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Abstract of the doctoral thesis:

**STRATEGIES OF PSYCHO-MOTOR SKILLS EDUCATION
FOR THE 8-10 YEARS' STUDENTS BY THE SPECIFIC
MEANS OF THE DANCE SPORT**

Scientific advisor: Prof. PhD: **VASILICAGRIGORE**

PhD Student: **MILCU ROXANA EMANUELA**

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Introduction

Placed at the crossroads of sport and art, the dance sport has its own identity, which offers it the status of elevated motor activity.

Our paper proposes to help all those who consider the dance sport as a means of improving the psycho-motor abilities because during the growth and the development of the body, the student should be given systematic access to the means that physical education and sport especially the dance sport could make available.

Due to the importance of dance sport in the psycho-motor formation and development of students, we have considered that in my quality as a good knower of the mysteries of this sport, it would be useful to propose an operational system applicable during the physical education and sport classes, using means specific to the dance sport.

The purpose of research consists in the determination of the efficiency and opportunity to practise dance sport for 8-10 years children.

The stages of the research: The activity of information and research was achieved during five years (2011-2016) in four stages: scientific documentation, the organisation of the preliminary study, the development of the basic research and the ending of the research.

PART I: Theoretical approaches regarding the psycho-motor education of 8-10 years' students by specific means of the dance sport, which included 5 chapters.

Chapter 1 – *Aspects of actuality and importance of the topic*, **chapter 2** – *Theoretical aspects regarding motor ability and the psycho-motor ability of 8-10 years children*, **chapter 3** – *General theoretical aspects regarding the approach of the dance sport*, **chapter 4** – *The place and role of the dance sport in school Physical education*, **chapter 5** – *The Conclusions of the first part*.

After analysing the specialised literature, we highlight the following **conclusions**:

- Due to the complexity and multiple aspects under which it contributes to the harmonization of the relationships that people establish with themselves, the environment, the body, the mind and the soul, by two ultimate elements: the motor functions and the psychic functions, the psycho-motor ability contributes to the identity reconstruction.
- Based on a holistic vision of the human being, meaning it takes into consideration all its dimensions; physical, mental, emotional, family, social, cultural, spiritual and of the unit body/spirit, the term psycho-motor ability contains the cognitive, emotional, symbolic and corporal interactions in the capacity of being and of acting of an individual in a psycho-social context.
- Mental representations of the physical world that surrounds the individual and the operation of his body are not the only fields for which he builds explanatory models; to them we also add the human relations, institutions etc. By dance, he tries and very often he succeeds to send them to the public.
- In the sport dance, the perceptions, sensations, representations on the one hand and force, resistance, speed, coordination, on the other hand, have a special importance because they develop different abilities of the dancer.
- Finally, dance in general and sport dance in particular, contribute to the education and development of the motor and psycho-motor abilities, their permanent practice leading to performance.

PART II: Preliminary study regarding the opinions on the influences of the dance sport for the 8-10 years children, which included 2 chapters.

Chapter 6 – *Aspects of research methodology applied in the preliminary research*, **Chapter 7** – *The conclusions of the preliminary study*.

The purpose of the research: in this stage, that of the preliminary study, we have pursued the identification of both the children's and parents' opinions referring to the beneficial effects that the dance sport has.

Objectives: After the documentation we got after reading the bibliography which discuss the topic, we have proposed to find out as much as possible concerning both the children's and parents' opinions referring to the extra-curricular activities namely, the dance sport.

Tasks: The study of the bibliographic materials which aim the topic, the establishment and identification of the research methods as well as the ways of data processing, the elaboration of the questionnaire, the application of the questionnaire, ordering and grouping of data, the statistical-mathematical processing of the obtained results, the interpretation of results, the statement of the conclusions of the preliminary study.

The conclusions of the preliminary study:

After the achieved endeavour we have obtained the information necessary for the development of the research (the 3rd part of the thesis)

- The application of the questionnaires allowed us to synthetize the pupils' and parents' opinions regarding the sport dance and its practice in school.
- Regarded as a physical activity, the dance is part of the motor activities in which the biologic, psycho-social and spiritual are determinative. It has a positive impact on the pupils.
- The dance sport is like a therapy in surpassing the shyness and complexes in the formation of a correct attitude and a positive behaviour in collectivity.
- The dance sport can be met as formative-educational activity for the general physical development of motor qualities, of habits and specific skills. The motor content specific to dance is illustrated by a varied and complex range of movements.
- The pupils are interested in the sport activities and implicitly by the practice of the dance sport. They would like to attend dancing courses, to be contestants in a dance contest, considering that the dance sport will help them in life.
- Regarding the parents, these would agree that their son/daughter should practice dance sport (twice a week), considering that it is beneficial for a harmonious development of the body. Likewise, they consider that the dance sport helps to develop an artistic side, discipline and health, but it is also a therapy to surpass shyness and complexes. More by token, most of them would agree that the dance sport would be taught in schools.

PART III: Research regarding the effects of the strategy for the psycho-motor education of 8-10 years children by specific means of the dance sport, which included 5 chapters.

Chapter 8 – *The methodologic and operational framework of the research*, **chapter 9** - *The design, planning and application of the preparation*

programs, **chapter 10** - *The presentation, processing and interpretation of data*, **chapter 11** - *Final conclusions*, **chapter 12** – *Original aspects, research valorisation and its limits*.

The aimed purpose in the present research is that of highlighting the effects of the preparation program specific for dance sport, applied to 8-10 years pupils.

Research hypothesis:

1. *Improving the motor qualities of 8-10 years pupils determines the improvement of the behaviour in dance sport.*

2. *The specific means of the dance sport determines some significant changes at the level of psycho-motor qualities of 8-10 years children.*

3. *The education of psycho-motor ability by the dance sport program implemented for the 2nd, 3rd and 4th grades stimulate significantly the manifestation of coordinating qualities.*

Research methods:

- The bibliographic study,
- The pedagogic observation,
- The method of the pedagogic experiment,
- Tests method – by the integral application of the **Bruininks-Oseretsky battery of tests (BOT-2)**,
- The statistical-mathematical method (arithmetic mean, median, standard error, amplitude, variation coefficient, dispersion, test t bilateral dependent, Levene test for dispersion equality);
- The graphical method.

The preparation program specific for the dance sport contains steps and figures specific for the two sections: *Standard* and *Latino*.

❖ *Standard section*

Slow Waltz: Closed change natural to reverse, Natural turn, Reverse turn;

Tango: Progressive side step, Progressive link, Open finish;

Viennese Waltz: Natural turn, Reverse turn, Closed change natural to reverse;

Slow foxtrot: Feather step, Three step;

Quick step: Quarter turn to right, Forward lock, Back lock.

❖ *Latino section*

Samba: Natural basic movement, Reverse basic movement, Whisks to left and right;

Cha-cha: Chasse to right, Chasse to left, Lock forward;

Rumba: Basic movement, Fan, Spot turn to right;
Paso doble: Basic movement, Sur place;
Jive: Chasse to left, Chasse to right, Basic in place.

CONCLUSIONS

- The results of the research highlight the conclusions referring to the fact that the sport activities practised in an organised environment, guided by a specialist, in a motivating climate, using efficient means, adapted to all the peculiarities of age of the subjects significantly acts on the development of the psycho-motor qualities.
- Bruininks-Oseretsky battery of tests (BOT-2) proved its usefulness during the experimental research and by their integral application, it can constitute a very useful evaluation instrument for the teacher and it can lead to the improvement of the instructional-educational process.
- Comparing the results of the initial test and the final one, and those obtained in the final test by the two groups, the efficiency of the preparation programs is highlighted.
- In the final evaluation, we observe significant statistical differences between the two groups.
- The values of the motor age registered in the case of the subtests, from a test to the other, an obvious progress and the comparisons between the motor ages afferent to the two groups highlight some significant differences.

Aspects regarding the thesis originality

- ✚ The physical exercise in general and the sport dance – whose specific means were used in the experimental study, are efficient methods for the development of motor and psycho-motor qualities. We pursued to highlight it in the present paper, achieved on a number of 60 pupils with the age between 8 and 10 years.
- ✚ The paper proposes to identify those basic components of psycho-motor ability which are profoundly involved in the instructional-educational sport dance.
- ✚ The vast bibliography used in the achievement of the theoretical support of the thesis proves that a considerable number of researchers approached the research from the theoretical point of view of psycho-motor development by dance. From the practical point of view, the specialised literature proves to be “ungenerous”.
- ✚ We consider that our research is an interesting undertaking for the specialists in the field and original by the elaboration of the acting systems and by the adaptation of the evaluation instruments (Bruininks-Oseretsky battery tests) of the coordination capacity. The thesis is “an open book” for those who are interested in the education and

development of psycho-motor ability for the age of 8-10 years by learning and exercising the specific elements for the dance sport. This is why, following the analysis of the results of the applied tests, we propose the introduction in the school curriculum of physical education for the primary cycle (and not only) of a number of classes corresponding to the dance sport, after the model of other sports (football, handball, volleyball, gymnastics etc.).