

Abstract

Title: Development of movement abilities and skills through dancing activities

Aims: Main goal of my bachelor thesis is extension of nowadays knowledge in the area of examined studies of movement abilities. We are dealing with physical abilities and skills which are developing and based on dancing movement. In conjunction with main theme, we are exploring as well anatomical, music and dancing theory. My bachelor thesis is conceived as research and theoretical. It also creates the basic for my future diplomatic thesis, where we are going to make direct testing.

Methods: The theoretical part of my thesis is based and draws on empirical knowledge of the individual authors. The practical is showed by the video records knowledge and photography with a specific description which explain individual exercises.

Results: The result of this work is a summary of the findings based on Czech and foreign literature from the area of physical abilities and skills. These findings are supplemented by theoretical and practical knowledge and demonstrations which are applied in dancing.

Key Words: movement skills, movement abilities, postural system, music, dance.