



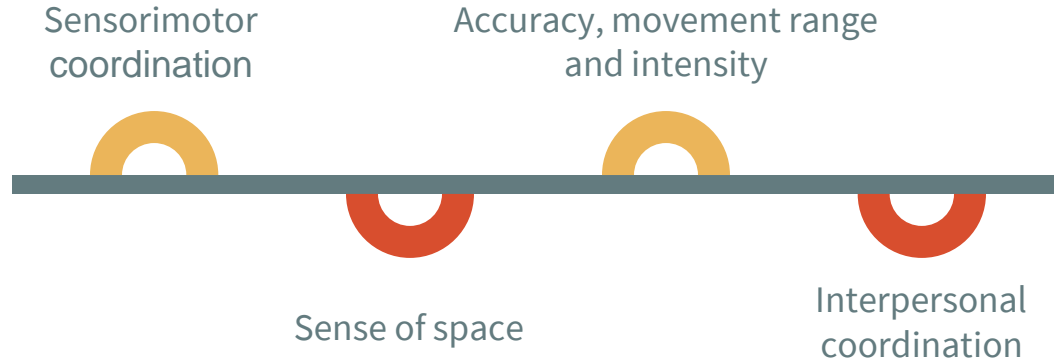
THE EFFECT OF STREET DANCE TRAINING PROGRAM ON MOTOR COORDINATION OF STUDENTS

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INTRODUCTION

- Definition of coordination
- The importance of coordination for dancers



INTRODUCTION

- Definition and characteristics of STREET dances

01

HIPHOP

US origin, acrobatic moves, medium / fast paced dance, short in duration



02

DANCEHALL

African roots, slow paced, more fluid dance with a lot of body isolation movements










THE AIM OF THE RESEARCH:

Determine the effects of a ten-week Street dance training program on the motor coordination in female students.



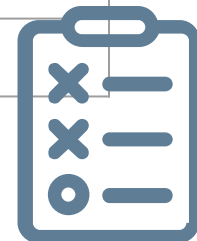
METHOD

SUBJECTS

	Experimental group (n=27)	Control group (n=27)
	Experimental program	No program
	Female students of University of Nis	Female students of University of Nis
	From 19 to 24 years of age	From 19 to 24 years of age
	No injuries or diseases	No injuries or diseases
	No training experience or other sport activities	No training experience or other sport activities
	165,4±5,81 cm	166,3±6,09 cm
	60,1±6,97 kg	60,6±8,21 kg

PROCEDURES

TESTS FOR ASSESMENT OF MOTOR COORDINATION	
1	SIDE STEPS
2	20 STEPS FORWARD TWIRLING A BATON
3	TURNING IN 6 SQUARES
4	SKIPPING THE HORIZONTAL JUMP ROPE
5	HAND – FOOT DRUMMING
6	AGILITY TEST WITH BATON



TRAINING PROTOCOL

30

Training sessions

14

Learning choreography

10

Practicing choreography

6

Technique and
style correction



TRAINING PROTOCOL

STRUCTURE OF THE EXPERIMENTAL PROGRAM

	Experimental group	Control group
Frequency	3x a week	-
Duration	90 min	-
Class structure		Duration
Introductory part	Dance aerobic	5 min
	Dynamic warm up	5 min
	Specific warm up	15 min
Main part	Dance choreography	50 min
Final part	Stretching	15 min

STATISTICAL ANALYSIS

Statistical Package for Social Sciences
(v17.0, SPSS Inc., Chicago, IL, USA)

**MEAN, SD,
MIN, MAX,
RANGE,
SKEW, KURT**



Descriptive statistics

**ANOVA
EFFECT SIZE**



Group differences at initial and final measurement; Differences between the initial and final measurement of experimental and control group

ANCOVA



Effects of dance training program

RESULTS

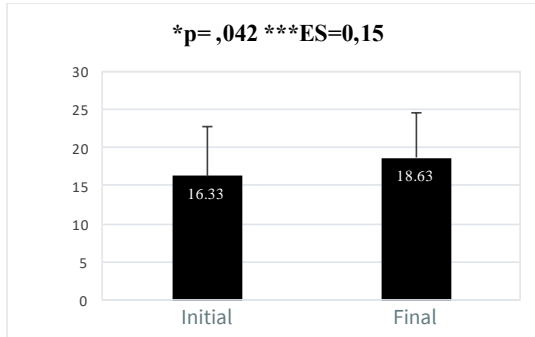
DIFFERENCES BETWEEN THE GROUPS AT INITIAL MEASUREMENT

Table 1. ANOVA of coordination between experimental and control group at the INITIAL measurement

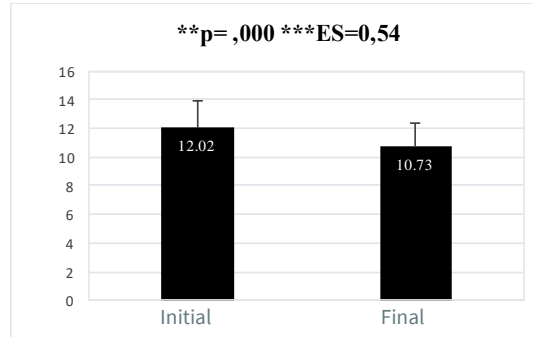
	Exs	Con	dif	F	p
SIDE STEPS	11,03	11,69	-,65	7,023	,011*
20 STEPS FORWARD TWIRLING A BATON	12,02	15,03	-3,01	21,327	,000**
SKIPPING THE HORIZONTAL JUMP ROPE	16,33	14,19	2,15	1,335	,253
TURNING IN 6 SQUARES	5,33	3,96	1,37	10,066	,003**
HAND – FOOT DRUMMING	9,15	8,81	,33	,349	,557
AGILITY TEST WITH BATON	7,02	7,03	-,01	,001	,974

RESULTS

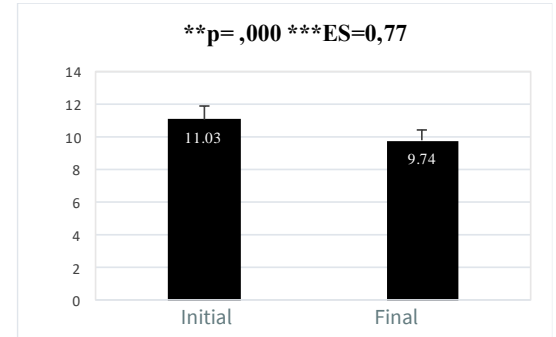
DIFFERENCES BETWEEN THE INITIAL AND FINAL MEASUREMENTS FOR THE EXPERIMENTAL GROUP



SKIPPING THE HORIZONTAL JUMP ROPE



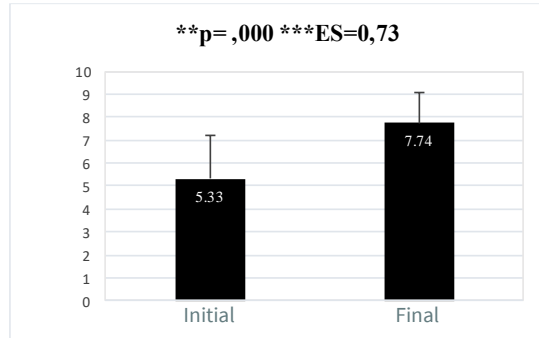
20 STEPS FORWARD TWIRLING A BATON



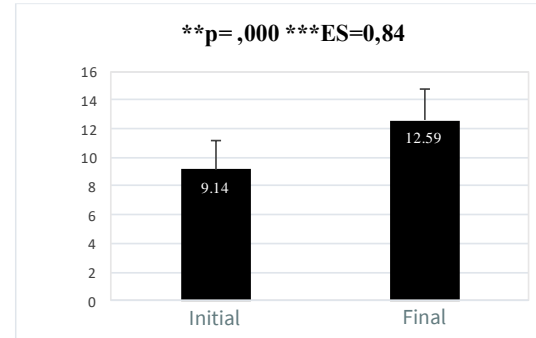
SIDE STEPS

RESULTS

DIFFERENCES BETWEEN THE INITIAL AND FINAL MEASUREMENTS FOR THE EXPERIMENTAL GROUP



TURNING IN 6 SQUARES



HAND - FOOT DRUMMING

RESULTS

DIFFERENCES BETWEEN THE GROUPS AT FINAL MEASUREMENT

Table 2. ANOVA of coordination between experimental and control group at the FINAL measurement

	Exs	Con	dif	F	p
SIDE STEPS	9,74	12,02	-2,28	75,805	,000**
20 STEPS FORWARD TWIRLING A BATON	10,73	14,16	-3,43	35,691	,000**
SKIPPING THE HORIZONTAL JUMP ROPE	18,63	15,11	3,51	4,237	,045*
TURNING IN 6 SQUARES	7,74	4,96	2,77	53,028	,000**
HAND – FOOT DRUMMING	12,59	9,00	3,59	43,452	,000**
AGILITY TEST WITH BATON	6,75	7,28	-,53	,673	,416

RESULTS

EFFECTS OF DANCE TRAINING PROGRAM

Table 3. ANCOVA of coordination between experimental and control group at the final measurement

	Adj. Mean E	Adj. Mean K	Adj. Mean diff. (E-K)	F	p	Partial Eta Squared
SIDE STEPS	9,96	11,81	-1,85	70,685	,000**	,58***
20 STEPS FORWARD TWIRLING A BATON	11,66	13,24	-1,58	10,251	,002**	,16***
SKIPPING THE HORIZONTAL JUMP ROPE	17,89	15,84	2,05	3,09	,085	,05*
TURNING IN 6 SQUARES	7,41	5,28	2,13	35,952	,000**	,41***
HAND – FOOT DRUMMING	12,49	9,09	3,40	60,223	,000**	,54***
AGILITY TEST WITH BATON	6,97	7,06	0,09	,062	,805	,00

CONCLUSION

Present study showed that the ten-week Street dance training program is highly efficient in the development of motor coordination in female students. These results suggests that street dances Hip Hop and Dancehall could be used as an effective mean of development of motor coordination in dancers that had no previous knowledge or experience. This is especially beneficial for dance teachers that uses these dance styles in recreational environment.



MAY THE FORCE
BE WITH YOU!

