

Analysis of China's Professional College Fashion Show Physical Training Mode

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Abstract: In a professional college fashion show physical training to begin, discussed clothing performing specialized body training courses leading thought, orientation, curriculum setting, training content, teaching measures and many other problems. Strive to build performance apparel professional training mode

Keywords: fashion show; physical training; mode

Our fashion show major from Soochow University in 1989 (the original Suzhou Silk Institute) since its establishment, has more than 20 years of development history, in the textile, clothing colleges and many art schools to flourish. It trained tens of thousands talents each year. However, the fashion show professional important specialized basic courses -- physical training courses are not mature, and it is still in the exploratory stage, even the basic materials are lacking. The textile, clothing colleges and many art kind school physical teaching level is uneven, some good and some bad,. It has not formed a complete training mode. This article will aim at this problem. We have the preliminary exploration of establishing and perfecting the performance apparel training mode.

1. The purpose of setting physique training curriculum in the fashion show professional

1.1. The meaning of fashion show's existence

The human dress has a long history. With the development and progress of society, the clothing does not only cover the body to keep out the cold, but highlights the beautification of life, beautify the community, highlight the personality function. In France in eighteenth~ nineteenth Century, there are businesses in order to promote his own clothing, specially invited some people, put on their production of clothing, in the shop display to customers, and achieved good economic benefits. Since the reform and opening up, China's garment industry development make a spurt of progress. The clothing manufacturers, clothing store in order to create and maintain brand, forecast the next season of fashion trends, communicate designers, manufacturers, distributors, and the relationship between consumers, as well as access to huge economic returns for such purpose, prompts the fashion show this occupation emerge as the times require.

The fashion show is not limited to a single means of promotion, and in a unique form of performing appeared in our life, to enrich our cultural life, to meet our appreciation of the beauty and the pursuit of dress. Also it bear the responsibility of promoting, publicizing the national dress culture. Therefore, this requires the fashion show carrier -- clothing models to have certain performance skills.

1.2. The link between fashion shows and physique training

Fashion show is a physical movements to demonstrate the idea of the designer. It is written in a straightforward, and is full of vitality of the whole image to convey the dress art. For example: when a be trained with regularity, dressed in gorgeous dress models, with lighting, music background, from dim, as if in a dream T shaped table walks leisurely, the audience will produce a feeling of beauty. This feeling is generated between the performers and viewers a resonance. But the same scene, such as an untrained model, she walks random, as they walk in general appeared in front of the audience, it is hard to appreciate into predetermined appreciation clue. It is very difficult to produce resonance. Thus, movements of the limbs is clothing performer actor language, according to their own understanding of the meaning of clothing, through physical movements to demonstrate the idea of designers, so as to form an overall image, passing out the dressing art.

Elegant disposition, graceful figure is not inborn. It is hard to imagine that one not trained person can have a modern society identity of elegance and grace. Like ballet's beauty, if not through strict training ,it didn't have the beauty in any case. It is the same for the fashion show. If the movement is the fashion show language, then, the language expression ability can be cultivated. Only through the strict training, can cultivate a high level pro-

fessional performance ability. Therefore, the physique training is very important basis of fashion show.

1.3. Body training in clothing performance in the role and purpose

1) The role of the physical training in fashion show

Physical training is the human body science as the basis, through systematic training, come to change the student bodies of the original state, raise good body shape, enhance the body beauty, improve the physical performance, therefore, the students should master the basic knowledge of physical training, basic skills and basic skills. .

2) The purpose of physique training

- The changing and adjusting the student bodies of the original attitude, make it into a strict dress code;
- Improving physical performance ability and attitude control.
- The cultivation of students' sense of beauty, make them pay attention to physical beauty habits;

2. Majoring in fashion show of physique training curriculum

2.1. The dominant thought

The developed countries in Europe and America clothing model training system, is a ballet training as the main line .It conforms with the European and American's body characteristic and cultural background. But our country clothing model to rank among the world stage, it can not copy. Therefore, performance apparel professional training teaching contents, but also integrate with Chinese classical dance art characteristics, and brings together the traditional art of effective training methods, to extract the appropriate fashion model in our country physical training body content. In action form, force method, and expression with our national characteristics. On this basis, the use of modern, scientific, systematic training methods, absorption of foreign dances with classic and fashion style action, combined with the muscle gymnastics training and the scientific diet to improve the physical training. In order to explore and create belong to our country clothing performing professional special physical training system.

2.2. The course orientation

Physical training course in fashion show professional is a professional basic course. Through the physique training curriculum and teaching, causes the student to have the flexibility in the use of the limb to show different styles of clothing ability.

2.3. Curriculum setting

In our country, the general textile, garment college majoring in fashion show, fashion show courses are about the total hours of around 30%, more than 900 hours, of which more than 200 hours is physical training. According to the physical training of the basic purpose and curriculum orientation, in the curriculum should be set to change and adjust the original attitude normative foundation training; forming a graceful posture training and coordination training; strengthen control attitude ability of muscle and flexibility training; improving performance ability, forming the performing style of dance training and so on. Among them, dance moves and combinations of training for the fashion show, can effectively improve the performance skills and form performance style. It belongs to the training of basic skills. It is best elements of attitude training that should be incorporated into the training system. With the other part of the training of cross effect is best.

3. Majoring in fashion show of the physique training contents and requirements

3.1. Normative action training

Normative action training generally includes the training arm, foot and foot shape , head and shoulder training, training of squatting waist, leg training, jumping training. Training should continue to emphasize the basic form and position accuracy, the overall attitude of the coordination. The training should be from basic posture and location ,step by step.

3.2. Coordination training

Coordination action should select of modern dance, modern dance, Latin dance, dance of essence, and the trend of music cleverly combined. The choreography must have strong lines, cliffide flower, and can fully mobilize the body, use of flexion and extension combined, pulled, stretched, till action of intramuscular energy to the body. Thereby allowing the body to produce overall upward feeling and movement training. Ask the students to the limb each stretch, erect, effectively extending the limb 's original lines, so as to the purpose of enhancing students' ability to control body.

3.3. The basic posture training,

It is to cultivate students' own esthetic sense, as well as the correct activity attitude. When arrange movement ,we should select daily life in some of the more commonly used limb movements, and use the artistic exaggeration by training; or to the national dance as the basis, to absorb the world each nation dance with fashion style action, combined with activity of the tibialis, shoulder, chest, back gesture combinations. Training should be constantly changing the action and style, in order to adapt to the need of curriculum schedule.

3.4. Dance combination training

Dance combination training in the arrangement is generally select the representative action elements from the classical dance, folk dance, ballet, modern dance, sports dance and representative, combined with clothing performance characteristics, composition of smooth action, easy to express and expressive dance mix. Training should pay attention to element action unique style, and strive for clothing model acting style formed to lay the foundation.

3.5. Muscle training

Muscle training including epigastric, lower abdomen, waist, buttocks, thighs, back, leg and arm. To these human easy to accumulation of fat, targete sculpture training, improve students' physical shape, enable students to form more perfect. When training to control a good diet and exercise -- diet control in the aerobic zone to reduce fat; exercise control in anaerobic zone to reduce muscle.

3.6. Flexibility and relaxation training

Flexibility training is to solve students' soft opening questions, generally includes a shoulder pressing, stretching, Kaikua, waist. According to the specific circumstances of the students, in a targeted manner to flexibility training . The training is helpful to improve the students to master the technical movement accuracy and stretch capability for flexible training. Be careful not to over-exert, lest causing injury. Relax should choose beautiful stretch that can make the various parts of the body slowly elongated action, remission of systemic stress and fatigue muscle, every muscle in the body shape tends to saturation and elasticity. Relax as well, the training can play a multiplier effect.

4. Fashion show professional training teaching measures

4.1. Demonstration

Demonstration in physical training is the most fundamental teaching methods, it is divided into the mirror demonstration, side demonstration, back demonstration of three different forms. It has a complete demonstration, decomposition demonstration, wrong contrast demonstration, student demonstration method. Its characteristic is the image, specific, direct and true. The purpose is to make students know movement structure, amplitude, speed, rhythm, spatial orientation, strength and breath method. Therefore in the teaching, must be based on the teaching centre, needs and requirements, taking different demonstration method, so that clearing objective, outstanding key. The rational use of different demonstration method, can fully mobilize students' learning initiative and activeness, effectively to accomplish the task of teaching.

4.2. Explanation

Explanation is the teacher to explain language with the demonstration, making students define the movement

key, deepen the understanding of pair of action understanding. The tone of explain should be affirm, refining, accessible tone, expression to the vivid, figurative to be appropriate, and full of fun. Talking and demonstration, is conducive to arouse students' learning interest, inspire students to activate the brain to think. This will make the students deepen the understanding of action or to establish the action concept. Explanation should see the time .It should take the student to action had actually feel and experience the opportunity to act, to do further analysis, in-depth explanation and demonstration. Explanation should use more terminology, the request should be clear, specific. Sometimes can also use their own language speaking, arouse students rising learning mood and desire for knowledge. To enable students establish and complete the task of learning confidence and courage. Explanation and demonstration must cooperate closely, can receive the good effect.

4.3. Multimedia teaching

Multimedia teaching is a modern teaching means. It is an image of the object teaching, enriching the teaching method. It's superiority over substantially realia action. When teachers demonstrate action cannot show detail and key place that they can use film, video and other means. In detail and the key place, stop camera or slow down. Let the students to carefully observe the action details and key place, deepen students' understanding of action, reducing the learning difficulties, helping students to grasp the action.. For this purpose, it is very necessary that plans to organize students to watch the teaching demonstration.

4.4. Exercise and nutrition

Exercise and nutrition is important measures of guarantee the physical teaching achievement. Teachers should grasp the students' exercise ,guided students good nutrition, and make the students know: energy is the foundation of all life, human daily intake from food energy per person per day to maintain normal activities with the energy required for phase equilibrium nutrient protein. Nutrition elements are fat, carbohydrate, vitamins, minerals, water, food fiber and so on. They should maintain a balanced protein. Fat and carbohydrates are to provide energy, vitamin, minerals, water and food fiber are the regulating body functions. The amount of intake of alkaline food, so that the human body in weak alkaline environment is the best. Human daily intake from food. Energy such as larger than the human body every day to maintain normal activity required energy weight gain; if less than the reduction in weight. In the intake of energy in certain circumstances, large amount of exercise, weight reduction, small amount of exercise, weight increase.

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