

The diploma thesis is related to the dance and its importance in personal and social development of individuals with specific educational needs. This thesis is theoretical-empirical. In the theoretical part there is a leisure time described as the phenomenon of today's life and a dance as the form of spending of free time from its very own beginning to current styles and techniques. The important part here are also an overview of themes of personal and social development and an explanation of the specific educational needs term. The main goal of the research is to find out what effect a dance has on the development of individuals with specific educational needs and how important it is in their lives. The main core of the research are semi-structured interviews not only with individuals but also with dance instructors who teach those people how to dance but also teach them other skills that are important in their lives. At the same time this thesis should also serve as an education of the public as most people think that disabled people have not as much free time as healthy ones because of their medical restrictions and that they cannot learn how to dance at all.