and creative process in dance performance can also stimulate students' creativity and innovative thinking, and cultivate exploration spirit and practical ability.

3. Application and practice effect evaluation methods

Integrating dance performance into humanistic education in universities has created a new teaching model. The two promote each other and construct a unique complementary effect. Humanistic education is devoted to cultivating students' all-round quality and enriching their spiritual level. As a unique artistic expression, dance performance has injected fresh blood into humanistic education. With the appreciation of dance performances, students can intuitively appreciate the charm and depth of humanistic knowledge, and then improve their humanistic quality invisibly.

Appreciation of dance performance plays a key role in enriching the content of humanities education. Compared with the traditional theoretical teaching, the appreciation of dance performance allows students to deeply experience the essence of humanistic spirit through artistic practice. For example, by watching dances of different styles, students can understand the history, social customs and aesthetic ideas of different cultures, thus broadening their horizons and enhancing their understanding of cultural diversity. Appreciation of dance performance also brings innovative teaching methods to humanistic education. Different from the traditional classroom teacher-led, dance performance appreciation course advocates interaction and participation, and encourages students to actively participate and explore. By watching, analyzing and even trying to create dance works, students can understand humanistic knowledge more deeply and cultivate

critical thinking and innovative ability.

The implementation of dance performance appreciation course in non-art higher vocational colleges requires a clear practical path, as shown in Table 1.

Table 1 Practice Paths for Implementing Dance Performance Appreciation Courses in Non-Arts Vocational Colleges

Practice Path Content	Implementation Key Points
Incorporate into the Humanities Education Curriculum	Make dance performance appreciation a required or elective course in humanities education
Select Diverse and Representative Dance Works	Cover dance works from different ethnicities, styles, and periods, reflecting cultural diversity
Organize Viewing and Analysis Activities	Regularly organize dance performance viewings and guide students in in-depth analysis and discussion
Encourage Student Participation in Dance Creation and Practice	Provide a creation platform and guide students to attempt simple dance creation and performance
Establish an Interactive and Participatory Teaching Mode	Use interactive methods such as group discussions and role-playing to enhance student engagement
Train Teachers to Improve Dance Appreciation Teaching Ability	Organize teacher training to improve theoretical and practical levels in dance appreciation teaching
Evaluate and Provide Feedback, Continuously Optimize Course Content and Methods	Regularly collect student feedback and adjust course content and teaching methods based on evaluation results

In order to comprehensively evaluate the effectiveness of dance performance appreciation course in humanities education in non-art higher vocational colleges, we can adopt an evaluation method combining quantitative indicators with qualitative information (Figure 1). At the level of quantitative indicators, we can reflect the teaching effect of the course and the learning state of students by examining academic performance, curriculum participation and other indicators. In terms of qualitative information, we can explore students' real feelings and gains about the dance performance appreciation course through various forms such as student interview records and personal learning experiences.

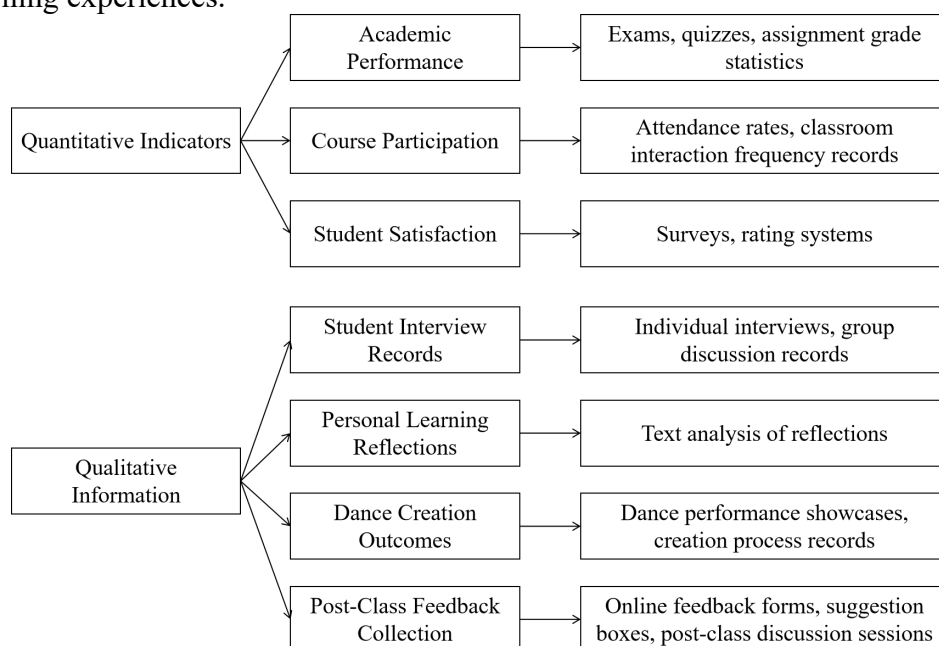


Figure 1 Evaluation Indicators for the Implementation Effectiveness of Dance Performance Appreciation Courses in Non-Arts Vocational Colleges

Through the comprehensive use of quantitative indicators and qualitative information, we can evaluate the implementation effect of dance performance appreciation course in humanities

education in non-art higher vocational colleges more comprehensively and fairly. In order to provide solid support for the continuous optimization and improvement of the curriculum.

4. Practical significance of appreciation of dance performance to humanistic education in universities

4.1. Practical significance

The appreciation of dance performance plays an important role in humanistic education in universities, and its practical significance can not be ignored. As a comprehensive art, dance contains profound cultural connotation and humanistic spirit. Through the appreciation and analysis of his works, students can deeply understand the diversity and historical inheritance of human culture, and then cultivate a broad and profound humanistic quality. This accomplishment is manifested in the mastery of knowledge, including the understanding of people, the cognition of society and the judgment of value. Appreciation of dance performance has a remarkable effect on improving students' aesthetic ability. Dance creates a beautiful atmosphere through unique body language and music rhythm, which enables students to feel the charm of beauty in appreciation and cultivate their sensitivity and appreciation of beauty. The improvement of this ability is conducive to the growth of students in the field of art, enabling them to better discover and create beauty in their lives and enrich their life experiences.

Appreciation of dance performances can stimulate students' creativity. The creative process of dance works itself is a creative activity. It requires students to have a unique way of thinking and expressive ability. By participating in the dance performance appreciation course, students can be exposed to diverse dance styles, broaden their thinking horizons and stimulate creative inspiration. This is very important for them to come up with innovative solutions to complex problems in the future. As a mass art form, dance can enhance the cultural atmosphere on campus and enrich students' after-school life. By organizing dance performances, schools can build a platform to show students' talents and enhance their self-confidence and sense of belonging. Appreciation of dance performances can also promote exchanges and cooperation between teachers and students, and enhance mutual understanding and trust. This has created a more harmonious and positive campus cultural environment.

Finally, the appreciation of dance performance also has unique advantages in cultivating cross-cultural communication ability. By appreciating the dance works of different countries, students can understand the aesthetic concepts and value orientations of different cultures, thus enhancing their cultural tolerance and cross-cultural communication ability. The cultivation of this ability is of great significance for students to participate in international exchanges and cooperation under the background of globalization.

4.2. Challenges and countermeasures

There are some challenges in promoting dance performance appreciation courses in non-art higher vocational colleges. In particular, the lack of professional teachers and the limitation of teaching resources are particularly obvious. These institutions usually do not have enough dance teachers, and the venues and equipment needed for dance teaching may be insufficient. Faced with these challenges, we can implement a variety of strategies to solve them. First of all, improving the teaching staff is the core of improving the teaching quality. Universities should organize teachers to participate in the professional training of dance performance appreciation in order to enhance their professional knowledge and teaching skills. It is also necessary to encourage teachers to improve their dance teaching ability through self-study or further education. Secondly, effectively integrating resources inside and outside the school is an important means to alleviate the shortage of teaching resources. Universities can cooperate with local dance groups or art institutions to share their venues, facilities and teachers. Using network resources, such as online courses and teaching videos, can enrich the content and methods of teaching.

In a word, the appreciation of dance performance has far-reaching practical significance in

humanistic education in universities. In order to give full play to its potential, we must face up to the obstacles in the promotion process and promote the popularization and progress of dance performance appreciation courses in non-art higher vocational colleges by strengthening teacher training and integrating resources.

5. Conclusions

Appreciation of dance performance plays a vital role in humanistic education in universities. It is not only an exhibition of art form, but also an effective way to improve students' humanistic quality, aesthetic ability and creativity. Through the appreciation of dance performances, students can better understand the diversity and richness of human culture and cultivate a broader and deeper cultural heritage. The artistic charm of dance can also stimulate students' creative inspiration, improve their aesthetic appreciation level and lay a solid foundation for their all-round growth. In addition, the appreciation of dance performances has also had a positive impact on the construction of campus culture and the cultivation of cross-cultural communication ability. It enhances the cultural atmosphere of the campus, enriches students' after-school life and promotes the communication and cooperation between teachers and students. Through exposure to the dance art of different countries, students' cultural tolerance and cross-cultural communication ability have been significantly improved.

Follow-up research can further explore the combination of dance performance appreciation and different disciplines, and how to integrate it into the humanities education system in universities more effectively. At the same time, studying the influence of dance performance appreciation on students' mental health and social ability will help to understand its educational value more comprehensively.

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