

The development of the coordinative capacity in 14-15 years old sport dancers through balance improvement

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Abstract

Background and aims. The scientific argument of this paper is represented by the elaboration of a concept regarding the development of the balance of 14-15 year old sport dancers. The complexity of these balance mechanisms should contribute to the increase of the general coordination indicators, qualities necessary to improve specific dance technique.

This study aims at using the method of developing the balance capacity of 14-15 years old sport dancers on the basis of the main parameters and factors of both motor activities and individual activity structure; thus the level of the specific coordination and sport mastership indicators will increase.

Methods. Research was conducted within the Sports Club QUASAR Oradea, during a 16 month period (from July 2005 to October 2006) with experimental and control groups comprising 24 subjects (12 girls and 12 boys), selected from the entire training group. We applied the test method to evaluate the balance and general coordination.

Results. Following up the research, a training model was developed, including in its contents the means to the development of static and dynamic balance. The results showed that the action of the psycho-motor skills development and of the specific skills and abilities improvement exerts a significant influence on the coordination and on the increase of the balance level.

Conclusions. Using the methodology of a specific training capacity to form the balance of the dancers aged 14-15 years, we increased the specific indicators and coordination of sport mastery.

Keywords: coordination, dance sport, balance, tests, performance.