

## Abstract

Title: African dance

Objectives of work:

The project aims to build methodological sequel of teaching african dance for fitness needs lessons for adults. Sample dance lesson will be elaborated, including the characteristics of elements and their gear, photographic and videodocumentation.

Method:

Based on the research of available literature sources was prepared theoretical foundations. Bachelor thesis is descriptive. Described dance steps and links have been consulted with a professional dancer Linda Fernandez Saez. From individual steps and dance links were created methodical series of African dance training, which was processed and presented to the sample lessons.

Results:

Processing of this work led to the formation of a sample of african dance lesson, both for dancers and ordinary public.

Key words:

dance, african dance, exercise program, Linda Fernandez Saez