

The Construction of Ballet Basic Training Curriculum System and Its Effect on International Standard Dance Training

Tingting Guo^{1,2}

¹Tianjin University of Sport, Tianjin, China

²Philippine Christian University, Manila, Philippine
gttqzy512@163.com

Keywords: Ballet Basic Training, International Standard Dance, Training Value, Curriculum System

Abstract: International standard dance came along with the pace of globalization and has been highly popular in China. As an elegant art, ballet has a strong exercise effect on the overall quality of dancers. Ballet and international standard dance have a close relationship, and the two complement each other, complement each other. The dance style of the ballet Swan Lake has many similarities with international standard dance, so ballet basic teaching can be used to train international standard dance talents. By integrating ballet basic training with international standard dance training, it can improve the standard and gracefulness of students' movements, and also deepen the memory and gradually become proficient in the movements, so that they can be integrated. Therefore, strengthening the teaching of dance foundation has an important role in improving the quality of students. This thesis will use literature method, questionnaire method and mathematical statistics method, the role of ballet basic training in international standard dance as the goal of research and observation, in terms of posture, flexibility, muscle ability and technical skills, as well as music literacy five aspects of research and analysis, in order to improve the international standard dance training effect has reference and reference, in order to promote the international standard dance in In order to promote the long-term development of international standard dance in China.

1. Introduction

International standard dance is a sport that evolved from social dance: it is a sport that integrates the art of dance with sports, and it is performed in pairs of men and women. The inclusion of scientific and systematic ballet form training in the teaching of international standard dance improves the strength of the knee, ankle and wrist muscles and the flexibility of other joints, thus improving muscle control [1]. Ballet form stance imparts temperament and strength, highlighting

the strength and temperament of the dancer. Therefore, the construction of a basic ballet training curriculum is particularly important [2].

Using ballet as a basic training and combining it with other dance styles has been a teaching model that is being explored both at home and abroad. Foreign scholars dos Reis Furtado [3] explored the relationship between RG (artistic gymnastics) and ballet and compared them in two different RG point codes, exploring the ballet movements that were found to be applied by RG in the 2017-2020 Olympic Games and the ballet movements that were influenced in the performances. Through the integration of ballet and folk dance, Zhang Ying [4], an associate professor at the Central University for Nationalities, proposed several possible ways to "absorb" and "embed" ballet training into the basic training of Chinese folk dance, i.e., to strengthen the basic training appropriately. These combinations improve dancers' physical coordination and technical skills, and instill artistic values. Researcher Hu Yongmei [5] discusses the importance of ballet foundation training in the teaching of international standard dance, arguing that innovative teaching models allow students to improve their overall quality, integrate the arts, and better infuse the vitality of Chinese physical dance.

Therefore, in order to promote the long-term development of international standard dance, we need to improve the efficiency of international standard dance teaching through ballet basic training, enhance the students' international standard dance dance foundation, and improve the accuracy and grace of dance movements. And international standard dance has been incorporated into the physical education curriculum of colleges and universities in recent years. However, because it has been developed for a short time, a very complete teaching system does not exist yet. Therefore, it is of great practical significance to introduce the ballet basic training system into the teaching of international standard dance, which can promote the development of international standard dance.

2. The Connection between Ballet Basic Training and International Standard Dance

"Gentle and elegant" is the temperament of ballet [6], and international standard dance is directly influenced by this "gentlemanly behavior". As an elegant art form, the basic movements of ballet require the human posture, facial expressions and body language to meet certain aesthetic standards, so it has high requirements for the dancer's body shape and artistic cultivation. Ballet basic training requires scholars to have a strong physical quality, the purpose of which is to achieve the purpose of enhancing the beauty of the human body. And during the international standard dance training, the awareness training of the beauty of the form and gesture needs to be strengthened [7]. As an elegant art form, ballet itself has a certain beauty of form. The delicate body posture dignified and noble plus elegant dancers, more able to show the style of ballroom dancing, but dancers this is to be shaped in the long process of ballet training. In the learning process of ballet, the form, movement and other aspects of the system specification and strict standard requirements. Many national standard athletes after a long time professional ballet hard training, finally among the top ranks of national standard dance.

In particular, in Latin dance, the "turn" is used particularly often and with high frequency, and rapid rotation often occurs [8]. Therefore, it is very important to master the basic spin technique, which has a significant role in developing the coordination of all body parts and improving the athletic performance of students.

The integration of ballet elements in national standard dance enables dancers to better express themselves and also improve their performance level. Dancers with different music and styles can also show their emotional value through dance, make reasonable innovation and improve the interpretation effect, thus promoting the development of international standard dance.

2.1. The Training Value of Ballet Basic Training in the Teaching of International Standard Dance

1) Exercise the beauty of the form

Posture plays a decisive influence on international standard dance movement, and in international standard dance whether it is Latin dance or modern dance, it is necessary to keep the upper body chest up and abdomen tight, waist and back upright, shoulders down, abdomen needs to ensure tightening at all times, lower limbs tighten medially and keep the external eight, in order to ensure the balance and stability of the human body, to do the change and flow of dance steps, swim and complete complex movements.

And ballet is a dance that integrates the training of the human legs, abdomen, waist muscles, chest, shoulders and other parts [9]. Ballet form training will also train: jumps, flat turns and other technical movements. This improves the artistic temperament of the ballerina and the aesthetics of the dance movements. Therefore, in the daily teaching and training of international standard dance, we should strengthen the basic movements of students, specifically in international standard dance, we can introduce the small and medium jumps in the teaching of ballet training system, as well as the big jump training, so as to enhance the ability of international standard dance players to correctly use the strength of the legs and recognize the buffer.

Improve the flexibility of the body

As a learner of international standard dance, the flexibility of the limbs is an essential professional foundation [10]. Therefore, you can continuously adjust your body posture and movement rhythm through ballet basic training to improve the expressiveness of GB dance. Form training and dance technique training are conducted to achieve better mastery of body movements and skills. Ballet basic training on the training content mainly includes ground rubbing, kicking, leg control and a variety of squat training. In the training process generally follow the principle of gradual progress from simple to complex, gradually improve the coordination and flexibility of the lower limbs and trunk, enhance the dancer's control ability and muscle endurance, in order to achieve the purpose of beautifying the standardized body posture.

Improve technical movements

International standard dance is usually two people jumping, in terms of national standard dance, in addition to the simpler program action, there are many in the air rotation and lifting and other techniques, especially in Latin dance, the "turn" used especially much, the frequency is also particularly high, often with rapid rotation movement. In the international dance world, Latin dance is recognized as the world's number one sport, and its own unique style to attract many viewers. Ballet, on the other hand, requires control and a strong ability to rotate, jump and be physically expressive [11]. Among them, balance is also a very most important aspect, because it determines whether the dancer can accomplish difficult movements and achieve good performance results. The same is true for international standard dance, which requires the mastery of various basic techniques in order to complete difficult movements. But at the same time, there should be certain skills, for example, how to use arm balance to improve the difficulty of the dance, etc. International standard dance is divided into four levels[12], namely A level, B level, C level, D level in four sections for training, each level has different degrees of requirements, and it is difficult for the general public to be competent.

3. Experimental Design

This study is based on the course of "Ballet Basic Training" for sports and arts performance majors, and the study was conducted by means of a questionnaire survey in terms of learning, improvement after performing ballet basic training, and comparison of scoring after integrating

ballet basic training content into international standard dance. Among them, the same coaches were selected to judge and score them before and after the experiment[13].

3.1. Ballet Basic Training Course Content Construction System

In this paper, based on the four curriculum construction principles of relevance, feasibility, practicality and scientificity, the content structure of the ballet training course was designed based on the learning objectives of the ballet basic training course, starting from the two aspects of theory and technical knowledge, and targeting students' ability. As shown in Figure 1.

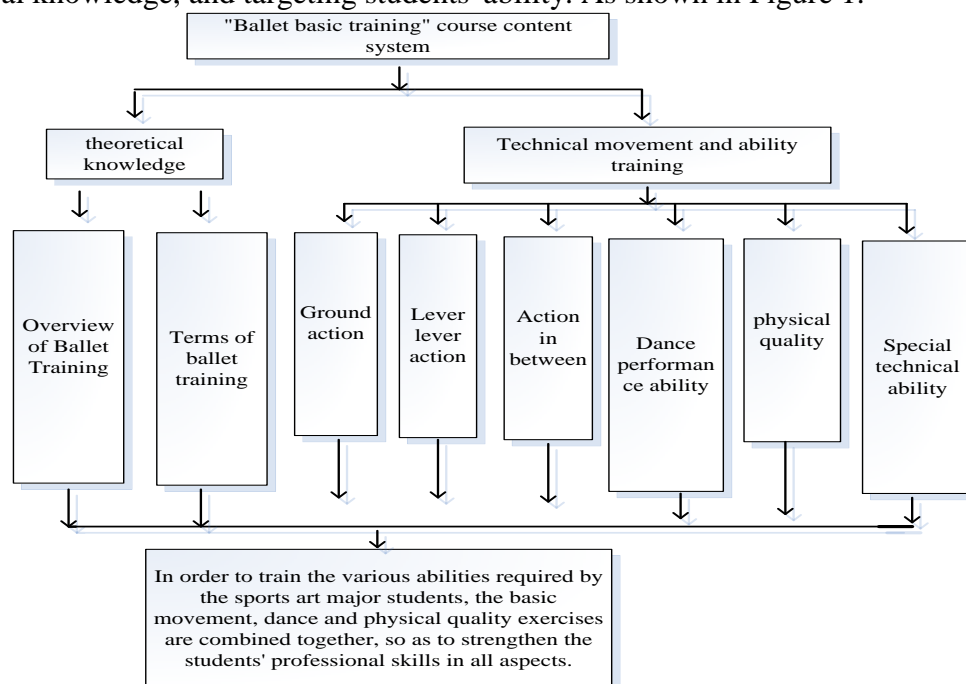


Figure 1. Ballet training course content architecture diagram

3.2. The Situation of Students Majoring in Sports Art Performance

Table 1. Study of ballet basic training courses N=300

Degree of interest in learning	Percentage (%)	Degree of learning difficulty	Percentage (%)
Interest	68	Not difficult	23
Ordinary	24	Ordinary	67
Disinterest	8	Very difficult	10

From Table 1, we can see that about 80% of the students are interested in the course "Ballet Basic Training", and only 8% of the students are not interested in this course. This data shows that the Ballet Basic Training course is very popular among students, and students will have the initiative to study this course on their own. However, the majority of the students do consider this course to be difficult and they are barely able to take it. Only 23% of the students did not find it difficult during the ballet basic training course, and this phenomenon is also related to the students' foundation before enrolling in the course[14]. These data also indicate that the ballet basic training course needs to focus on the learning ability of students and the difficulty of the course should be set appropriately.

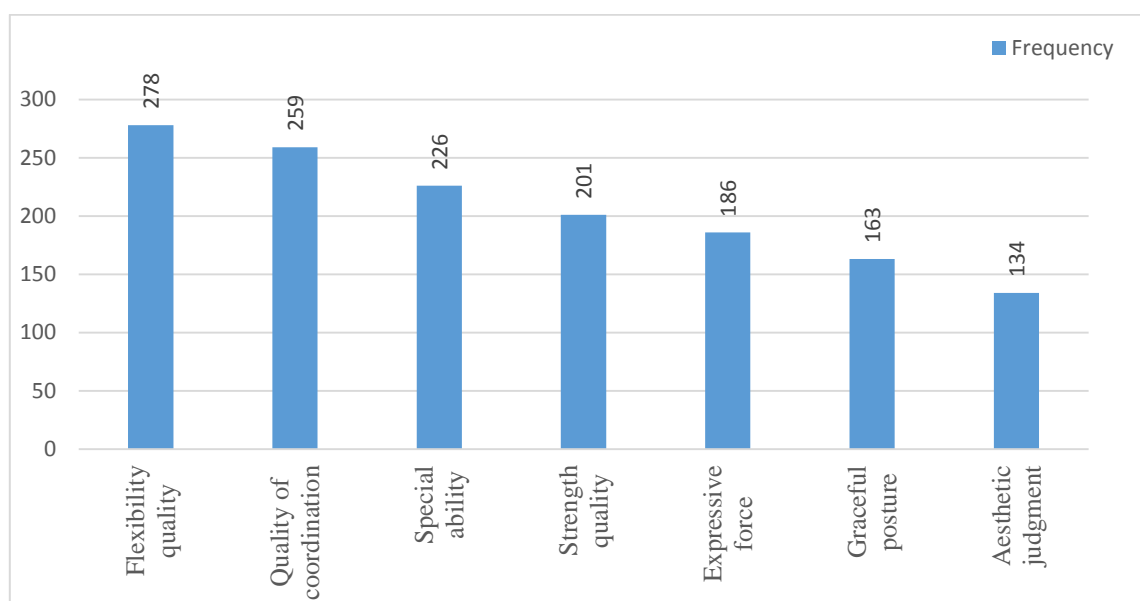


Figure 2. The harvest after ballet basic training

Table 2. Percentage of gains after ballet basic training

Type	Flexibility quality	Quality coordination	Special ability	Strength quality	Expressive force	Graceful posture	Aesthetic judgment
Frequency	278	259	226	201	186	163	134
Percentage	92.6%	86.3%	75.3%	67%	62%	54.3%	44.7%

According to the survey statistics, the improvement of sports performance students after ballet basic training is (as shown in Figure 2 and Table 2), from the viewpoint of body flexibility, there is the most significant improvement of 92.6%; in coordination and balance, there is also a large improvement of 86.3%; in the special ability also has a large improvement of 75.3%; in other aspects, the strength accounted for 67%, dance expression In other areas, strength accounted for 67%, dance expression accounted for 62%, physical grace improved 54.3%, and aesthetics accounted for 44.7%. These data show that basic ballet training can improve students' physical fitness, coordination ability and special training ability. However, there is a need to further strengthen the performance ability, aesthetic ability, and posture.

3.3. Experimental Scoring Comparison of Ballet Basic Training Content Integrated into International Standard Dance Training

Table 3. International standard dance practice test score analysis table

Students in the experiment	Experimental group Weighted average grade		Students in the experiment	Experimental group Weighted average grade	
	Before the experiment	After the experiment		Before the experiment	After the experiment
Ansheng W	83.2	93.2	NanR	82.1	85.2
Jiangwei Y	79.1	89.1	Keyi Y	76.2	79.1
Rongfu C	65.9	75.6	Lingkai S	66.3	70.4
Zhuohao Z	84.1	94.2	Songsheng H	64.5	69.7
Zhanlin R	77.6	87.2	JunC	78.3	81.3

According to the analysis of the data in Table 3, there is no very significant difference between the weighted mean scores of the students who underwent the experiment in the experimental group and the control group before the assessment. The mean score of the experimental group was 74.11 and the mean score of the control group was 74.12 before the experiment, and the statistical technique yielded a post-test $P > 0.06$, which shows that there is no great difference in the level of the students in the two groups[15].

Through 12 weeks of targeted training with ballet basic training content incorporated in the international standard dance training, combined with the above data analysis, although both the control group and the experimental group have improved in performance, but in comparison the performance of the experimental group students with ballet basic training is much higher than that of the control group students. After the experiment, the average score of all the people in the experimental group was 87.86, and the average score of the control group was 77.14, which was obtained by paired pair t-test with $P = 0.05$, P less than 0.06. It shows that after the experimental group learned through ballet basic training, there was a significant difference in technical performance with the control group, and the performance of the experimental group was significantly higher than that of the control group. Therefore, we can know that by integrating ballet basic training into international standard dance, it can deepen the memory, enhance the proficiency of the students in the movements, and the quality of the movements will be greatly improved.

3.4. Experimental Results

The experimental data in Figure 2, Table 2, and Table 3 show that the students in the experimental group improved their standard dance performance significantly, while the students in the control group did not improve their standard dance performance significantly, which means that the ballet basic training has a significant effect on the improvement of standard dance performance. Combined with the analysis of ballet basic training: ballet basic training constantly repeats the training, thus making muscle memory, increasing muscle capacity, enabling the trainer to use the muscle state of ballet basic training at all times, increasing body stability, enhancing flexibility, strength, and coordination quality. Therefore, ballet basic training is very important in international standard dance.

4. Conclusion

Theoretically, it is proved that many movement elements of international standard dance training and ballet basic training have a lot of similarities, ballet basic training is "open", "tense", "straight" and other key movement elements as well as international standard dance basic training reflect "stand" characteristics, the two are closely related, the integration of ballet basic training part of international standard dance training is very important. In the experiment, it is found that ballet basic training has a good positive effect on improving the ability of international standard dance, so in the teaching of standard dance in colleges and universities, ballet basic training can be appropriately increased to more effectively promote the stability of the body of international standard dance players, enhance flexibility, strength, coordination quality, so as to improve the performance of standard dance.

Funding

This article is not supported by any foundation.

Data Availability

Data sharing is not applicable to this article as no new data were created or analysed in this study.

Conflict of Interest

The author states that this article has no conflict of interest.

References

- [1] Wang S, Yeon-hee S. (2021) Role of ballet basic skills training based on multimedia video in international standard dance teaching. *Journal of Sensors*, 2021(3): 1-7.
- [2] Furtado L, Toledo E D, Antualpa K F, et al. (2020) Ballet movements in rhythmic gymnastics routines: an analysis from the last two code of points. *Science of Gymnastics Journal*, 12(3):395-406.
- [3] Zhang Y, Lavagnino C, Ma Y. (2022) Absorption and embedding: on the application of the ballet training paradigm in Chinese ethnic dance curriculum. *Research in Dance Education*, (5): 1-19.
- [4] Dos Reis Furtado L N, de Toledo E, Antualpa K F, et al. (2020) Ballet movements in rhythmic gymnastics routines: an analysis from the last two code of points (2013-2016 and 2017-2020). *Science of Gymnastics Journal*, 12(3): 395-406
- [5] Hu Yongmei. (2019) An introduction to the importance of ballet training in the teaching of international standard dance. *Bulletin of Sports Science and Technology Literature*. 27 (7):86 - 127
- [6] McCormack M C, Bird H, de Medici A, et al. (2019) The physical attributes most required in professional ballet: a Delphi study. *Sports medicine international open*, 3(01): E1-E5.
- [7] Cicchella A. (2021) Static body balance in children and expert adults ballroom dancers: insights from spectral analysis of shifts. *Biology*, 10(12): 1290-1291.
- [8] Zaletel P, Kajtna T. (2020) Motivational structure of female and male dancers of different dance disciplines. *Acta Gymnica*, 50(2): 68-76.
- [9] Markula P. (2020) Dance, movement and leisure cultures. *Leisure Studies*, 39(4): 465-478.
- [10] Cardoso A A, Reis N M, Moratelli J, et al. (2021) Body Image Dissatisfaction, Eating Disorders, and Associated Factors in Brazilian Professional Ballroom Dancers. *Journal of Dance Medicine & Science*, 25(1): 18-23.
- [11] Ujvári H. Before The Wooden Prince: (2022) Károly Szabados's Ballet *Vióra* (1891) in the Context of the History of Hungarian Ballet. *Studia Musicologica*, 63(1-2): 111-129.
- [12] Lanszki A, Papp-Danka A, Szabó E. (2021) Impact Assessment of a Methodological Program in Dance in Hungarian Public Education. *Tánc És Nevelés= Dance and Education*, 2(1): 73-89.
- [13] Wu Yu Ruoxi. 2019) The application of ballet training methods in rhythmic gymnastics teaching. *Think Tank Times*, (23): 2
- [14] Zhang Wei (2017) Looking at the development of Chinese contemporary dance from dance works and representative figures. *Popular Literature and Art: Academic Edition*, (7): 1
- [15] Lu Wenhao. (2018) The fusion paradigm of Chinese ballet and Chinese traditional body art -- Take the Peony Pavilion as an example. *Music Life*, (9): 2