

The aim of the thesis is to sketch a subject of the dance style of hip hop as the motion activity, and the inclusion of hip hop as a way of the lifestyle. The thesis defines the subject, the history of its creation and defines the main characters of particular style of hip hop dancing. Furthermore, the thesis also deals with the matter of use of the hip hop in the commercial courses and competitions, which are held by different organizations. The outcome of the practical part of the research are the reasons of choice of hip hop by particular fitness center clients.