



# The Implementation Path of Integrating the Dance Art into the Aesthetic Education in Colleges and Universities

**Yanpeng Wei**

Hainan Vocational University of Science and Technology, Haikou 571126, Hainan, China

DOI: 10.32629/asc.v5i6.3262

---

**Abstract:** As an important carrier of aesthetic education, dance art plays an irreplaceable role in aesthetic education in colleges and universities. The aim is to explore the implementation path of integrating dance art into aesthetic education in colleges and universities, and improve the comprehensive quality of college students by improving the curriculum system of dance aesthetic education, innovating the teaching methods of dance aesthetic education, and creating the integrated curriculum of dance aesthetic education.

**Keywords:** dance art; college aesthetic education; implementation path

---

## 1. Introduction

The aesthetic education of colleges and universities aims to help college students establish correct world outlook, outlook on life and values, and improve their moral ideals, aesthetic quality and humanistic quality. President Xi stressed: “We should comprehensively strengthen and improve the aesthetic education in schools, adhere to the aesthetic education and cultural people, and improve students aesthetic and humanistic quality.” Dance art, as a visual art, is a comprehensive embodiment of imagination and creativity, and plays an important role in improving the comprehensive quality of college students. Therefore, it is of great practical significance and theoretical value to integrate the dance art into the aesthetic education in colleges and universities.

## 2. The role of dance art in college aesthetic education

### 2.1 Improve the innovation ability of college students

Dance, as a visual art of spreading emotion, is a comprehensive embodiment of imagination and creativity. Through dance learning, college students can activate their thoughts, develop their intelligence and innovate their thinking. Creative artistic imagination and emotional activities are not only the basic elements to promote college students to form dance thinking and show vivid dance images, but also can fully stimulate the thinking vitality and creative ability of college students. For example, in the process of choreography, college students need to use creative thinking to integrate and innovate different dance elements, so as to create dance works with unique style.

### 2.2 Improve the ideological level of college students

The dance art is the transmission of thoughts and emotions. Through dance learning, college students can cultivate their thoughts and sentiments and improve their ideological level in a subtle way. For example, lyrical dance can cultivate the temperament of college students and enrich their expression of emotion; power dance can strengthen the brave and enterprising spirit; and colorful folk dance can enhance the national emotion of college students. These forms of dance not only help college students to form a positive spirit, but also stimulate their patriotic enthusiasm and national pride.

### 2.3 Improve the aesthetic ability of college students

Dance art pays attention to physical beauty, movement beauty, music and emotion. Through dance learning, college students can understand what beauty is and enjoy the pleasure brought by beauty from multiple angles, and realize the cultivation of aesthetic consciousness. At the same time, in the specific practice process such as choreography and presentation, college students can also learn to discover, appreciate and create beauty, and realize the improvement of aesthetic ability. For example, when appreciating dance works, college students need to use aesthetic vision to judge the quality of dance, so as to improve their aesthetic appreciation ability; when creating dance works, college students need to use aesthetic creativity to conceive the situation, movement and rhythm of dance, so as to improve their aesthetic creation ability.

### **3. The implementation path of integrating the dance art into the aesthetic education in colleges and universities**

#### **3.1 Improve the curriculum system of dance aesthetic education**

Dance body course is an important course to shape the image, temperament and posture of college students. Through dance body training, college students can correct their bad posture and improve their physical coordination, flexibility and strength. At the same time, the dance form class can also cultivate the elegance and good manners of college students, and lay a solid foundation for their future development.

Classical dance appreciation class, classical dance is an important part of Chinese traditional culture, with profound cultural heritage and artistic value. By offering the classical dance appreciation course, college students can feel the beauty of rhythm, rhythm and form of Chinese classical dance, so as to better understand the spirit of Chinese aesthetic education contained in it. At the same time, the classical dance appreciation class can also cultivate college students cultural accomplishment and artistic accomplishment, and improve their aesthetic appreciation ability.[4]

Modern dance is a kind of dance form with innovation and a sense of The Times. By offering modern dance exploration, college students can systematically understand the connotation of modern dance and the spirit of The Times conveyed by modern dance. At the same time, the modern dance exploration course can also cultivate the college students innovative consciousness and innovative ability, and provide strong support for their future development.

#### **3.2 Innovative teaching methods of dance aesthetic education**

Using network resources and digital media, with the continuous development of information technology, network resources and digital media are more and more widely used in dance aesthetic education. Colleges and universities can make full use of network resources and digital media to provide college students with multi-sensory and panoramic dance scene experience. For example, through the online dance teaching platform, college students can learn dance anytime and anywhere; through virtual reality technology, they can experience the charm of dance art. These teaching methods can not only stimulate the enthusiasm and consciousness of college students in learning dance, but also improve their learning effect and aesthetic ability.[1]

Three-dimensional and immersive teaching is an innovative and interactive teaching method. By conducting three-dimensional and immersive teaching around ethnic and folk dance, college students can actively participate in classroom interaction and stimulate their creativity and imagination. For example, when teaching Tibetan dance, teachers can play Tibetan music, show Tibetan costumes and dance props, so that college students can feel the unique charm of Tibetan dance in an immersive atmosphere. This teaching method can not only improve the dance skills and cultural literacy of college students, but also cultivate their national feelings and patriotic feelings.

It is an effective way to improve the teaching quality of dance aesthetic education to invite dance experts into the classroom, and to invite professional teachers from the dance art school, dance education institutions, dance artists, experts and scholars from social dance art groups to conduct face-to-face teaching and communication with college students. These experts have rich dance experience and profound artistic accomplishment, and can provide professional guidance and advice for college students. At the same time, through the interaction and communication with experts, college students can also broaden their horizons, increase their knowledge, and improve their dance level and aesthetic ability.[2]

#### **3.3 Create integrated courses of dance aesthetic education**

Dance aesthetic education is not only an independent discipline, but also can be integrated with other disciplines to jointly promote the comprehensive development of college students. For example, the integration of dance aesthetic education with music, fine arts, literature, drama, film and television, history and other disciplines can carry out the education of aesthetic taste and quality cultivation of college students. Through the comprehensive appreciation of the famous Song Dynasty painting “Thousands of Rivers and Mountains” and the dance “Only This Green”, college students can feel the “flowing famous paintings” and appreciate the unique aesthetics of the Song Dynasty while enjoying the charm of traditional Chinese dance. This integrated course can not only enrich the knowledge structure of college students, but also cultivate their interdisciplinary thinking and comprehensive ability.[3]

Combined with the construction of the campus culture, the dance aesthetic education is an important part of the campus culture construction. By combining dance aesthetic education with the construction of campus culture, it can create a campus cultural atmosphere full of elegance, beauty and vitality. For example, colleges and universities can organize dance competitions and dance club activities, so that college students can feel the charm of dance art in the participation, and improve their dance level and aesthetic ability. At the same time, colleges and universities can also use the dance art to spread and

inherit the excellent traditional Chinese culture, and enhance the national pride and cultural confidence of college students.

## 4. Case analysis

Hainan Vocational University of Science and Technology attaches great importance to the work of aesthetic education, actively implements the national opinions on comprehensively strengthening and improving the aesthetic education in schools in the new era, and carries out rich and colorful aesthetic education teaching activities combined with the actual situation of the school.

The university has incorporated the public art courses into the undergraduate talent training programs of various majors. Students of four-year undergraduate majors and two-year upgrading majors need to complete two credits of public art courses to graduate. The school has set up art appreciation courses, focusing on improving students core qualities such as cultural understanding, aesthetic perception, artistic performance and creative practice. A sound public art curriculum system has been established, and elective courses such as art appreciation, art practice, art history and theory have been offered for students to study. On the basis of the existing, practical courses such as calligraphy, painting, photography, local traditional intangible cultural heritage music, dance and chorus, as well as historical courses such as music, fine arts, design, film and television are added.

The school actively makes use of the advantages of the full network coverage and multimedia classroom, using the network technology and multimedia courseware to enrich the classroom teaching content and the form of classroom teaching organization, and improve the classroom activity and students interest and enthusiasm. Excellent literary and art workers and social aesthetic education celebrities are invited to serve as aesthetic education teachers in the school to improve the teaching level of aesthetic education. The school has held many cultural festivals, art competitions, artistic performances and other extracurricular activities, and set up a stage for students to participate in artistic practice, improve their artistic skills, and display and feel the beauty of art. We have organized many teacher training and enterprise practice research work to improve teachers teaching level and broaden their academic vision.

Hainan Vocational University of Science and Technology pays attention to the construction of teaching staff, and has established a high-level teachers combining professional and part-time, appropriate quantity, high quality, dynamic management, theory and practice. The university encourages teachers to actively participate in scientific research and social service activities, and constantly improve their academic level and professional ability. At the same time, the school has also strengthened the training and management of teachers to ensure that teachers are competent for education and teaching work and provide quality services for students. Hainan Vocational University of Science and Technology pays attention to the construction of campus culture and the development of student association activities. The school has set up a number of student associations and organized various colorful club activities, such as dance competition, recitation contest and so on. These activities not only enrich students after-school life, but also improve students comprehensive quality and teamwork ability. At the same time, the school also actively organizes various cultural lectures and art exhibitions and other activities to provide students with more opportunities to learn and communicate.

## 5. Conclusion

As an important carrier of aesthetic education, dance art plays an irreplaceable role in aesthetic education in colleges and universities. By integrating the dance art into the aesthetic education in colleges and universities, the innovation ability, ideological level and aesthetic ability of college students can be improved. In order to implement this path, colleges and universities need to improve the curriculum system of dance aesthetic education, innovate the teaching method of dance aesthetic education, and create the integrated course of dance aesthetic education. The implementation of these measures will not only help to improve the comprehensive quality of college students, but also help to promote the implementation and promotion of quality education in colleges and universities. Therefore, colleges and universities should attach great importance to the role of dance art in aesthetic education in colleges and universities, and actively take measures to promote the integration of dance art into aesthetic education in colleges and universities.

## References

---

- [1] Guo Qingkai. Value research and promotion path of sports dance courses in higher universities under the perspective of aesthetic education [J]. *Art Education*, 2024, (10): 273-276.
- [2] Duan Zhihan, Meng Jia. Teaching and learning in dance aesthetic education in colleges and universities from the perspective of aesthetic education [J]. *Time Report (Running Run)*, 2024, (07): 28-30.

- [3] Ai Xuena, Wang Wei. New media enables the innovative path of dance art work of the Communist Youth League in universities — Take dance aesthetic education as an example [J]. *Ingenuity*, 2024, (07): 147-149.
- [4] Li Xiran. Research on dance noumenon consciousness and dance culture concept in dance teaching in applied universities under the perspective of aesthetic education [J]. *Shang Wu*, 2024, (12): 165-167.