

MOTOR STATUS OF COMPETITIVE YOUNG SPORT DANCERS – GENDER DIFFERENCES

Abstract

The regression analyses were applied to determine the impact of motor abilities on the success in standard sport dancing separately for female and male competitive dancers. The sample of subjects numbered 48 male and 47 female sport dancers aged 15 to 18 who were members of junior dance categories. The study used 21 measuring instruments for the evaluation of motor abilities and physical fitness as predictor variables and on the basis of the number of points that each of the dancers acquired at dance competitions the criterion variable is formed. The variables for assessing coordination, (Beta=0.59; $p<0.01$); frequency of movement (Beta=0.53; $p<0.05$); balance (Beta=0.46; $p<0.05$); rhythm coordination (Beta=0.46; $p<0.05$) and flexibility (Beta=0.38; $p<0.05$) explains 66% of variance of the success in standard sport dance for females ($R=0.81$; $p<0.05$) and the variables for assessing frequency of movement (Beta=0.59; $p<0.05$); explosive strength (Beta=0.46; $p<0.05$), static balance (Beta=0.35; $p<0.05$), flexibility (Beta=0.32; $p<0.05$) and aerobic stamina (Beta=- 0.30; $p<0.05$) explains 71% of variance of the success in standard sport dance for males ($R=0.84$; $p<0.01$). The results obtained illustrated the formation of ideal motor complexes in female and male sport dancers, and along with detected gender differences (in test for assessing power, flexibility and specific and general stamina), should be respected in dance training process.

Key words: motor abilities, dancers, standard sport dance
