

Influencing Factors and Countermeasures of Expressive Force in Sports Dance Competition

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Abstract: On the basis of summarizing the relevant theories of sports dance, this paper analyzes the factors that affecting the performance of sports dance competition by using the methods of document literature, interview, questionnaire, mathematical statistics and logical analysis, and puts forward the corresponding countermeasures. It is hope that this paper can provide some reference value for further research on the performance of sports dance in China.

Keywords: Sports dance; Expressive force; Influencing factors; Countermeasures

1. Introduction

Sports dance are not just a sport, but more of it is a dance culture. Sports dance is a kind of concrete embodiment of modern youth's passion, fashion pursuit and artistic accomplishment. They can embody their dreams of dancing and self -value through sports dance [1-2]. The athletes in the course of the game through the beautiful music accompaniment to show their graceful dance and skillful dance, coupled with gorgeous costumes and other elements to seize the eye of the judges. They expect to be able to stand out and get the favor of the judges [3]. Although the strength of the players in the process of competition should be based on solid dance skills, sports dance is not a pure broken sport, more is to show the artistic value and artistic thought.

2. Research Object and Method

2.1. Research object

This paper takes the factors that affecting the expressive force in sports dancing competition as the research object.

2.2. Research method

Document literature method: In the process of writing, the author searches information and literature related to sports dance by Baidu, Wan Fang, VIP, CNKI, Long yuan journals database, and reference to the academic monographs published at home and abroad [4-5]. These materials involve many disciplines, such as physiology, psychology, musicology and so on, which provide rich theoretical support for the study of this paper.

Interview method: On the basis of literature review, the author has interviewed the coaches who have rich experience in sports dance training, teachers with practical teaching experience and experts with rich theoretical accomplishment. There are 10 professors and experts, 5 coaches.

Questionnaire survey method: The questionnaire design of this paper is based on the basic standard of scientific research questionnaire design, and it integrates and deletes the various literature materials related to the sports dance, and focuses on a comprehensive and detailed investigation of the influencing factors that affect the performance of athletes in sports dance.

Mathematical statistics method: This paper analyzes and calculates the data of the questionnaire through Excel software.

3. Specific Factors Influencing Expressive Force in Sports Dance Competition

In the process of reading literature, designing questionnaires and expert interviews, this paper finds that there are many factors that influence the expressive force in sports dance competition. The author divides these factors into the following categories through induction and arrangement:

3.1. Specific physical fitness factors

The respondents' recognition of the specific physical factors affecting the performance of sports dance competition is as follows in table 1:

Table 1. The Respondents' Recognition of the Specific Physical Factors Affecting the Performance of Sports Dance Competition

Influence factor	Special strength	Special flexibility	Special endurance	Special speed
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Identity number	39	35	36	37
Identity rate (%)	69.67	83.33	86.67	91

According to the survey results of the above table, most of the respondents believe that the importance of specific physical fitness factors in turn are speed, endurance, flexibility and special strength.

The results of the survey show that the artistic quality of sports dancers has a very significant correlation with the performance of the players in the process of competition, as shown in table 2 below:

3.2. Artistic accomplishment factor

Table 2. The Respondents' Recognition of the Influence of Artistic Accomplishment on the Performance of Sports Dance Competition (n=30)

Influence factor	Musicianship	Dance accomplishment	Clothing collocation
Identity number	30	28	26
Identity rate (%)	100	100	89.3

3.3 Factors of teachers' teaching ability

Teachers' teaching ability can directly affect the performance of sports dancers. Most universities in our country haven't professional sports dance teachers, the majority of the students in the sports dance course are taught by the general aerobics teacher. Most of these teachers are not sports dance majors, only through short-term training on the teaching of sports dance curriculum position, because the dance movements required by the sports dance course are more diverse than the general dance course, the movements are difficult, and the changes of dance steps are complicated, which caused the only short-term training of dance teachers in the teaching of high-level dance course, the ability doesn't match the ambition.

In the usual training process, the athletes take dance technical training as the core, but the athletes want to have superb dance skills must take good physical quality as the basis, the author has mentioned in the above that the special physical quality is one of the important factors influencing the expressive force of sports dance. Therefore, the athletes should pay attention to the physical quality training in the usual training process, so as to lay a good foundation for the excellent performance of dance in the process of competition.

4 . Training Strategies of Athletes' Expressive Force in Sports Dance Competition

The training countermeasures of sports dance athletes' competition performance should be carried out from the following aspects.

4.3. Strengthen the athletes' physical quality training, be skilled

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4.1. Improving the theoretical knowledge of athletes from cultural cultivation

Because sport dance belongs to the category of artistic dance, art belongs to the category of culture. Only by improving the cultural accomplishment of athletes can the athletes' perception of dance art be improved fundamentally. The scope of theoretical knowledge is quite broad, including philosophy, history, music, sports dance history and other professional knowledge, players need to have a certain learning and mastering to improve their own cognitive capacity of these knowledge, accurately grasp the different local customs and practices of sports dance and dance style, so as to enhance their artistic expression in the process of competition in internal temperament.

5. Conclusions

This paper analyzes and studies the influencing factors of expressive force in sports dance competition, including the analysis and research of special quality factors, including special quality factors, artistic accomplishment factors, and teachers' teaching ability factors. In addition, this paper puts forward some strategies and methods to improve the expressive force in the process of competition, mainly including strengthening theoretical knowledge learning, improving dance skills, strengthening body quality training and pre competition psychological training.

4.2. Dance auxiliary training to improve the artistic skills of athletes

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