

Abstrakt

Title of Diploma work:

Proposal and application of movement program by dance using – acrobatic rock and roll.

Purpose of work:

Purpose of this diploma work is compile and apply movement program, containing acrobatic rock and roll, with part-proposal influence level of gymnastics-dance competence for choose group.

Methods:

Watching, describing, comparing , sorting

Results:

- 1) Movement program (10 training lessons) each around 60 min.(chosen and applied training make together contain of gymnastics and acrobat rock and roll)
- 2) In -coming measuring - rate of level gymnastics-dance competence
- 3) Out- going measuring – comparing of changes level gymnastics-dance competence

Kea words:

Acrobatic rock and roll, dance, trainig unit, movemen program