



On the Multi-Dimensional Influence of Physique Course on Students Majoring in Performance

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Abstract: With the continuous improvement of material living standards, physique course, as a professional course with aesthetic characteristics, is more and more popular with students. Physical training for students majoring in performance is not only the improvement of their own physical beauty, but more importantly, the cultivation of physical beauty. Under long-term physical training, students will be able to stand, stand, sit, lie and walk subtly to form a certain standardized posture and cultivate their awareness and habits of posture beauty. This paper focuses on the multi-dimensional influence of physique course on students majoring in performance, and makes a comprehensive analysis from the perspectives of physical beauty, spiritual beauty and creative beauty, in order to reveal the unique value of physique course in colleges and universities to promote the all-round development of students.

Keywords: physique course, students majoring in acting, multidimensional influence

As a course integrating dance, performance and music, body shape aims to help students master the content and methods of basic body shape training, improve students' coordination of body and control the flexibility of body by combining music, melody and rhythm, so as to achieve the purpose of body building and aesthetic improvement. The physique course not only meets the needs of students' experience of beauty and physical exercise, but also helps them to shape a beautiful body and improve their temperament. It is necessary to participate, experience and practice under the guidance of teachers, excavate the aesthetic education value and elements in the physique course, and guide students to fully feel the charm of physique art^[1]. However, due to some students' low understanding of physique courses and obvious differences in adaptability, many of them often regard physique training as simple physical exercise, and believe that these trainings cannot have a positive impact on their performance professional development, and lack enthusiasm and initiative for physique course learning. Based on this, this paper will analyze the professional value and practical significance of the physique course by exploring the multi-dimensional influence of the physique course on the students majoring in performance, so as to guide the students majoring in performance to understand the importance of physique training to professional learning more deeply and systematically.

1. Physical Fitness and Body Shaping

The basic skills training can effectively improve the flexibility and coordination of students' limbs, enhance the ability to control muscles. Various types of body rhythm training and fitness training can effectively improve the flexibility of students' limbs, help students exercise bones and muscles, and the viscera and nervous system can also be strengthened to a certain extent, so as to improve the overall physical quality of students. Especially for some students who need to engage in high-intensity performances for a long time, the physique course can help them enhance their physical fitness,

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reduce the problems of lines and breath caused by insufficient physical strength, so as to ensure that they can always maintain a vibrant and healthy state in the performance^[2]. The influence of body shape course on students ' body shape is reflected in the fact that their body shape can be gradually corrected in long-term physical training, and their good body shape and temperament can be maintained. All kinds of bad physical habits such as humpbacks and shrugs can also be improved in physical training.

The training methods such as dance and body development in the physique course can make the students become lighter and more flexible in the training process, and the movements are beautiful and balanced. They can better understand their bodies and relax their bodies, so that they can show their talents freely in the artistic performance. In addition to the good improvement of students ' body shape and temperament, the body shape course also changes the way students understand the beauty of the body. Under the current misconception of " taking thin as beauty, " the emphasis of body shape training on the organic unity of strength and flexibility is also reshaping students ' aesthetic concept. In the study of physique courses and daily training, students will gradually establish professional aesthetic standards such as symmetrical proportion, muscle lines and dynamic balance. To a certain extent, it can also help students majoring in performance to accurately distinguish between healthy posture and deformity aesthetics. In the training, the three elements of rhythm, space and strength are organically integrated to further enhance students ' aesthetic perception ability.

2. Performing Skills and Artistic Expression

Ballet, modern dance, classical dance and Chinese folk dance in the body curriculum can help students majoring in performance improve their performance skills. Body language is an important means to shape roles and convey emotions in performance. Students ' body coordination and flexibility can be significantly enhanced in long-term physical training, which will enable students to quickly and accurately grasp the physical characteristics of characters in performance, use body language more freely, and fully show the beauty of body in performance. The influence of physique course on students majoring in film and television performance, music performance, model performance, hosting and broadcasting is different. Physique training can help students majoring in film and television performance to exercise their ability to express their emotions through external body movements in the process of liberating body tension and strengthening body coordination. In the development of body rhythm, students in the direction of music performance can realize the organic integration of vocal music skills and body language ; the influence on students in the direction of model performance is more direct, and posture correction and muscle control training are more helpful to improve their body lines and improve their posture. Students in the direction of broadcasting and hosting can optimize their body language in front of the lens in physical training, and cooperate with language expression to improve the overall audio-visual effect.

Artistic expression is one of the important symbols to measure the actor 's performance skills and emotional expression ability in the performance. The artistic elements such as dance and music in the form course make it better to cultivate students ' sense of rhythm and rhythm, help them quickly and keenly capture the emotional changes and plot ups and downs of the characters in the performance, and present the character characteristics and emotional levels contained in the characters in a more vivid and flexible form. In fact, it can also help students expand their own performance forms and styles and develop their own performance potential^[3]. The physique course generally contains some dance elements. Students learn to use body language to express emotions and tell stories in the physique course, which will also guide them to understand the connotation and charm of art more deeply, so as to effectively improve their artistic accomplishment and artistic expression ability. The physique course also encourages students to give full play to their imagination and creativity on the basis of mastering basic movements and skills, learn to interpret beauty in their own way, and create their own original works of art.

3. Mental Health and Emotional Management

As a form of education with both physical training and artistic accomplishment, the physique course can not only improve the physical coordination of students majoring in performance, but also play an important role in enhancing students ' self-confidence and psychological resilience and helping young students improve their personality. Neuropsychological studies have shown that the upright stretch of the body itself can promote the brain to secrete serotonin,

and this physiological change also has a significant correlation with psychological self-confidence. The posture correction training included in the physique course can help students effectively improve the common problems such as chest humpback and scoliosis. In the long-term physique training, students majoring in performance can get upright posture and coordinate body movements, and the improvement of their external phenomena can also be transformed into their internal psychological advantages^[4]. The physique course requires students majoring in performance to train and repeat movements every week for a fixed time, which is essentially a regular exercise of their willpower. Students need to overcome physical fatigue, pain and other discomforts in the training of physique courses, and can also guide them to gradually learn how to keep calm under pressure and find solutions to problems. In addition, music, dance and other elements in the form course also help students relieve emotions and release pressure, so that they can be more optimistic and strong in the face of various setbacks and adversity, so as to improve students' psychological resilience.

4. Social skills and team spirit

As a collective art practice activity, the body shaping course has a unique social significance for students who are in a critical period of personality development. At present, the body shaping course in colleges and universities is mostly taught in small classes. Students in the class are not entirely from the same major or class, which also helps students majoring in performance to break their own inherent social barriers. In the physique course, there are many combined movements that students need to complete together. Students can cooperate with the music rhythm in the physique exercise and establish social connections based on artistic resonance with other students. Especially in many physical training links that require two-person cooperation, their appropriate physical contact is also more helpful to shorten the psychological distance between students and quickly establish a trust relationship with physical cooperation as a bridge.

The improvement of social skills of performance majors is mostly caused by factors such as eye contact, spatial distance control, and movement range coordination in physical training. Students participate in more activities and exercises in the teamwork of physical courses. It also helps them learn how to communicate effectively with others, coordinate division of labor, and solve problems together, further improve their teamwork ability, and lay a good foundation for their future career and life development^[5]. Moreover, the emphasis on students' personal manners and temperament in the physique course is more helpful for them to continuously improve their physical manners and enhance their personal image, and then shape a generous and decent positive image in various social occasions, leaving a good first impression in the hearts of others, which is actually an effective way to improve their social skills and social effects.

In a word, the physique course can have a positive impact on the improvement of the comprehensive quality and the development of the ability of the students majoring in performance from the aspects of physiology, psychology, social communication, aesthetics and so on, and constantly innovate the teaching mode and method of the physique course, so as to better play the educational role of the physique course itself, optimize the teaching quality of the aesthetic education course in colleges and universities, and cultivate more excellent talents for the socialist modernization construction.

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