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# Research on the Inheritance and Innovation of Traditional Dance in College Art Education

Yanpeng Wei

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

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**Abstract:** As an important part of the traditional culture of the Chinese nation, the traditional dance has a profound historical accumulation and rich cultural connotation. Integrating traditional dance into art education in colleges and universities is not only conducive to the protection and inheritance of cultural heritage, but also is an important means to cultivate students' comprehensive quality. By learning traditional dance, students can enhance their sense of identity and pride in national culture, cultivate their artistic accomplishment, and improve their aesthetic ability and creativity. At the same time, as an important position of cultural inheritance, colleges and universities shoulder the responsibility of protecting and carrying forward the traditional culture, so it is necessary to incorporate the traditional dance into the system of art education.

**Keywords:** Traditional dance; Art education in colleges and universities; Art inheritance

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## Introduction

Under the impact of globalization and modernization process, the traditional cultural forms are facing the danger of disappearing. As an important position of cultural inheritance, colleges and universities shoulder the responsibility of protecting and carrying forward the traditional culture. The inheritance of traditional dance in art education in colleges and universities can not only enhance students' cultural identity and pride, but also cultivate their artistic accomplishment and creativity. Through diversified teaching modes and innovative teaching methods, traditional dance can be more in line with modern aesthetics and students' interest, so as to attract more students to participate, and promote the protection and inheritance of traditional culture.

### 1. The necessity of inheriting traditional dance in college art education

As an important part of Chinese traditional culture, traditional dance has profound historical accumulation and rich cultural connotation. Integrating traditional dance into art education in colleges and universities is not only the protection and inheritance of cultural heritage, but also an important means to cultivate students' comprehensive quality. First of all, the inheritance of traditional dance can enhance students' sense of identity and pride in national culture. In the process of globalization, the identity of national culture plays an irreplaceable role in maintaining the unity of the country and the nation. By learning traditional dance, students can deeply understand the unique charm of Chinese culture and enhance their cultural confidence.

Secondly, the artistic value and educational function of traditional dance have unique advantages. Traditional dance integrates music, dance, drama and other artistic forms, and its expression techniques and artistic style are highly comprehensive and original. In the art education in colleges and universities, the learning of traditional dance can cultivate students' artistic accomplishment and improve their aesthetic ability and creativity. At the same time, the traditional dance pays attention to the combination of physical training and spiritual connotation, which helps the students to form a good physical quality and a positive psychological state.

In addition, the inheritance of traditional dance is of great significance for the protection and transmission of cultural diversity. Under the impact of modernization and urbanization, many traditional forms of culture are in danger of disappearing. As an important position of cultural inheritance, colleges and universities shoulder the responsibility of protecting and carrying forward the traditional culture. Through systematic education and training, the skills of traditional dance can be continued, and more young people can understand and love this cultural treasure<sup>[1]</sup>.

In short, incorporating traditional dance into art education in colleges and universities is not only a respect for and inheritance of traditional culture, but also a strong support for the all-round development of students. It can enrich the content of art education in colleges and universities, improve the quality of education, and cultivate comprehensive talents with profound cultural accomplishment and innovative ability. Therefore, the inheritance of traditional dance in college art education has important practical significance and long-term value.

## 2. The innovative method of traditional dance in college art education

### 2.1 The construction of diversified teaching modes

First, combining traditional dance with other disciplines is an effective method. By integrating the knowledge of history, literature, music and other disciplines into dance teaching, students can not only learn dance movements, but also deeply understanding their cultural background and historical origin, so as to enrich the teaching content and enhance their comprehensive quality.

Moreover, the application of modern technology is equally crucial. Using multimedia technology and virtual reality (VR) means of dance teaching, through video teaching and 3D animation demonstration, so that students can more intuitively understand and master the dance movements. At the same time, an online teaching platform has been established to provide rich network teaching resources, so that students can study and review anytime and anywhere. In this way, it can not only improve the teaching effect, but also stimulate students' interest in learning, making the traditional dance education more vivid and attractive.

### 2.2 Innovation of course content

First of all, on the basis of retaining the classic movements and styles of traditional dance, the new traditional dance works are introduced to make them more in line with modern aesthetics and students' interests. For example, modern music elements can be integrated into traditional dance to create dance works with a sense of The Times, so as to attract more students' attention and enthusiasm for participation.

Secondly, it is also necessary to increase the proportion of practice courses. In addition to theoretical teaching, students should be encouraged to actively participate in dance performance and creation. Activities such as dance choreography competitions and dance performances can be organized to improve students' dance ability and innovation consciousness through practical drills<sup>[2]</sup>□

Finally, organizing students to participate in the traditional dance cultural experience activities can further enhance their understanding and interest in dance. We can arrange to visit the dance museum, participate in the dance festival activities, and invite the folk dance artists to give lectures and demonstration performances, so that the students can personally feel the charm of the traditional dance. These methods can not only enrich the course content, but also comprehensively improve students' dance literacy and practical ability.

### 2.3 Innovation in teaching methods

First of all, the project-based teaching method is an effective way of do. Project-oriented, organize students to create and perform dances around a certain theme. For example, with the theme of "traditional festival", students can create relevant dance works and report them. This not only cultivates students' teamwork ability, but also enhances their innovation ability and practical ability.

Secondly, the flipped classroom is also an innovative teaching method. By watching teaching videos and reading relevant materials before class, students can study independently, and focus on discussing, practicing and answering questions in class. This mode can fully mobilize the initiative and enthusiasm of students and improve the classroom teaching effect.

Finally, personalized teaching according to students' interests and specialties, develop personalized teaching programs, teaching in accordance with their aptitude. For example, for students with dance foundation, more difficult movements and choreography tasks can be arranged, while for students without dance foundation, attention should be paid to the training of basic movements and the popularization of dance culture. In this way, it can better meet the learning needs of different students, and make the teaching more targeted and effective. These innovative teaching methods can not only improve students' interest in learning, but also comprehensively enhance their dance literacy and practical ability.

### 2.4 The training of teachers

First of all, teachers are regularly organized to participate in professional training, further study and academic exchange activities, which can not only improve their professional level, but also improve their teaching ability. For example, well-known dance experts from home and abroad can be invited to give lectures and carry out teacher training. Through face-to-face guidance and communication, we can help teachers to master the latest dance teaching concepts and methods.

Secondly, establishing a teaching and research team is also an effective method. Teachers are encouraged to form teaching and research teams to jointly discuss the difficulties and innovations in traditional dance teaching, carry out related research topics, and apply the research results to teaching practice. Through team work, teachers can learn from each other and improve the overall teaching level.

Finally, it is also very important to establish a scientific teacher evaluation and incentive mechanism. Formulate scientific and fair evaluation standards and awarding and reward teachers who have outstanding performance in teaching innovation and scientific research can not only encourage teachers to pursue excellence, but also promote the continuous innovation of traditional dance teaching. Through these measures, the overall quality of teachers can be effectively improved and provide a solid guarantee for the teaching and inheritance of traditional dance<sup>[3]</sup>.

## 2.5 School-enterprise cooperation and the utilization of social resources

First of all, through establishing cooperative relations with dance groups, cultural companies and other enterprises, carrying out diversified cooperation projects and setting up internship bases, students can have more opportunities to participate in actual dance performances and project practice. This can not only help students accumulate valuable practical experience, but also improve their professional quality and practical operation ability. For example, students can be arranged to participate in the choreography, performance and related cultural activities of the enterprise, directly contact with the professional dance working environment, and understand the industry trends and professional requirements.

In addition, the dance resources of the society should be fully utilized. Establish close contact with folk dance groups, cultural institutions, dance lovers' organizations, invite them to participate in the school's dance teaching and activities, and jointly promote the development and innovation of traditional dance. By holding activities such as joint performances and lectures, students can be provided with a variety of learning opportunities, broaden their horizons, and improve their dance skills and artistic accomplishment in practice.

## 3. Epilogue

The inheritance and innovation of traditional dance in college art education is an important way to protect and carry forward the Chinese national culture. Through diversified teaching mode, curriculum content innovation, teaching method innovation and the training of teachers, students' artistic quality and comprehensive quality can be improved. At the same time, through school-enterprise cooperation and the use of social resources, students will be provided with more practical opportunities to enhance their professional quality and practical operation ability. The modern inheritance of traditional dance is not only conducive to the all-round development of students, but also is of great significance to the protection of cultural diversity. Through systematic education and innovation, traditional dance will radiate new vitality and vitality in college art education.

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