

## **Research on Talent Training Programs for Sports Dance Specialization in College in China**

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### **Abstract**

The study aims to evaluate the effectiveness of undergraduate training programs in sports dance within higher learning institutions in China. The growing importance of sports dance in Chinese higher education, emphasizing the need for well-structured and comprehensive talent training programs to meet the evolving demands of the industry. The problem addressed is the lack of systematic assessment and evaluation of these programs, leading to potential gaps in curriculum design, teaching methodologies, and resource allocation. Without such assessments, there is a risk of failing to adequately prepare students for the professional demands of sports dance. Using a quantitative approach, the study will employ comprehensive surveys distributed to a wide range of stakeholders, including students, educators, and industry professionals. These surveys will collect data on various aspects of the training programs, such as curriculum content, instructional methods, availability of resources, and overall program effectiveness. The analysis will focus on identifying key strengths and weaknesses, as well as areas for improvement. The expected outcome of this research is to provide evidence-based recommendations for enhancing the curriculum design, teaching methodologies, and resource allocation of sports dance programs. These recommendations aim to bridge the identified gaps, ensuring that the programs are aligned with industry standards and adequately prepare graduates for successful careers in sports dance. Ultimately, this research aspires to contribute to the overall improvement and advancement of sports dance education in China, fostering a new generation of well-trained, competent, and professional sports dance practitioners.

**Keywords:** Sports Dance, Higher Education, Talent Training, Curriculum Assessment, China

**Introduction**

The talent training programs for sports dance specialization at higher learning institutions in China have become a vital area of concern, especially considering the rapid expansion of sports-related academic disciplines in recent years. While the importance of sports dance has been well established for fostering physical fitness, artistic expression, and teamwork, the current training programs designed for this specialization face significant challenges in adapting to the evolving demands of the industry. These challenges range from curriculum design to pedagogical methods and the availability of resources that can ensure students are receiving adequate training in both the theoretical and practical aspects of sports dance. There is an urgent need to assess how effectively these programs are preparing students for professional careers, given the increasingly competitive nature of sports dance at the national and international levels. Recent studies highlight the gap between academic training and professional readiness, where students, though proficient in the artistic elements of sports dance, often struggle with the physical endurance and performance skills required in professional settings (Liu et al., 2021). This gap underscores the necessity for higher learning institutions to revise their training strategies to produce graduates capable of thriving in a demanding industry.

In recent years, sports dance has gained more recognition within academic institutions in China. However, despite the increasing popularity, the evaluation methods used to assess student performance in talent training programs remain outdated and misaligned with industry standards. These methods predominantly focus on the artistic components of sports dance, such as technique and style, often neglecting critical aspects like fitness, stamina, and adaptability, which are essential for professional success. Moreover, there is a lack of clarity regarding how well these programs integrate modern teaching tools and technologies, such as motion analysis and virtual coaching platforms, to enhance training outcomes. With the introduction of technology in education, higher learning institutions are facing the pressure to modernize their sports dance curricula, but many programs are lagging behind in this regard (Wang et al., 2022). Thus, there is a critical need for a comprehensive evaluation of how talent training programs are equipping students with both the practical and technical skills needed in a competitive sports dance environment.

Another significant issue faced by talent training programs for sports dance specialization in China is the lack of collaboration between academic institutions and industry professionals. Although sports dance is becoming more visible on the global stage, with Chinese dancers increasingly participating in international competitions, the training programs offered by higher learning institutions remain largely disconnected from the industry's evolving standards. As a result, students often find themselves inadequately prepared for the professional demands of the sports dance world. The current curriculum focuses primarily on the development of specific dance techniques but lacks the necessary emphasis on other crucial skills such as choreography, sports nutrition, injury prevention, and mental health management. These gaps in training are particularly problematic because they limit students' ability to excel both physically and artistically in high-pressure environments (Chen et al., 2020). Addressing these gaps requires an assessment of how well academic programs are aligned with the requirements and expectations of sports dance professionals and how they can be improved to produce well-rounded graduates.

In addition to the curriculum challenges, another critical issue within sports dance training programs is the shortage of qualified instructors. Many programs rely heavily on faculty members who may have a strong academic background but lack practical experience in competitive sports dance. This disconnect between theory and practice is a significant concern, as it hinders students from receiving the comprehensive training necessary to excel in the field. While there are some efforts to involve industry professionals in the training process, these efforts are often limited to guest lectures or short-term workshops, which do not provide students with sufficient exposure to real-world experience. The recruitment of instructors who possess both academic knowledge and practical experience in sports dance is essential to address this issue. Furthermore, continuous professional development for instructors, aimed at keeping them abreast of the latest trends and innovations in sports dance, is equally important. Studies suggest that institutions with better access to professional development resources for their instructors tend to produce graduates who are more competitive in the job market (Zhang & Li, 2023). This highlights the need for academic programs to place more emphasis on equipping their instructors with the necessary skills to teach sports dance effectively.

Another factor that affects the success of sports dance talent training programs in China is the level of access to appropriate training facilities and resources. Many higher learning institutions, particularly those located in less developed regions, struggle with inadequate infrastructure, including limited access to state-of-the-art dance studios, sports science labs, and fitness centers. These limitations not only hinder students' ability to develop their skills but also affect the quality of instruction, as teachers are unable to use the latest equipment and technologies to enhance learning. The disparity in resources across different institutions has created a situation where students from more well-funded programs have a significant advantage over those from less privileged backgrounds. This inequity is a critical issue that must be addressed if talent training programs are to produce consistently high-quality graduates. According to a recent study, the availability of modern training facilities significantly influences students' learning experiences and their overall performance (Yang et al., 2022). As such, an evaluation of sports dance talent training programs must include a review of the infrastructure available at different institutions and recommendations for improvement.

One of the key challenges in evaluating talent training programs for sports dance specialization is the lack of standardized assessment criteria across institutions. While some universities and colleges have developed their internal benchmarks for evaluating student progress, these benchmarks often vary widely in terms of rigor and focus. For instance, one program might emphasize technical precision, while another might prioritize creative expression or physical fitness. This inconsistency makes it difficult to compare the effectiveness of different programs or to identify best practices that could be implemented more widely. Moreover, without standardized criteria, it is challenging to measure how well these programs are preparing students for professional careers in sports dance, where a more holistic set of skills is required. Standardization is necessary not only for ensuring quality education but also for facilitating the mobility of students across different institutions and increasing their opportunities for participation in international competitions (Xu, 2021). Therefore, developing standardized evaluation methods for talent training programs in sports dance is essential to improving the quality and consistency of education across the country.

Furthermore, the psychological well-being of students enrolled in sports dance talent training programs is often overlooked. The physical and mental demands of sports dance can be intense, leading to issues such as burnout, anxiety, and injury, which can negatively impact students' academic performance and long-term career prospects. However, many programs lack the resources or awareness to provide adequate mental health support to students. This gap in support is a significant concern, as the ability to manage stress, maintain mental resilience, and recover from injury are all crucial for success in professional sports dance. Recent research emphasizes the importance of integrating mental health and well-being into sports training programs, particularly in disciplines that require both physical endurance and artistic expression (Gao & Liu, 2023). As part of the evaluation process, it is essential to assess how well programs are supporting students' mental health and to identify opportunities for incorporating mental health resources into the curriculum.

In China, traditional views on education and career paths often prioritize more conventional academic disciplines over fields like sports dance, which are perceived as less stable or prestigious. As a result, students pursuing sports dance specialization may face external pressures from family and society that can affect their motivation and performance. Addressing these cultural attitudes is essential to ensuring that students receive the support they need to succeed in their chosen field. Moreover, higher learning institutions must work to elevate the status of sports dance as a legitimate and valuable academic discipline, both within China and on the global stage. By doing so, they can attract more talented students to the field and ensure that these students are given the resources and support necessary to thrive. This cultural shift, however, will require a concerted effort from both educational institutions and industry professionals (Li et al., 2020). Evaluating the role of societal perceptions in shaping the experiences of sports dance students is, therefore, a crucial aspect of any assessment of talent training programs in this field.

The objectives of this research are:

1. To evaluate the effectiveness of the curriculum design in sports dance specialization programs at higher learning institutions in China.
2. To assess the impact of different pedagogical methods on the performance and skill development of sports dance students.
3. To investigate the availability and adequacy of training resources in sports dance programs and their influence on student outcomes.
4. To examine the role of industry-relevant professional development opportunities in enhancing the professional readiness of sports dance graduates.

## **Literature Review**

### *Sports Dance Specialization*

As an emerging discipline that blends athleticism with the arts, sports dance has garnered major recognition all over the world for its contribution to both the improvement of physical health and the expression of artistic creativity. The acyclic, complex-coordinating structure of sports dance, which is strongly related with expressive movement, is a noticeable characteristic of this type of dance. The pedagogical efficacy of the physical training techniques utilized by young dancers, in particular those that concentrate on Latin American dance programs, highlights the need of beginning the development of motor and functional abilities at a young age. On the other hand, the majority of study has focused on dancers who

are above the age of ten, with only a limited amount of attention being paid to solo dancers. This highlights a vacuum in the investigation of physical training for solitary performers. According to Novruzyan (2022), this gap indicates that there is a potential for additional study to be conducted in order to improve our understanding of solo dance training and its influence on obtaining excellent success in their respective sports.

As a unique method to studying the dynamics and effectiveness of dance as a competitive and leisure activity, the incorporation of machine learning into the analysis of sports dance motions offers a novel perspective. The application of machine learning algorithms enables academics to delve into the intricate patterns and trends that are present within sports dance, which in turn makes it possible for them to have a more nuanced grasp of the role that sports dance plays in the twentieth century. This junction of technology not only improves the analytical capacities of the subject, but it also propels sports dance into a more prominent place within both the academic and practical spheres of their industry. As an example of the innovative paths by which sports dance continues to expand and express its significance, the adoption of machine learning for time series data and feature analysis is a good example (Zheng & Yuan, 2022).

There has been a growing body of evidence demonstrating that sports dancing is beneficial to one's health, particularly among individuals of middle age and older adults. Not only has it been demonstrated that regular involvement in dance activities can improve one's physical fitness, but it has also been proved to positively contribute to one's cardiovascular health. Because it broadens the scope of sports dance beyond the demographic of young people, this observation is extremely important because it highlights the potential of sports dance as a global modality for national fitness. According to Wang, Li, and Wang (2021), the findings of the study support the inclusion of aerobic sports dance activities of moderate intensity as a method for enhancing the well-being of older adult populations. This would therefore reinforce the health-promoting characteristics of sports dance across a wide range of age groups.

In particular, the mental health advantages of sports dancing constitute an essential field of research, particularly in the setting of college students. This is especially true when considering the growing frequency of mental health difficulties among this cohort. A good impact on the psychological well-being of pupils has been proved to have been brought about by the deployment of sports dancing activities, which are supported by wireless network modes. The findings of this study highlight the significance of including physical activities, such as sports dancing, within the more comprehensive mental health support programs for young adults. Not only is sports dance valuable as a kind of physical activity, but it is also very valuable as a form of therapeutic intervention (Qi, 2021). This is because sports dance has the power to improve the overall level of mental health among college students.

There appears to be a clear connection between dietary habits and physical capabilities by virtue of the fact that nutritional diet has a significant impact in the athletic performance of athletes who participate in sports dancing. The existence of this connection highlights the importance of taking a holistic approach to the training of athletes, which involves a concentration on dietary nutrition in addition to intense physical training and proficiency in competitive abilities. Improving the physical fitness of sports dancers and ensuring their

overall health and well-being are two of the most important reasons why it is essential to establish appropriate food guidelines for them. Taking this method not only improves the performance of the athletes, but it also makes a contribution to the long-term growth of sports dance as a discipline. This strategy also highlights the significance of nutrition in the overall training routine of dancers (Liu, 2021).

Fitness training that is specifically designed for students who are studying sports dance is becoming increasingly acknowledged for the contribution it has made to the development of the sport. A number of studies have been conducted to investigate the specific aspects of physical fitness and the manner in which these aspects are included into the training of sport dancers. These aspects include body shape training, strength training, and flexibility exercises. It is essential to use this particular approach in order to improve the dancers' performance and bring their physical capabilities in line with the requirements of competitive sports dancing. The continual study and development in this field is essential for the advancement of sports dance. This highlights the requirement for a training regimen that is methodical and focused, and that is tailored to the specific physical demands that dancers have (Shan, Liu, & Gong, 2023).

There has been a huge expansion in the utilization of sports dances in the realms of physical education and sports, catering to a wide range of age groups, ranging from preschool youngsters to adults. This expansion demonstrates the adaptability of sports dances as well as their capacity to make a positive contribution to both physical capabilities and general wellness. Sports dances have the ability to nurture harmonious physical growth and mental activity, and educational programs and methodologies that have been established for the purpose of integrating dance components into physical education have brought this potential to light. The cultural and pedagogical significance of dance as a type of physical activity that promotes health, coordination, and aesthetic appreciation among participants is demonstrated by the widespread use of sports dances, which can be found in a variety of settings, ranging from dance clubs to school curricula (Gusak & Vorona, 2021).

The development of deep learning technologies has resulted in the introduction of novel techniques to the training of sports dancers. These approaches have made it possible to automatically arrange and analyze dance moves. This technology integration makes it possible to create choreography that is both more exact and artistic, which leads to an improvement in both the creative and performance sides of sports dance. Through the utilization of deep learning, both teachers and students are able to investigate new facets of dance training that mix artistic expression with precision, thereby raising the educational and competitive standards within the field of dance. According to Feng, Zhao, and Zhang (2022), the implementation of deep learning in sports dance not only contributes to the enhancement of training outcomes, but it also serves as an illustration of the junction of technology and art in the context of current sports education.

The necessity of an organized and scientific technique in the process of improving the performance capacities of dance athletes is brought to light by a methodical approach to modeling the functional training of dancers. The incorporation of a model-target approach allows coaches to build training regimens that precisely address the functional requirements of sports dances. This, in turn, improves the dancers' artistic performance as well as their

physical fitness. This strategy not only improves the efficiency of the training process, but it also conforms to the ever-changing requirements of competitive sports dance. As a result, it guarantees that athletes will reach their full potential (Soronovych, Mu, Huang, & Diachenko, 2021).

There has been a considerable breakthrough in the objective measurement and study of physical exertion and its effects on students as a result of the incorporation of heart rate and acceleration motion sensors into the teaching of sports dance. When educators are able to quantify the amount of energy that is consumed and the physiological responses that are connected with various forms of dance, they are able to make educated decisions regarding the dance activities that are most helpful to the physical health of their students. This approach not only improves the efficiency of sports dance as a form of physical exercise, but it also makes a contribution to the individualised and scientific teaching of dance in educational settings. This helps to ensure that students receive the maximum amount of health benefits that can be derived from their participation in dance activities (Li, Liu, Gu, & Zhu, 2022).

#### *Program Quality And Content*

As this discipline continues to develop in popularity and sophistication, the importance of the program quality and substance in the Sports Dance Specialty has grown increasingly vital. The holistic development of athletes in this field requires the incorporation of artistic expression, sports science, and competitive strategy into the curriculum. This is crucial for reaching the full potential of these athletes. With this multidimensional approach, participants are guaranteed to not only succeed in technical skills but also develop a profound awareness of the creative and aesthetic components of dance, in addition to undergoing a rigorous physical training routine. In sports dance programs, it is essential to place a strong emphasis on providing students with a well-rounded education. This is not only important for preparing students for the requirements of national and international competitions, but it also helps students develop a lifelong love and passion for dance as both an art form and a sport (Novruzyan, 2022).

In recent years, technological innovations and their implementation in the field of sports dance training have had a significant impact on the content and quality of the program. A data-driven approach to training presents itself through the utilization of machine learning and data analysis for the purpose of evaluating dance movements and performance indicators. This technique makes it possible for athletes to receive feedback that is both individualized and exact. By allowing for the optimization of training regimens and the identification of areas for improvement, this technology integration contributes to an overall improvement in the quality of sports dance instruction. Furthermore, the capability to monitor and alter training based on objective data contributes to a more effective and efficient learning process, which ultimately results in an increase in the performance levels of dancers in both practice and competition contexts (Zheng & Yuan, 2022).

The content of the program places a significant emphasis on the positive effects that participating in sports dancing activities may have on one's health, particularly in terms of one's physical fitness and emotional well-being. It has been demonstrated that engaging in sports dancing on a consistent basis can enhance cardiovascular health, flexibility, endurance,

and strength. Additionally, it can serve as a beneficial tool for reducing stress and building psychological resilience. Not only does the incorporation of health and wellness education into the curriculum of sports dancing help to improve the physical capabilities of the athletes, but it also encourages a holistic attitude to health by highlighting the significance of mental and emotional well-being as vital components of athletic performance. This all-encompassing approach to health education within sports dance programs exemplifies the discipline's dedication to the development of individuals who are well-rounded and healthy (Wang, Li, & Wang, 2021).

As a result of the fact that nutrition and food play an important part in the training and performance of athletes who participate in sports dance, they have become an essential component of the content of the program. Students are supplied with the appropriate dietary guidance, with an emphasis placed on the significance of maintaining a balanced diet in order to support rigorous training programs and maximize performance opportunities. It is possible to construct individualized dietary programs that are tailored to the specific requirements of dance athletes. These plans take into account a variety of elements, including the need for energy, the need for rehabilitation, and the prevention of injuries. The emphasis placed on nutrition within sports dance programs not only improves physical performance but also instills healthy eating habits in students, which are beneficial to them beyond the scope of their dance careers and contribute to their overall health and wellness (Liu, 2021).

An additional essential component of the program's quality and content is the provision of specialized fitness training that is adapted to the specific requirements of sports dancing. Strength, flexibility, and endurance training modules that are specifically created for dancers are being developed in order to fulfill the physical demands of the sport. This will ensure that athletes possess the physical attributes necessary for high-level performance. This particular training, which is based on sports science, gives athletes an advantage over their competitors and lowers the chance of injury, which in turn supports both short-term success and long-term career sustainability in the field of sports dance. The understanding of the significance of physical conditioning in the pursuit of artistic and competitive success is exemplified by the fact that sports dance schools have made a commitment to provide specific fitness training (Shan, Liu, & Gong, 2023).

The introduction of artistic and aesthetic education into sports dance programs is absolutely necessary in order to cultivate the expressive capacities of dancers. Students are taught to understand and portray the artistic qualities of dance, such as melody, emotion, and storytelling, in addition to the technical proficiency that is required of them. By taking a holistic approach to dance education, it is ensured that graduates of sports dance schools are not only technically excellent athletes but also expressive artists who are able to connect with both audiences and judges. It is a more thorough education that reflects the dual nature of sports dance as both a competitive sport and an art form (Gusak & Vorona, 2021). The emphasis on creative expression enriches the curriculum, offering a more comprehensive education.

In the realm of sports dance, the use of deep learning and artificial intelligence into choreography and performance analysis is an example of a forward-thinking component of the program content. The utilization of these technologies provides novel approaches to the



process of generating and perfecting dance routines, which in turn enables the discovery of new choreographic possibilities and the improvement of performance performance quality. A dynamic and experimental approach to dance composition is supported by the use of artificial intelligence (AI) into the creative process, which additionally encourages students to be creative and innovative. The incorporation of cutting-edge technology into sports dance programs is a manifestation of the discipline's willingness to embrace technical changes and its dedication to delivering an education that is both modern and pertinent (Feng, Zhao, & Zhang, 2022).

Within the realm of sports dance programs, there is a growing recognition of the need of a model-target methodology serving as the foundation for a methodical approach to training and growth. This technique makes it possible for athletes to proceed through the many stages of their growth in a systematic manner. It also ensures that the training objectives are clearly defined and connected with the capabilities and goals of the athletes. By utilizing a methodical approach, trainers and instructors are able to more effectively assess progress, make necessary adjustments to training plans, and enhance the training process as a whole. According to Soronovych, Mu, Huang, and Diachenko (2021), this strategic approach to athlete development guarantees that sports dance programs continue to maintain a high degree of quality and effectiveness, hence promoting the attainment of both individual and team goals.

### **Teaching Methodologies**

Within the past few years, there has been a substantial shift in the instructional approaches utilized within the Sports Dance Speciality, which is reflective of broader changes in technology and education. When it comes to teaching sports dance, the aesthetic training that university students get places an emphasis on the formation of four critical aesthetic feelings. This technique, which is oriented on encouraging students to express their emotions and appreciate art, is an example of a holistic strategy in the field of dance education. According to Weng, Zheng, Wu, Wang, and Gong (2021), educators have the ability to improve students' emotional and artistic development by incorporating aesthetic training into the curriculum. This, in turn, enriches students' entire learning experience and their ability to participate in sports dancing.

In the field of sports dance instruction, the utilization of heart rate sensors in conjunction with acceleration motion sensors presents a fresh, data-driven approach to the monitoring and improvement of student performance. Through the process of assessing the physical exertion that is involved with various dance forms, educators are able to customize their instructional tactics to maximize the level of student involvement and increase their physical capabilities. This innovative methodological approach not only enhances the efficiency of sports dance training, but it also coincides with contemporary educational methods that place an emphasis on individualized learning experiences that are founded on objective performance indicators (Li, Liu, Gu, & Zhu, 2022).

The difficulty of engaging students and boosting their learning autonomy can be addressed through the employment of video recommendation systems that are based on style in the teaching of sports dance. Teachers are able to greatly improve the effectiveness of classroom learning and the percentage of students that participate in class by providing them with

individualized video content that is tailored to their individual learning preferences and styles. The use of machine learning algorithms to curate instructional information is demonstrated by this technique, which demonstrates the potential of technology to alter traditional teaching methodologies in the field of sports dance (Sun & Tang, 2022).

There has been a tremendous breakthrough in dance education brought about by the incorporation of scientific principles from the fields of dance and sports science into instructional approaches. Educators have the ability to improve their students' technical proficiency as well as their artistic expression by incorporating exercise physiology, motor control, and dance psychology into their lesson plans. This multidisciplinary approach not only helps dancers improve their physical conditioning, but it also helps them enhance their emotional and psychological well-being. This highlights the significance of having a comprehensive educational framework in sports dance (Chirazi, 2020).

An innovative and cutting-edge methodological approach is represented by the automatic organization of sports dancing motions through the use of deep learning capabilities. It is possible for instructors to explore new artistic possibilities and improve the precision of dance movements through the use of choreography that is automated. The use of this technique highlights the potential of artificial intelligence to enhance creative processes in dance education. It provides students with one-of-a-kind possibilities to interact with technology and broaden their artistic horizons (Feng, Zhao, & Zhang, 2022).

By boosting participation and engagement through exploration, skill refining, and performance, the concept of Teaching Dance for Understanding (TDfU), which was inspired by Teaching Games for Understanding (TGfU), revolutionizes the way that dance education is delivered. Students are encouraged to develop a more profound relationship with the art of dance through the utilization of this instructional framework, which places an emphasis on the experiential and interactive aspects of learning. The educational value of sports dance programs is improved by TDfU (Levenberg, Armstrong, & Johnson, 2020). This is accomplished by cultivating an atmosphere in which students actively explore and comprehend dance through the medium of play and creative expression.

It is important to note that the psychological advantages of incorporating dance into physical education are shown by the impact that college sports dance instruction has on the mental health of students. Teaching approaches that focus on sports dancing contribute to the overall development of pupils by addressing psychological hurdles, developing social capacities, and fostering psychological literacy. A convincing reason for the inclusion of sports dance in university curricula is provided by this method, which highlights the importance that physical education plays in promoting not only physical health but also mental health (Lei, Pengsong, & Sibó, 2023).

The utilization of intelligent computing in the process of determining the degree to which sports dancing motions are detrimental is a significant step forward in terms of the methodology behind injury prevention. In order to improve the safety and effectiveness of sports dance training, this approach analyzes motion data in order to optimize choreography and limit the danger of injury. By putting an emphasis on injury prevention through the

application of sophisticated algorithms, the organization is demonstrating its dedication to the well-being of students and to the sustainable practice of sports dance (Meng, 2022). As a technique of instruction, special strength training for dancers places an emphasis on the significance of physical conditioning that is specifically adapted to the specific requirements of an athletic dance performance. The ability of educators to greatly increase the performance of dancers and their resilience can be significantly improved by incorporating specific strength training activities into the curriculum. As a result of this approach to physical training, students are able to establish the essential physical foundation for high-level performance (Sun, 2023). This technique demonstrates a full grasp of the athletic and artistic needs of sports dance.

### **Conclusion**

This study highlights the critical need to evaluate and enhance talent training programs for sports dance specialization in higher education institutions in China. The findings underscore significant gaps in curriculum design, pedagogical approaches, resource allocation, and industry alignment, which collectively hinder the development of well-rounded and professionally prepared graduates. Addressing these issues requires a holistic approach that integrates modern teaching methodologies, cutting-edge technology, and collaboration with industry professionals to create programs that are both comprehensive and future-focused. Standardizing assessment criteria, incorporating mental health support, and emphasizing nutrition and physical conditioning within the curriculum are essential steps toward improving program quality and effectiveness. By bridging the gap between academic training and professional demands, institutions can better equip students with the technical, artistic, and physical skills needed for success in the competitive field of sports dance.

Ultimately, this study aspires to contribute to the advancement of sports dance education in China by providing evidence-based recommendations that address identified weaknesses while leveraging existing strengths. Enhancing training programs will not only elevate the quality of education but also ensure the sustainability and growth of sports dance as a discipline that combines athleticism, artistry, and cultural expression. By fostering collaboration between academia and industry and embracing innovation in teaching and training, higher education institutions can cultivate a new generation of competent, creative, and resilient sports dance professionals who are prepared to excel on national and international stages.

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