

Strategies to Break Through the Plateau Phenomenon of Latin DanceSport Competitors in Chinese Normal University

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Abstract: The plateau phenomenon significantly challenges Latin dancers in Chinese universities, hindering their progress and performance. This article analyzes key factors causing stagnation and discusses strategies to overcome it, emphasizing the "deliberate practice" methodology to improve technical skills. By focusing on fitness, technical skills, and individualized training, the study provides a holistic training framework to help Latin dancers breakthrough performance plateaus and achieve sustained success.

Keywords: Strategies; Breakthrough; Plateau Phenomenon

1. Introduction

1.1 Research Background

The plateau phenomenon, a period where athletes experience a stagnation or decline in performance despite continued practice and effort, is a well-documented challenge across various sports disciplines.^[1] In the context of Latin dancesport, this phenomenon can be particularly disheartening for competitors who invest significant time and resources into their training.^[2] Latin dancesport competitors at Chinese normal universities face unique challenges contributing to performance plateaus, including high academic pressures, limited specialized coaching, and inadequate training facilities.^[3]

1.2 Significance of the study

Understanding and addressing the plateau phenomenon is essential for developing effective training programs for DanceSport competitors. By identifying key factors contributing to performance stagnation and exploring targeted strategies to overcome these barriers, this study aims to enhance athletes' overall performance and standards. Given the growing popularity and competitive nature of sport dance in China, this research holds significant implications for coaches, athletes, and educational institutions.

1.3 Research literature on the definition of plateau phenomenon and breakthrough plateau

1.3.1 Definition of plateau phenomenon

A performance plateau is "a consistent level of performance in a given event for an extended time." Prolonged plateaus can have severe consequences, such as career changes or quitting a hobby.^[4] After extended training, dancesport athletes may experience stagnation or a slight decline in performance. This obstacle in technical development varies in duration, lasting from a few months to several years or more.^[5] In the book "Sports Training" edited by Tian Maijiu and others, the "plateau phenomenon" is described as a period where outstanding athletes experience stagnation or a slight decline in their competitive level after years of training and reaching a high level of specialized skills.^[6] Analyzing the above views, we can conclude that the "Plateau" is a temporary or permanent "stagnation period" that occurs after the development of things to a certain extent.

1.3.2 Breaking through plateau

Stagnation in dancesport training is addressed through technical, physical, psychological, and environmental strategies. Individualized instruction and targeted training, with video analysis for self-correction, are emphasized to improve technical skills.^[7] Physical conditioning programs tailored to the specific needs of dancers, including strength, flexibility and endurance training, are essential for improving physical performance and preventing injuries.^[8] Studies on dancesport training emphasize the significant influence of physical fitness on special techniques. Research suggests training should include physical, technical, and comprehensive training (e.g., music sensibility, dance creativity).

These elements are crucial for overcoming plateaus and achieving excellent performance, offering both theoretical and practical foundations for addressing stagnation.^[9]

2. Methodology

2.1 Research Design and participants

The authors propose a new training methodology incorporating an interdisciplinary, science-art approach and "deliberate practice" to break through performance plateaus. Based on Laban Movement Analysis and Bartenieff's Fundamentals (LMA_BF), this methodology is applied to group interventions. Seven competitor couples from Anqing Normal University underwent a 12-month training period. Their competition scores before and after the trial were compared to assess improvements. The study observed and analyzed the experimental group's data changes before and after the experiment.

2.2 Data collection

The main data collected for this experiment were the tournament scoring scores of the 7 couples, which were given to the pre- and post-test 7 couples by a panel of six judges, and the final average scores of each couple of competitors were calculated and analyzed in comparison between the pre- and post-test scores.

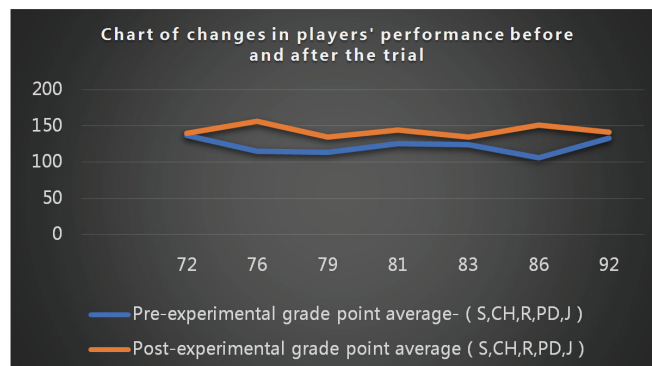
3. Results and Analysis

3.1 Data presentation

3.1.1 Training framework diagram

| Training indicators | Deliberate practice design | Goal |
|---------------------|---|---|
| Physical | Specific physical training focuses on building explosive strength, speed, flexibility, and anaerobic-aerobic stamina using interval and cross-fit training methods. | Enhance endurance, strength, flexibility, and balance. Improve specific fitness aspects relevant to DanceSport |
| Technical | Training focuses on basic techniques such as steps, actions, body mechanics, dynamics, articulation, shaping, rhythm, musicality, partnering, and presentation. Instant and delayed feedback from experts, instructor videos, and peers is used to refine these techniques. | Refine dance techniques and skills. Enhance precision, fluidity, and synchronization in movements. Producing a musical performance. |
| Mental | Appropriate psychological interventions for less motivated students include solo presentations, encouragement mechanisms, and atmosphere building. Develop focus, mental toughness, and performance mindset through visualization and self-reflection exercises. | Enhance mental toughness, focus, and confidence. Develop strategies to handle stress and performance anxiety. |

3.1.2 Data presentation



3.2 Analysis of Results

The line graph indicates a consistent improvement in the performance scores of the seven couples following the trial period. Pre-experimental scores averaged between 100-120, while post-experimental scores rose to the 120-160 range, demonstrating a clear positive impact of the implemented training methodology. The post-experimental scores consistently exceeded the pre-experimental scores by 20-40 points across all data points, highlighting the effectiveness of the "deliberate practice" approach and other targeted strategies in helping athletes overcome performance plateaus and achieve higher levels of performance.

4. Discussion

The results of the experiment period reveal significant insights into the effectiveness of the deliberate practice methodology and other targeted training strategies in addressing the plateau phenomenon among Latin dancesport competitors at Chinese normal universities. The consistent improvement in post-experimental scores across all data points underscores the importance of a multifaceted training approach that combines technical, physical, psychological, and environmental strategies. The substantial improvements in performance scores highlight the critical role of individualized technical training and physical conditioning. Incorporating Laban Movement Analysis and Bartenieff Fundamentals (LMA_BF) proved to be highly effective in refining technical skills and enhancing body mechanics. The focus on building explosive strength, speed, flexibility, and anaerobic-aerobic stamina through interval and cross-fit training methods directly contributed to the athletes' improved performance.

The study highlights the importance of continuous feedback mechanisms, where instant and delayed feedback from experts, instructor videos, and peers help refine techniques and facilitate steady progress. A holistic approach integrating technical, physical, psychological, and environmental strategies ensures comprehensive athlete development, addressing all performance aspects. The findings suggest that implementing deliberate practice methodologies, advanced technical exercises, psychological support, and continuous feedback can effectively overcome performance plateaus. Educational institutions and coaches should adopt these comprehensive training programs to support athletes' development and success in competitive sports dance.

5. Conclusion

This study demonstrates that a multifaceted, deliberate practice-based approach is effective in breaking through the performance plateau phenomenon among Latin dancesport competitors in Chinese normal universities. Continuous feedback mechanisms, incorporating instant and delayed inputs from experts and peers, significantly refine techniques and promote consistent improvement. A holistic training regimen that integrates technical, physical, psychological, and environmental strategies ensures comprehensive athlete development. The findings emphasize the need for educational institutions and coaches to implement comprehensive training programs, including advanced technical exercises, psychological support, and continuous feedback, to address performance stagnation and enhance athletes' overall performance and success in competitive dancesport.

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