

Annotation:

This thesis aims to reveal to the general public, what dance is in the eyes of professional dancers, and to recommend ballroom dancing as one of the very good ways to meaningfully use their free time. The aim is to find out how pupils and students under 20 years of age spend their free time and how they perceive dance as a leisure activity.

This work is divided into theoretical and empirical part. In the theoretical part, I explain the concept of free time and the importance of meaningful use of it. Further, I detail the history of dance, which shows why people started to dance and what it yields to them. The theoretical part also includes information about the dance sport, institutions providing dance training, sports nutrition, and also the fact that dance can help and heal.

The empirical part is devoted to questionnaires measuring how much of their free time children spend on dance activities, and guided interviews with professional dancers who let us peek into their dance world. These dancers will answer the questions: why dancing became their way of life, what positives and negatives it brings, what is so beautiful and liberating about the dance, and also why a place called Blackpool is often mentioned in the dance environment.