

Abstract

Title: Developing a dancing-motion programme for senior citizens

Objectives: The objective of this diploma work was to develop and apply a dancing-motion programme for seniors and to characterize its benefits for senior individuals aged between 60 and 90.

Methods: Using quantitative and qualitative methods we evaluated the quality of developing a dancing-motion programme for seniors. We used the method of inquiry with the techniques of survey, observation and group interview. The praxis took place in a chosen retirement home during the time period of three months.

Results: The achieved results of my work are described in detail in the result part of my work and summarized in its discussion part. The results of our research showed that although the developing and the application of the dancing-motion programme was positively evaluated by the probational group, its level of difficulty did not quite suit the seniors' physical abilities and that is why it was found difficult by them.

Key words: Dancing-motion activity, seniors, dancing-motion programme

