

Abstract

Title: Comparing the selection of dance steps combination according to the rhythmic gymnastics code of points at the turn of two Olympic cycles.

Objectives: The aim of the work is evaluate fulfilment and validation of dance steps combination according to the rhythmic gymnastics code of points at the turn of two Olympic cycles.

Methods: We used the observation method, which was done by a detailed analysis of the video recording and subsequent transfer of the record into the professional gymnastic terminology. The second used method was expert assessment according to two selected experts.

Results: It was found that the gymnasts in 2017 classify less dance steps combination in routines than in 2016. Their movement due to the larger using of apparatus difficulty does not make music movement unity as it should. It was found that Czech gymnasts classify more dance steps combination in 2017 than international gymnasts.

Key words: rhythmic gymnastics, dance steps combination, apparatus difficulty, rhythmic gymnastics code of point, music movement education, dance, clubs