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A STUDY ON THE LEVEL OF PHYSICAL AND TECHNICAL TRAINING OF 8 TO 10 YEARS OLD CHILDREN IN DANCE SPORT

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Abstract:

Dance represents the balance between a person's or a group's need to express its individuality and the need to influence people, being not only a means of physical training but also an opportunity for creation and manifestation.

Keywords: *dance sport, physical training, technical training, programming, sports training*

Dance is one of the oldest arts of mankind, its emergence and development being inextricably linked to the development of the human race and culture. Throughout the years, dancing has had different manifestations and various genres which took the form of classical or academic dance, modern dance, contemporary dance, jazz dance, character dance, society dance, folk dance, dance sport, and many other styles.

Nowadays, dance sport is the most popular; more and more young people are interested in knowing and learning the moves characteristic for each dance style, being fascinated by the passionate Latin dances such as samba, rumba, cha-cha-cha, passo-doble but also by the sober and superior standard dances such as slow waltz, Viennese waltz, tango, slow-fox.

Dance represents the balance between a person's or a group's need to express its individuality and the need to influence people, being not only a means of physical training but also an opportunity for creation and manifestation. Physical exercise, as dancing, becomes an important means in maintaining and improving the morphological and physiological characteristics of executants, enriching their inner life and developing their taste for the arts and for the creative fantasy at the same time.

The hypothesis of this article is based on the supposition that if the training process of 8 to 10 years old children includes adequate means and methods, superior results can be achieved, regarding both the harmonious physical growth of children and the shaping of the capacity of esthetical execution of the moves, developing their taste for the beautiful.

To comply with the tasks of the research, the following **scientific methods** have been used: the theoretical analysis and the generalizations of the literature; the studying and the generalization of the documents concerning the planning, the inventory and the control of the sports training; the pedagogical observation; the testing method; the method of graphics and tables; statistical mathematical methods of processing and interpreting the registered data.

The scientific research took place at the "Beija Floor" Dance sport Club in Galati, between the 12th of March and the 3rd of June 2012, on a group of 20 children – 10 boys, 10 girls, 5 pairs representing the experiment group while the other 5 being the control group. The duration of the lessons was 1 ½ hours, twice a week and the music used was appropriate for the styles to be learnt.

So as to analyse the **somatic parameters**, the main indicators have been measured 6 times with

regard to: waist, weight, Broca index, Quetelet index, the scope and perimeter of the thorax in recess and while inhaling and exhaling. The results have shown that there are differences between the values registered by the boys as compared to the values registered by the girls. If one takes into

consideration the fact that, at this age, girls' physical constitution is more delicate than the boys', then exactly the same difference between the average of the registered values emerges, the analyses indicators presenting significant differences, favoring each time the boys - **table 1**.

Table 1

| x $\pm m$ | Sex | Height (cm) | Weight (kg) | Indice Broca | Indice Quetelet | Wingspan (cm) | Chest area (cm) | | |
|----------------|-----|----------------|----------------|-----------------|--------------------|------------------|-----------------|---------|---------|
| | | | | | | | Repose | Inspir | Expir |
| x | B | 134,6 | 32,5 | 34,6 | 337,8 | 134,1 | 65,1 | 69,6 | 64,8 |
| x | G | 129,8 | 25,3 | 29,8 | 305 | 128,6 | 59,1 | 61,1 | 59,1 |
| $\pm m$ | - | $B+4,8$ | $B+7,2$ | $B+4,8$ | $B+32,8$ | $B+5,5$ | $B+6,0$ | $B+8,5$ | $B+5,7$ |

The analysis of the results recorded at the placement tests led to the formulation of the working hypothesis and also of an experimental programme of physical and technical training for the 8 to 10 years old children, aiming to increase their performances, have been set - **table 2**.

To find out the level of *physical training* of 8 to 10 years old dancers, 6 tests were proposed,

selected and applied: force of the legs –30 min squats – number of repetitions ($S_{30''}$); force of the abdomen in 30 min – number of repetitions ($A_{30''}$); force of the back muscles in 30 min – number of repetitions ($B_{30''}$); side splits – cm (S_S); left split – cm (S_L); right split – cm (S_R) - **table 3**

Table 3

| Group | Sample Media / Testing | $G_{30''}$ (repeat) | $A_{30''}$ (repeat) | $E_{30''}$ (repeat) | S_L (cm) | S_S (cm) | S_D (cm) |
|-------|---------------------------|------------------------|------------------------|------------------------|---------------|---------------|---------------|
| G.E. | x / T.I. | 24,3 | 20,4 | 25,4 | 5,1 | 4,7 | 4,6 |
| | x / T.F. | 26,7 | 25,3 | 27,6 | 1,7 | 1,6 | 1,3 |
| | $\pm m$ | +2,4 | +4,9 | +2,2 | +3,4 | +3,1 | +3,3 |
| G.M. | x / T.I. | 19,1 | 20,4 | 20,7 | 5,7 | 5,3 | 5,1 |
| | x / T.F. | 20,5 | 21,6 | 21,3 | 3,7 | 2,8 | 3,6 |
| | $\pm m$ | +1,4 | +1,2 | +0,6 | +2 | +2,5 | +1,5 |

Following the planning of objectives regarding the coaching and performance of sports training of 8 to 10 years old children practicing dance sport, the evaluation of physical trials indicated better values with the experiment group as compared to the control group, the progress between the initial and final evaluations being significant: 2.4 repetitions when testing the force of the legs, 4.9 repetitions when testing the abdominal force and 2.2 repetitions when testing the back force. As far as physical mobility is concerned, the progress is reflected in the following values: 3.4 cm

at side splits, 3.1 cm at left split and 3.3 cm at right split.

All the 6 trials highlighted the progress of the experimental sample concerning the levels between the two evaluations and between the experimental and control group as well.

So as to find out the level of physical training, the *cha-cha-cha dance* (with a 64 times structure and a 2/4 measure) was proposed; the technical execution, the musicality and the artistic impression were assessed. The evaluation was carried out through grades from 1 to 5 - table 4.

Table 4

| Group | Sample Media / Test | E.T. | M. | E.A. | Group | Sample Media / Test | E.T. | M. | E.A. |
|-------|------------------------|------|-----|------|-------|------------------------|------|-----|------|
| G.E. | x / T.I. | 1,8 | 2,1 | 2,1 | G.M. | x / T.I. | 1,5 | 1,6 | 1,8 |
| | x / T.F. | 4,1 | 4,1 | 4,3 | | x / T.F. | 2,9 | 2,9 | 3,2 |
| | $\pm m$ | 2,3 | 2 | 2,2 | | $\pm m$ | 1,4 | 1,3 | 1,4 |

In comparison to the control group, the experimental sample registered higher values at the technical evaluation as well, demonstrating the fact

that the experimental programme used for their training led to the increasing of the performance of the assessed indicators.

Based on the processing and interpretation of the data collected from the comparison of the two groups of children, aged 8 to 10, practicing dance sport, one can confirm the hypothesis according to which using appropriate methods and means in the training process of children leads to superior results concerning both a harmonious physical development and the level of physical and technical training.

The results obtained during the experiment correspond to the following **conclusions**:

- the study of the specialized literature with regard to the content of the sports training, especially to

the physical and technical training in dance sport, has demonstrated that the training programmes do not comply with the requirements imposed by the Romanian Federation of Dance Sport (FRDS) and are not adapted to the particularities of the dancers;

- the result of the present study highlights the fact that the 8 to 10 years old dancers respect the average limits concerning the harmonious physical development;

- the physical trials present higher average values for the experimental group than for the control group

Table 2 SCHEDULE PREPARATORY PERIOD 12 March - 3 June 2012

| Training objective factors sports | | Physical training | | | | | | | | Technical training | | | |
|-----------------------------------|--------------------|---|-------|-------|------|-----------------|-------|-------|-------|--|-------|-------|-------|
| | | - development of motor qualities and skills related to specific motor skills; - developing and improving strength, mobility; - development and improvement specific speed and strength. | | | | | | | | - learning, strengthening and improvement of dance movements and figures in Section Latin (cha-cha); - development and improvement of movement expressiveness and musicality; - cha-cha choreography dance composition in accordance with the requirements RSDF. | | | |
| Month | | 12 March - 8 April | | | | 8 April – 6 May | | | | 6 Mai – 3 June | | | |
| Week | | 12.03 | 19.03 | 26.03 | 2.04 | 9.04 | 16.04 | 23.04 | 30.04 | 7.05 | 14.05 | 21.05 | 28.05 |
| The preparation phase | | PHASE I | | | | PHASE II | | | | PHASE III | | | |
| The training area | | Ballet Hall - House of Culture | | | | | | | | | | | |
| Factors training % | Physical training | 70 | 70 | 70 | 70 | 50 | 50 | 50 | 50 | 30 | 20 | 20 | 20 |
| | Technical training | 30 | 30 | 30 | 30 | 50 | 50 | 50 | 50 | 70 | 80 | 80 | 80 |
| Control samples | | x | - | - | - | - | - | - | x | - | - | - | x |
| Volume hours / week | | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| Intensity % | | 50 | 50 | 50 | 50 | 70 | 70 | 70 | 70 | 80 | 80 | 80 | 80 |

- the technical trials (technical execution, musicality, artistic impression) indicate the fact that the average values of both boys and girls can be improved, taking into consideration the fact that, in competitions, the highest grade of the dance style evaluated is 5, whereas the highest grade registered by the young dancers of the present study was 4.5;

- the lower values registered for certain indicators can be accounted for by the fact that the dancers in this study have not yet reached their optimal level of physical development, their motor skills and aptitudes not being sufficiently consolidated but also by the fact that children do not have the same pace and rhythm in achieving progress.

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