



Guidelines to Develop Students of Fashion Show Major

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Abstract

Background and Aim: The costume show is a beautiful business. In the countless spotlights, in the center of the stage and people's eyes focused, the light turns around, showing beautiful posture and clothes, this is a lot of people dream of the scene. In 1977, 30 years after Pierre Cardin led foreign models to China, China's textile and apparel-related institutions of higher learning, continued to set up the "clothing performance" major, in the late 1990s, the training level gradually increased to colleges and universities. At present, China has hundreds of universities with this specialty. The specialty of costume performance has a history of more than 20 years in China, but it is still in the embryonic stage in terms of the guidelines to develop for training students in costume performance. Therefore, it is particularly important to develop accurate, reasonable and effective guidelines to develops for the fashion performance profession.

Materials and Methods: Research relevant literature, make questionnaires, confirm the validity, and find out the current situation and problem factors. Draft guidelines to develop for training students majoring in fashion performance, and then set up focus groups to revise and supplement the drafted guidelines to develop. Finally, the experts are consulted to determine the final guidelines to develop for training students in costume performance.

Results: In this study, the number of guidelines for training students majoring in fashion performance is summarized as follows: Physique 11, physical strength and health 8, movement 11, skill 9, emotion 4, and communication 4.

Conclusion: The guidelines to develop this study can not only effectively improve students' Physique, physical fitness, health, movement, skill, emotion, and Communication, but also select a variety of different ways and different collocation ways to form new guidelines to develop for the six factors.

Keywords: Guidelines to Develop; Fashion Show Major

Introduction

In today's era, the market economy is developing at a high speed, and the current clothing market is in the process of continuous vigorous development. (Song, 2023). Pointed out that the higher education of Chinese costume performance began in 1989. The garment performance specialty set up in colleges and universities has gradually become popular and has more and more development potential, and the development of the profession can also transport more professional talents for the industry. For students majoring in fashion performance, students' appearance, figure, body shape, and other body conditions are quite high, but if they want to stand out and become the brightest ones, they need models to show their unique personal characteristics and charm. (Liu, 2020). Proposing an art course combining sports, dance, music, performance, aesthetics, and other contents to correct poor posture and improve body flexibility, coordination, and flexibility through special movement exercises, thus shaping body beauty. There are many factors that a model needs to learn and possess.

Xie (2018) Proposed that in addition to their conditions, but also need the corresponding body training to exercise the shape of the model, so that models have an elegant temperament, also make the model body more beautiful and healthier. Therefore, training a quality model must pay attention to physical training. Making the image of the model more temperament, and a beautiful body is one of the conditions that every model must have, and some professional body movements must go through special training to do, to make the model's actions more expressive, to further strengthen the effect of clothing performance. Zhang (2023) It is proposed that to fully show the beauty of clothing during fashion performance, models need to master relevant stage performance skills, have good performance habits, and master skills enough. To achieve this, fashion performance models must strengthen daily training. With the vigorous development of the modeling industry, the industry's requirements for models are becoming higher and higher, and models have developed from the past bone beauty to the current healthy beauty. Models not only need to exercise, but also need to improve their flexibility and balance of the model, shape their bodies so that they model can relieve pressure, eliminate tension, and make the model's performance on the runway more confident and expressive.



The fashion show is the front-end industry of the fashion industry and a means of clothing sales. The impact and shock brought by a good costume performance not only comes from the costume itself but also from the costume performers' understanding of the costume culture and the proper use of body language. On the stage of fashion performance, models express the connotation of clothing through body language, transmit the concept of designers, and lead the majority of consumers by showing the personality of clothing. Studies have found that eye gaze is an indispensable element in the expression of facial expressions of costume performers, which can not only enhance the communication between people but also effectively interpret the deep cultural connotation of clothing and arouse people's resonance. Therefore, models need to flexibly use their eyes in different environments, different clothes, and different links.

After searching a lot of information, there are many factors required for the development of fashion performance students, so the development of fashion performance students to formulate guidelines to develop.

Through searching a lot of literature, it is found that today's costume performing art is not just a simple commercial performance, but a comprehensive and new performing art that combines art, culture, and performance with models as the carrier. At present, there are few training guidelines to develop for the fashion show major, a new type of performing arts, which is in the stage of continuous exploration. Therefore, this paper studies the development guidelines developed for the fashion show major, providing certain teaching guidance and theoretical support for the training of students majoring in fashion performance in universities. This article from Physique, Physical Fitness, and Health, movement, skills, and Emotions, communicates aspects of fashion performance students to develop guidelines to develop.

Significance of the research question: The purpose of this study is to help college teachers and professional institutions of costume performance understand the problems existing in students of costume performance, and provide a relevant scientific basis. In the training of students majoring in fashion performance, guide students majoring in fashion performance.

Objectives

1. Main objectives

To create guidelines to develop students of fashion show major.

Subsidiary objectives

To study the current situation and existing problems of college students majoring in costume performance.

Literature review

1. The concept of fashion show.

Fashion shows are the closest thing to life as stage art. It is not only about the important guiding role of fashion in People's Daily dress and clothing, but more importantly, the movement of fashion shows is taken from life, faithful to life, and above life. (Zhang, 2023).

Art comes from life: the stage of a fashion show (often referred to as the runway) draws on the movements of life but does not exactly copy them. Although art comes from life, it must be higher than life to be more attractive. For example, a model's crotch swing on the runway might seem overly ostentatious if it were done the same way down the street. However, in the fashion show, these movements become a means to show the spirituality and meaning of the clothes, to embody the relaxed, chic approach, and the body language of the clothes. (Fang & MAO. 2018).

Performance above life: The movement of a fashion show, while above life, is different from dance. The body language of dance is more exaggerated and romantic, while the fashion show is more faithful to life and closer to life. The purpose of a fashion show is to show the clothes, not to tell a story or plot. Models need to be based on temperament and demeanor, show the artistic charm and wearing effect of clothing through display skills, and convey the soul of clothing to the audience. (Zhang, 2019). Categories: Fashion shows can be categorized according to different criteria, such as Personality: from conservative style to hot style, each style has different characteristics. Climate: Summer wear, autumn wear, winter wear, etc., choose different clothes according to the season and climate. Trends: From





wedding dresses to rock and roll, different trends show diversity. Occupation: Business style, casual Friday, surf wind, etc., according to the needs of the occupation to choose the right clothing. In short, the fashion show is not only a fashion show, it is an artistic expression of the designer's creativity, and the model is the carrier to show this art. (Wang & Chen, 2014)

2. Fashion show major in university.

Guangzhou Institute of Sport fashion performance professional talent training program
Undergraduate performance major (costume performance direction) credit system talent training program

1. Training objectives

The major adheres to moral cultivation as the fundamental task. Through systematic training and practice of fashion performance, it aims to cultivate students with all-round development of morality, intelligence, physical fitness, and labor, who can be engaged in fashion model performance, fashion director and event planning, model professional education, overall modeling design, fashion marketing, fashion Communicate and promotion, etc., with solid professional knowledge, physical and mental health, and carry forward Chinese fashion culture and fashion culture. Serving in the field of socialist fashion and cultural creativity, with a sense of social responsibility, innovative spirit, and practical ability of high-quality applied talents.

2. Training requirements

Focusing on the characteristics of performance, this major mainly studies the theory and skills of fashion performance integrates the concept of fashion performance with fashion Communication, and starts from the whole fashion industry chain, enabling students to acquire the knowledge of fashion display, fashion Communication and brand promotion, fashion marketing, and other aspects, to be equipped with fashion performance, fashion directing, and planning. As well as fashion communication and brand promotion-related theoretical knowledge and practical experience, with a certain basic knowledge of arts and humanities and high aesthetic ability.

Quality requirement

- Have extensive knowledge of humanities and artistic accomplishment.
- Have the information thinking, network thinking, big data thinking, and application ability required by modern society.
- With self-regulation, channeling methods, with the ability to resist frustration;
- Have the basic skills of living and producing labor;
- Have broad basic knowledge of culture and healthy and noble aesthetic ability;
- Have good ideological and political qualities and patriotic Emotions;

Knowledge requirement

- Master the basic theoretical knowledge of costume performing arts;
- Master the basic knowledge necessary for the specialty, such as the organization and director of the fashion show and fashion brand Communicate; Master the basic methods of clothing marketing and the basic knowledge of practical application; Master the knowledge of theoretical frontiers, social needs, and development dynamics;

Ability requirement

- Have a strong sense of language norms and application ability. The standard of Mandarin has reached the prescribed standard, the speech is standardized and appropriate, the writing and grammar are standardized, and the writing ability, reading ability and writing ability are good.
- Have the basic ability to shape the image of costume performance art and display it in front of the mirror;
- Master the basic skills necessary for the performance of the profession and have the practical ability to model performance;
- Master the basic methods of clothing marketing and have the initial ability to make market forecasts;
- Master the basic methods of literature retrieval and data query, and have certain theoretical research and writing abilities.
- Have strong practical ability and lifelong learning abilities, and have good expression and Communication skills.





The corresponding relation matrix between curriculum and training requirements is set up.

Cultivation requirement	Main course	
Quality requirement	Physical and mental quality	Mental health education for college students
	Professional quality	Fashion show I, II, III, IV, Body training I, II, III, IV, in front of the mirror, Introduction to Fashion show, fashion show director, fashion marketing, fashion brand Communicate, fashion design procedures and methods
	Cultural quality	College English I, II, III, IV, Classical Literature, Modern Literature, College Mandarin, Introduction to Practical Writing, Logic
Knowledge requirement	Costume performance plan and stage display ability	Costume Show I, II, III, IV, body training I, II, III, IV, mirror display, film art and stage performance, advertising performance, fashion photography, jazz dance I, II
	Clothing foundation and aesthetic ability	Introduction to clothing, History of Art, Introduction to Art, Art history of design, Folk art, History of Chinese and Western clothing
	Knowledge and ability of costume performance director and planning	Costume performance director, costume performance planning and management, dance director, image design
	Clothing marketing and management skills	Fashion marketing, Fashion display and display design, fashion brand management, fashion brand Communicate.
	Moral education and traditional cultural inheritance ability	Fashion marketing, Fashion display and display design, fashion brand management, fashion brand Communicate
	Comprehensive practical ability	Graduation investigation, graduation design, teaching practice I, II, III, IV, V, VI, VII, Social practice I (Youth League Committee), Social practice II (Youth League Committee), holiday class I (labor education + social survey), holiday class II (labor education + enterprise practice/internship/workshop/cooperation project, etc.), the second class, clothing performance competition at municipal, provincial, national level or home and abroad Fashion Week performance
Ability requirement	Instrumental knowledge	College English I, II, III, IV, Classical Literature, Modern Literature, College Mandarin, Introduction to Practical Writing, Logic



Cultivation requirement	Main course
Knowledge of humanities and social sciences	The History of the Communist Party of China, the History of the People's Republic of China, From Yan 'a to Beijing: Chinese Communists' Literary Thought and Practice, Literature and Art and The Times: History of Reform and opening up from the perspective of fine arts classics, Selected reading of Marxist literature and artworks, selected reading of Marxist classic original works, Introduction to excellent traditional Chinese culture, Introduction to advanced Socialist Culture, classical literature, modern literature, college Mandarin, Introduction to practical Writing, Logic
Subject basic knowledge	Subject and Specialty Introduction (Lecture), Costume performance I, II, III, IV, body training I, II, III, IV, V, VI, mirror display, advertising performance, Jazz dance I, II, Makeup modeling, History of Chinese and Western Costume Art History, Introduction to Art, Art History of Design, Folk Art
Professional skills and knowledge	Fashion show I, II, III, IV, mirror display, image design, fashion photography, fashion marketing, fashion display design, fashion show director, fashion show planning and management, traditional Chinese patterns, traditional clothing craft

3. Physique posture and Physique exercises for the model.

3.1 Overview of physical training

The so-called body, as the name suggests, refers to a person's body shape and physique, and is a general term for the external expression of body shape and posture. The purpose of the physical training course is to shape the physique, posture, temperament, and dynamic personality of a training method, physical training is mainly to adjust the expression of students' body movements, the coordination of various parts of the human body, ligament muscle stretching, and other aspects of training, through the integration of some dance aesthetics education concepts, training methods for limbs, movement guidance and other aspects. To better show the beauty of the human body. Chen Lian-Zhen, Xiong Jing-Yu, Wang Chun-xiang. However, due to the particularity of fashion show major and performance, the content, teaching means, and teaching focus of its body training are quite different from that of dance and other art majors. Therefore, it needs to pay more attention to combining the course characteristics of the fashion show major and the requirements of body training. (Wang. 2023). The content of its teaching and training mainly includes posture adjustment training, limb coordination training, movement standard training, ligament muscle stretching training, posture adjustment, etc. (Song. 2024).

(Liu, 2023). There are differences in body training among different majors. The corresponding body training for fashion show majors is different, and the difference in requirements is that the purpose is to correct the shape of the model, artificially shape, and exercise good body proportion and good body muscle line. The general characteristics of the students of costume performance are relatively tall and long limbs, which requires them to appropriately reduce the amplitude of action and reduce the rhythm speed when they are training, and pay attention to developing strengths and avoiding weaknesses in training. Pay attention to protecting the joints and ligaments of the practitioners, and exercise the ability of students to follow the rhythm of the movement. Moreover, the physical training of students majoring in costume performance needs to be targeted according to their situation, focusing on the strength exercises of students' shoulders, waist, abdomen, and joints. Due to the differences in the individual situation of each student, the exercise of these parts should be carried out according to the individual situation. Secondly, physical training needs to pay attention to all-round training, can not only focus on a certain item, need to often carry out "pull training", and often change the training method, use different training methods alternate training, pay attention to the combination of static and static, rigid and flexible, endurance and strength, etc., so that students to more comprehensive development.



3.2 Problems that should be paid attention to in the physical training of fashion show majors

(1). Reduce difficult dance movements Most students majoring in costume performance do not have a good dance foundation. If too much dance content that requires too much flexibility or movement difficulty is added to the physical training course, it will be difficult for students to keep up with the course content, and even the lack of practice skills will lead to injuries to students and harm their bodies. Affect the progress of the course later. In addition, for students of costume performance, the content of dance is not a necessary part of the course. Too much pursuit of the complexity of movement will avoid the importance of the course, waste class time, and affect the class effect. Therefore, attention should be paid to reducing the involvement of difficult dance movements in the design of body training courses for students majoring in costume performance. Students majoring in costume performance have relatively high requirements for the display of clothing in all aspects of the body's strength in future work. Only if the strength and endurance conditions can pass, can they better do a full range of publicity and display of clothing. Therefore, in the course arrangement of physical training, the content of training the strength and endurance of various parts of the body should be appropriately added, and to achieve the best classroom effect, attention should be paid to the amount of relevant content involved, not too little, nor too much, too much strength training may lead to too prominent muscle lines affecting the display effect of clothing. Proper strength training can not only enhance the strength of students' limbs but also play a good role in shaping the outline of the body so that students' body shape presents the best state of health and beauty. Therefore, the physical training of students majoring in costume performance needs to pay attention to the training of body strength.

(2). Exercise students' control of rhythm Due to the future work needs of fashion performance students, students should not only have good physical coordination but also be able to have a good control of rhythm. The performance on the runway requires students to wear gorgeous clothes and walk out of the rhythm with the music, which is commonly referred to as "tread the spot". Therefore, in daily physical training, students of this major should appropriately increase the training of students' sense of rhythm. For example, in ordinary physical training movements, some background music with distinct rhythm should be selected, so that students can pay attention to the standardization and beauty of movements while paying attention to the mastery of rhythm, and complete the processing of movements while controlling the rhythm. So that all body movements can be integrated with the background music, to present a better picture.

4. The influence of body training on fashion shows.

Yan (2020) Due to the professional characteristics of models, they need to have good physical performance ability to fully show the works of fashion designers on the stage. They should not only be able to show the models' clothing styles and fabrics but also show the colors given by fashion designers. The tension of the stage table now makes an otherwise lifeless costume come to life and vitality. (Zhang Jinming. Current Situation and Countermeasures of Physical Training in Aerobics Teaching in Changchun Independent College) However, models are not just anyone can do, every model involved in the show needs to go through scientific physical training, after physical training students' bodies are shaped by physical training more upright, posture is more not, plus, the body training recognized by our society is mainly based on human body science. Systematic body training can not only make students more expressive but also enable students to learn and master some basic knowledge, basic technology, and basic skills of body training. Both fashion models and graphic models need to have enough performance ability to show what designers need to show. Therefore, the body training work must be paid full attention to (Song. 2023).

Although the students admitted to the major of fashion performance should have good conditions, if they only master the theoretical knowledge of the major and rely on their conditions without too much modification, it is difficult to achieve the effect of showing all aspects of clothing. A good fashion performer should have a good body shape and an elegant body. And the expression of harmonious and appropriate body movements. The design and practice of broadcasting and hosting professional "physical training" courses) Only when these aspects are at the same time, the performance effect of clothing can make people satisfied enough. To create an incredible visual image. How to get these aspects of the ability, only rely on physical training, physical training course theme is to cultivate people's body temperament, exercise the beauty of people's body movements, and continuous training to cultivate the beauty of the body, clothing views. Only after a long period of effective physical training can students meet the strict requirements of costume performance. (Sun et al, 2023).

Improving the disadvantage of natural posture and optimizing body shape is the general term for the human external comprehensive image. The shape of the human body will change to different degrees due to the influence of factors such as genetics, environment, and daily movement habits. The acquired living environment, the nutrition of the growing stage, and the intensity of exercise are collectively referred to as environmental factors. Even if the genetic factor is one of the factors that can change the basic body shape of people to the greatest extent, if we grasp the acquired environmental factors, we can also greatly improve the deficiency of the innate body shape. (Li Xiujuan. Experimental study on the influence of body Integration Content on the mood and flexibility of female college students) In the



physical training course of clothing performance, students need to pay attention to practicing a variety of movements, to show the most beautiful form in the movement, but also pay attention to expression management and try to establish the most suitable for their walking style and strengthen the sense of rhythm training. Through appropriate physical training, the wrong posture and non-standard body shape of the costume performers can be changed, and the physical beauty, contour beauty, and posture beauty of the human body can be improved, so that the state of the students in all aspects can meet the basic requirements of the costume performance, and the aesthetic beauty in all aspects can be enhanced, thus enhancing the stage charm of the performers and deepening the stage effect. Play a strong expressive role in the display of clothing.

The influence of fitness calisthenics on Body shape and self-confidence of female college students in Gansu Province) Training students' temperament is a direct expression that determines a person's sensory Emotions for others and has a high degree of acquired plasticity. Although temperament will be partly affected by congenital factors, most cases can be cultivated through acquired training. Temperament can be improved and enhanced in the acquired life through continuous learning and improving one's social experience, enhancing knowledge and insights, and cultivating cultural literacy. Physical training courses can not only improve the condition of students from the body movements but also help students establish self-confidence and exercise self-control ability from the training of the course so that students dare to show their charm, to improve the temperament of students. At the same time, in the process of physical training, students' Emotions about costume performance will be more truly prominent, thus assisting the routine classroom teaching of costume performance and improving the learning effect. Therefore, physical training is of great help in cultivating students' temperament. (Liu, 2020).

Training students' aesthetic consciousness is also an effective way to assist aesthetic education. Zhou Mingjuan. The demand for beauty is the demand after the improvement of people's living standards. Body training is an indirect means to help students establish their awareness of beauty. A good enough body training teacher can guide them to learn to discover, show, recognize, and appreciate their beauty. The physical training integrates a variety of artistic elements, such as the basis of dance, bodybuilding, fitness, etc., while training students' posture, letting them learn the requirements and purposes of professional training, through the training course to improve the current physical deficiencies, show the body beauty that can be appreciated and recognized by the public, and experience the whole process of pursuing beauty. Through the training exercises of various programs, the costume performers are trained to understand beauty, so that students can more clearly understand body beauty, dynamic beauty temperament beauty, and other forms of beauty. Lu Fengping, Fu Li. A Brief Analysis of Body Etiquette Courses in colleges and universities).

5. Physical fitness and health for model.

Discussion on measuring the physical health standard of female models

In today's society, there is a rush for beautiful models, the popularity of thin models and reports of the sudden death of models have aroused widespread concern in society, and people are thinking about whether this is wrong and how to define the health standards of models. The health of models is bound to become the most acute issue that the fashion industry will face. Since the 1990s, the international fashion industry has been obsessed with thin models, which has led to an increase in the number of young women around the world who are excessively thin, causing a series of health crises. In August 2006, a man from South America named Louise. Remus' model died of heart failure within minutes of walking down the runway. The 22-year-old model was reportedly told by a modeling agency that if she could keep her weight down, they were confident of making her famous. As a result of this remark, the female model said that she had not eaten anything in three months other than eating vegetables and drinking low-calorie food. Brazilian model Ena, November 14, 2006. Karolina Resten died from anorexia complications caused by her weight loss diet. She is 5.8 feet (176.8cm) tall, weighs 88 pounds (40kg), and has a body mass index (BMI) of 12.80. Enad's death is the second tragic death of a model due to dieting in 2006. This tragedy has also sparked a second discussion about models' thin bodies and physical health.

With the help of the media, the popular modern media such as magazines and TV show people's bodies and appearance through the lens. According to the imaging results, people in TV and magazines appear fatter than they are. Weight loss and the supremacy of bone sense have a close relationship with the development of fashion magazines and TV. To achieve good visual effects, fashion models highlight their thin and bony appearance image, and gradually evolve into the aesthetic standard of today's fashion industry. Tracing back to the source of the skinny trend, the first culprit is the fashion industry, they put naturally thin models on the runway and the cover of fashion magazines, so that Hollywood is not far behind in leading the thinner and more beautiful fashion, from the big stars to the new rookie, an actress is fighting to turn themselves into "lollipop". This obsession with thinness seems to be a domino effect. We're looking for skinny models. Has anyone thought about how these images of rib women in the fashion media affect the average woman? The skinny images that fill fashion magazines rarely exist in real life, but they convey the implication that thin is beautiful. Those who need to be on camera often





choose to slim down, which can be seen as a necessary sacrifice for the sake of their careers, but this has led countless women who will never appear on TV and fashion magazines to willingly make unnecessary sacrifices. Slimming and losing weight in today's world is not only a battle against natural physiology, but also a complete set of slimming and losing weight cultures has been formed in the promotion of the media. For most women, lean bone disease has no positive effect on them. It has been proved that the media's pursuit of perfect women often makes a "normal" woman lose self-confidence and feel inferior; The pressure to be thin is forcing more and more teenage girls to develop eating disorders to look like magazine models. Anorexia nervosa caused by excessive pursuit of slimness has become one of the main diseases endangering women's health. According to British media reports, the minimum age for women in the UK to follow the "ultra-thin" trend and suffer from anorexia and other diseases is just seven years old. Anorexia affects an estimated 20,000 young women in Italy. Dietitian Wang Yuefen once pointed out that a few people are born thin because of genes, and most people lose weight to be thin, resulting in many side effects. She said the media's message that thin is beautiful and that developing girls follow suit to lose weight, combined with pressure at school, can lead to anorexia, osteoporosis, low blood pressure, a weakened immune system, a drop-in heart rate, and eventually infertility. Given the widespread impact of this trend, experts and scholars have expressed their opinions. Golding said the fashion industry should change this morbid view of beauty and promote healthy styles. "The widespread preference for extremely thin models is not admirable," he said. "I want the fashion industry and the media to be more responsible [in guiding the public]."

People's pursuit of thin bones and the resulting social problems have aroused the alarm of Western society. Last year, the Spanish and Italian governments made regulations at Madrid and Milan fashion weeks, respectively, to make mandatory rules on the weight and age of models, and to ban models who are too thin on the stage. Models who want to walk on the catwalk must show a doctor's certificate that they are healthy and free of anorexia, and anyone with a "body mass index" of less than 18 will not be allowed on the catwalk. Secondly, the age of models is strictly limited to 16 years or older. Once the ban was issued, it caused strong opposition from many fashion people and also caused people to reflect on the "extremely thin" trend. At Madrid Fashion Week, about 300 models initially responded to the call, and 64 of the 69 models who signed up were finally tested. Five people were eliminated because they were too thin. One of the eliminated models is 1.8 meters tall and weighs less than 50 kilograms. (Roger. Study on the influence of Sherbin Exercise on the body Shape and Body Composition of Professional Women)

Physical beauty is the comprehensive human beauty of a healthy physique, a perfect body shape, and a beautiful posture. It is the eternal pursuit of mankind. Physical beauty is closely related to body composition. Too much or too little body fat not only affects physical beauty, but more importantly, it also endangers health. Body composition is one of the physical abilities related to health. It can be seen that physical beauty is consistent with the ideal of human health, its external part is the harmony and symmetry of the surface of the human body, and the connotation part is health and strength. Since ancient times, people have had different interpretations of what is health. With the development of society and the progress of science and technology, people's understanding of health has also undergone profound changes. Before the 1940s, the widely accepted concept of health was that "health is the ability to maintain a balanced lifestyle." Physical self-evaluation and healthy exercise prescription) In this lifestyle, there is no pain, no discomfort, no disability, and abnormal limitations." With the development of society and the improvement of various production and living conditions, people have a new understanding of the meaning of health and new development. According to the Charter of the World Health Organization, "Health is not merely the absence of illness, but also physical, psychological and social well-being." This fully shows that in terms of biological attributes, it does not simply refer to the absence of disease in the human body, but also emphasizes the intact state of the human body in terms of temperament, character, emotion, intelligence, etc. In terms of social attributes, people's social activities, interpersonal relationships, social status, and lifestyle are required to be normal. That is to say, health not only refers to physical and mental disease but also requires people to get along harmoniously with each other and have noble morality, which is the new concept of health. The biggest difference between the modern concept of health and the previous concept is that the modern concept of health advocates a positive attitude and the effort to achieve the best state under the actual physical conditions of the individual. The modern concept of health views health as a dynamic process rather than a static, unchangeable state. For healthy people, health is only better, not the best; For patients, health can also be achieved through their efforts. Health is a realm of beauty and a subject of dynamic development endowed with charm. Beauty is the most fundamental desire of mankind and the pursuit of common ideals, everyone hopes for beauty, the pursuit of beauty. What is the root of female beauty? That is, health, especially in contemporary society, more and more women participate in the construction of society, social awareness, high-efficiency work burden, and fierce competition participation, all require professional women to be smart, responsive, and strong. To do this, we must first have a healthy body, so the beauty of today's professional women should be healthy, strong, and lean, not only lose the feminine charm, but also bear the pressure of life competition, take up social



responsibility, and achieve success in the career, so that health is the foundation of female beauty, is the source of charm. In short, while attacking the skinny fashion industry, we should realize that models are special groups that are different from the general population, they have healthy skin, thin bodies, and beautiful faces that are beyond reproach, the fashion industry should grasp the scale, the excessive pursuit of bone will bury the model's future, and will also bring negative impact to society.

6. Movement and Skills for model.

The aesthetic category of the current fashion show comes from Western aesthetics, and the concept of "simple is high" has been deeply rooted in people's hearts. Fashion Portrait Photography: The Language of Gestures). With the continuous changes of the market, the single fashion performance mode began to show aesthetic fatigue, and could not meet the needs of the market. To be different, some brand clothing performance companies have invested a lot of money in venue arrangement and self-presentation. As the most changeable part of the human body, the hand is different from other parts in display design. The gesture of the hand is the most active part that can bring the viewer visual enjoyment of beauty. Therefore, the gesture of the hand shows a unique charm in the design and performance of gesture modeling.

The whole-body posture of the hand is composed of fingers, palms, forearms, and forearms. In the hand close-up, it is often hoped that the model's bones are slim and slender, and the joints cannot be thick, because the hands with these characteristics are easier to produce aesthetic Emotions, in line with the public aesthetic, and such bone structure is easier to show a beautiful posture. Skin type, skin tone, and meridians create different effects and textures. Starting from the appearance of the hand, different hand appearances can attract people's attention in an instant, and even make certain judgments on the model through the appearance of the hand, such as men and women, young and old, and body type (Huo Meilin. Research on teaching reform of positioning modeling in model performance).

The content composition of hand posture can be divided into three parts, namely, basic hand shape, basic hand position, and basic hand position modeling. There are many basic methods of hand "movement", and the unshaped changes of the arms and hands have infinite possible shapes, with good artistic expression (Ju Xiaojing, Zhang Yanshan). Interpret the position and posture of the model in the window). When the arm moves each point, it produces a form change, forming a natural deformation, free rewind, coordinated and elegant gesture, and then other shape lines are combined with these gestures and changes, thus producing a rich expression of the body shape change, and fully reflecting its independent personality. New and rich movements are constantly produced by the movement of the arm at a "point" in its three-dimensional circumference.

7. Emotions and Communication ability for model.

Liu & Shi (2006) Psychologists believe that "facial expression is the best way to convey non-verbal emotions." Focus on expression training and role positioning in fashion shows, models often only pay attention to the training of walking and modeling, while ignoring the training of expression, the result is that the model is like a pair of activity "hangers", "tangible, no spirit", will lose the artistic conception of fashion shows, let alone convey the design concept, and hinder the audience's deep understanding of the connotation of fashion. Therefore, the training of expression should be considered from two aspects.

The early performance training in China was influenced by opera and dance and emphasized nationalization. In the training, the model is blindly required to smile the same way, which is believed to have "Chinese characteristics". As a result, no matter what style of fashion the model wore, she smiled sweetly. When a "sweet smile" meets a tough, powerful fashion style, it looks weak. With the gradual increase of the domestic modeling industry and international exchanges, some models understand the personalized and cold-faced performances of foreign models as "expressionless" performances and even think that "expressionless" can highlight fashion. In the training and do not understand the "expressionless" as the first training. This all-in-one, unvaried, passionless performance is inevitably boring. A cold face and a "blank expression" are two different states and expressions. A cold face has content and is also an expression. But "no expression" can only produce a "tasteless" expression. In the model training, we should grasp the scale of expression, and create a kind of upward, heavy, and eternal model art image with a target, so that the fashion show can be sublimated and produce greater artistic effects.

Each model has its performance style and personality. After the fashion role is determined, the model can give full play to its creativity and integrate its own understanding and performance personality. Therefore, the creation of models starts from the determination of the clothes to be performed: taste the characteristics of each piece of fashion, get familiar with and understand the music used for performance, experience and determine how to accurately use body language in training, and try to make each set of fashion in the display not only conform to the style intention of fashion designers but also reflect the personality characteristics of performers. Role acting and personality acting are complementary to each other. Character performance is the basis of personality performance, without this basis, personality has no basis. Personality performance is the sublimation of role performance, without personality, performance will be the same, dull and dull. The role is positioning, and personality

is play, the combination of the two can effectively show the charm of fashion. It is first and foremost to determine the role of fashion, that is, the specific image of fashion, and then it is necessary to grasp the positioning of the role image. In the training to emphasize the image, wearing environment, fashion, and music of the combination of artistic conception, followed by personality performance, to determine the performance of the action of the range, speed, strength, and saturation, then to grasp the action of the sense of proportion, the choice of action, music and action harmony. Finally, all this consciousness comes down to the intention of fashion display. In the actual performance, no matter how the model uses the artistic conception of music to develop the personality, it cannot destroy the personality of the fashion itself and dilute the effect of a particular fashion. Therefore, fashion performance is an art that guarantees the specific role of fashion and expresses the artistic conception, verve, and personality of fashion. Highlighting the personality of the role is the essence of model performance.

8. Related research

Body training is not the only way to improve the human body, it can be said that sports can effectively improve the human body one of the methods, worthy of our reference and reference. College teachers should constantly improve and optimize the curriculum and teaching methods according to different teaching purposes, provide rich training content for female college students' body training, and mold a new generation of female college students who are symmetrical, have a good temperament, full of spirit, vitality, and optimism.

After physical training, various body shape indicators of female college students have changed to different degrees, showing significant differences ($P < 0.01$ or $P < 0.05$), so that female college students can build self-confidence so that they can understand that such sports projects do not need to use too much energy, nor need to consume too much material, just need to spend every day in leisure. To use too much energy, do not need to use too much material, just every day in leisure, take some time to do some actions that are beneficial to our body shape, fitness work is not wrong, enrich life, is undoubtedly a good medicine.

Conceptual Framework

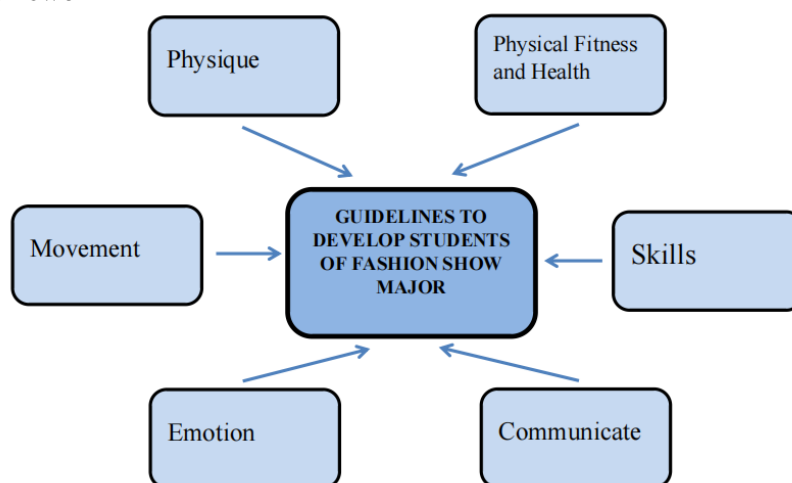


Figure 1 Conceptual Framework

Methodology

1. Population and sample

1.1 Population: The study subjects were 30 students majoring in fashion performance in colleges and universities, including 30 students majoring in fashion performance at the Guangzhou Institute of Sport.

1.2 Sample: 6 experts and professors were selected. A questionnaire survey was adopted to objectively analyze the current situation and existing problems of these 30 students.

2. Research method

2.1 Status and problems of questionnaire collection. Draft guidelines to develop for training students in costume performance.

2.2 The focus group gives opinions and suggestions on the draft guidelines to develop for training fashion performance students, as well as supplementary countermeasures.

2.3 Effective and reasonable guidelines to develop shall be determined using the questionnaire of appreciation experts, and the guidelines to develop for training students majoring in fashion performance shall be finally established.

3. Data collection



- 3.1 Literature review
- 3.2 Questionnaire survey method
- 3.3 Focus Groups
- 3.4 Appreciation expert

Results

Guidelines to develop students of fashion show major.

Serial number	Physique	Physical Fitness and Health	Movement	Skills	Emotion	Communicate
1	Understanding theoretical knowledge	Dietitian planning	Runway front point modeling	Comprehensive training program.	Smile Training	Understand the origins of your profession.
2	Standing wall training	Attend a competition	Appearance points modeling	Targeted training programs.	Lens expression	Learn about the origin and evolution of various garments.
3	Basic skills of folk dance	Body strength training	Midfield point modeling	Bounce and shift the center of gravity.	Eye practice	Talk to the designer
4	Yoga body training	Body speed training	Single action modeling	Combination and body dance overall practice.	Rhythm combinations	Knowledge reserve of cultural theory
5	Basic bar training	Physical agility training	Double action modeling	Torso bending and waves		
6	Muscle regulation exercises with equipment or light equipment	Physical coordination training	Multi-person action modeling.	Basic dance posture and balance exercises.		
7	Stretching	Physical endurance training.	Basic posture (standing, sitting, jumping, squatting, lying, holding, etc.)	Jump training.		
8	Body aerobics	Flexibility training for all parts of the body.	Basic position exercises (the basic positions of various parts of the torso, feet, arms, etc.)	Ground skills.		
9	All parts of the body muscle standard freehand training		Basic footwork dance steps (walking, running and jumping, trotting and jumping,	Ground set exercises.		



Serial number	Physique	Physical Fitness and Health	Movement	Skills	Emotion	Communicate
			basic platform)			
10	Aerobics combination		Swing and wrap (arms, torso, legs, etc.)			
11	Ballet body training		Twist exercises.			

Discussion

Many training programs in other fields need to be used for reference in the training of fashion model performance. The specific content of physical training includes yoga, Pilates dance, etc., and these contents have been fully integrated into the professional training and teaching of fashion model performance. However, the problem is that the choice of content is left to the teacher, and the teacher's choice of content is relatively arbitrary. It is also rare to adjust the content of training projects from other fields in combination with professional requirements, and the problem of direct reference often occurs, which will lead to unscientific physical training (Zhang, 2023).

Model training is a gradual and long process. In this process, although the shapes of models in fashion performance will constantly change, the speed of change is slow, resulting in many models not being able to timely understand their problems during training, so they need to get guidance and help from teachers. In reality, teachers will actively provide guidance and help. However, the guidance generally relies on experience and lacks a scientific evaluation system as support, so the final evaluation result is not necessarily accurate.

In the aspect of action: Chinese clothing culture has a long history, but in the current fashion performance, the model's body language has not fully demonstrated the characteristics of clothing. Therefore, it is one of the important ways to spread excellent culture to explore and design performance movements suitable for Chinese clothing. Study the body language of models, taking arm movements, hand movements, hip movements, waist movements, leg movements, foot movements, and facial expressions as research points, enrich the body movements of models in the performance, so that performers can control different styles and styles of clothing; Secondly, through the design and research of body shape, these movements can appear in Chinese fashion shows, promote Chinese costume culture, and enable the audience to deeply understand China's long cultural history and feel the charm of classical clothing when watching the performance (Meng, 2024).

In terms of skills: the teaching objectives of the "Costume Performance Skills" course are: (1) to have the ability of costume performance such as walking, modeling, turning, facial expression, and sense of rhythm. (2) Have the ability to perform costumes in different time and space environments according to costume, lighting, music, and other stage art factors. (3) Combining the performance theme and costumes, training self-intuition, finding and establishing the perceptual relationship with the surrounding space, and thus the ability to perform (MAO & Zhao, 2021).

In terms of emotion: clothing performance is the front-end industry of the clothing industry, and it is a means of clothing sales. The impact and shock brought by a good costume performance not only comes from the costume itself but also from the costume performers' understanding of the costume culture and the proper use of body language. On the stage of fashion performance, models express the connotation of clothing through body language, transmit the concept of designers, and lead the majority of consumers by showing the personality of clothing. Eye expression is an indispensable element of the facial expression of costume performers, which can not only enhance the communication between people but also effectively interpret the deep cultural connotation of clothing and arouse people's resonance. The dynamic runway performance and the static plane shooting played a role in enriching the facial expression but also reflected the professional quality of the model. The model's eye management plays an important role and influences the fashion performance; therefore, the training and performance of the eye should not be ignored by the fashion performers. To improve the use of eyes in fashion performances, models should strengthen their understanding of the eyes, pay attention to the accumulation of daily Emotions, and imitate the eyes and facial expressions in different situations. Good costume performance can not only promote the improvement of artistic aesthetics. It is also an indispensable part of improving the level of clothing sales (Wang, 2023).

In terms of communication: During the performance, the change of the expression of the clothing model will give the audience different visual Emotions. This expression will be more perfect when combined with the music, and the model's performance will shine under the background of the clothing



and the stage. Costume performance is an art form, which originates from life but is higher than life. In this kind of mime art, the audience needs to extract the essence of the performance from the model's expression and connect it with life (Shen, 2015).

Conclusion

The guidelines to develop this study can not only effectively improve students' Physique, physical fitness, health, movement, skill, emotion, and Communication, but also select a variety of different ways and different collocation ways to form new guidelines to develop for the six factors.

Recommendation

Application of research results

1. This paper has a great impact on the training guidelines to develop fashion performance. More, more comprehensive, and more efficient guidelines to develop can be selected for the training of students majoring in fashion performance. However, it is worth noting that this study was limited to students majoring in costume performance at Guangzhou Sport University. Therefore, a more comprehensive training program should be considered, which can be applied to college students with different training environments and different bases.

2. As the highest-level teaching institutions, colleges and universities specializing in fashion performance should choose different training directions in terms of their accurate and reasonable orientation, market value, future development direction, and reasonable selection of students with different employment directions. The guidelines to develop should be adjusted for different training directions to better fit the employment direction.

Future Research

1. Adopt more research methods, such as experimental observation, etc., and further expand the scope, such as children, teenagers, professional models, different regions, etc. To obtain a more comprehensive study.

2. More extensive research from multiple perspectives, such as studying the differences of models in different countries, cultural customs of different countries, etc.

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