

## THE IMPACT OF MOTOR ABILITIES ON EFFICIENCY OF ORIENTAL DANCE PERFORMANCE IN FIFTEEN-YEAR-OLD STUDENTS

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### **Abstract**

*The impact of motor abilities on the efficiency of performing the wave element has been done on the sample of 80 female students in the first grade of Medical high school in Split. The aim of this research was to determine relations between some basic motor abilities with efficiency in realisation of oriental dance element called the wave. The evaluation of motor abilities was based on 12 measuring instruments which covered the following abilities: body coordination, agility, equilibrium, movement frequency, coordination in rhythm, explosive power, flexibility. To assess specific motor knowledge in oriental dancing, we applied VALR variable – waves with arms. By analysing basic function parameters of the distribution of motor variables, it was evident that variables did not significantly deviate from normal distribution. We performed regression analysis which determined a connection between predictor variables with efficiency in the performance of the element of wave. The test of non-rhythmic hand tapping which is in addition to criterion variable particularly demanding in the coordination of arms and synchronicity of performing movements, revealed statistically significant impact on the criterion. The obtained data lead to a conclusion that students with more coordination in rhythm, the ability to perform non-rhythmic hand tapping will be more efficient in performing the technical element of wave with arms as a part of oriental dancing. Further on, these results can be used as a guideline in dispositional assessment of the content of dance in teaching process as well as in training process as a help to trainers when creating the curriculum and syllabus of the training process.*

**Key words:** *efficiency, oriental dance, female students, abilities*

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