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TRAINING PROGRAM FOR THE DEVELOPMENT OF SOME COORDINATION ABILITIES AND ITS IMPACT ON THE LEVEL OF SKILL IN THE PERFORMANCE OF MODERN DANCE

SAYDA ALI BDEL AAL MOHAMED¹

Abstract

Purpose The research aims to identify the impact of a training program for the development of some harmonic capacity and its impact on the level of skill in the performance of modern dance.

Methods female first graders, faculty of physical education, Beni Suef University on 2011/ 2012, of female students, the researcher selected a random sample of (40) female students, divided into two equal groups.

Results And emerging capabilities harmonic requirements of performance skills and differ from each other in their direction dynamic does not show capacity harmonic Kqdarat individually but are always associated with each other to be used in content installation total traffic are consistent also linked to capacity interoperability with other terms of achievement sports

Conclusions represented in physical abilities and skills, psychological and if what has been coordinating the work of these capabilities possible to achieve the highest level of synergy required for the outstanding performance of motor skills and motor control exactly.

Key words Training program- dance- Coordination.

Introduction

And emerging capabilities harmonic requirements of performance skills and differ from each other in their direction dynamic does not show capacity harmonic Kqdarat individually but are always associated with each other to be used in content installation total traffic are consistent also linked to capacity interoperability with other terms of achievement sports represented in physical abilities and skills, psychological and if what has been coordinating the work of these capabilities possible to achieve the highest level of synergy required for the outstanding performance of motor skills and motor control exactly.

(Agnienszka 2005) Indicates capacity harmonic it is based directly on the level of each of the functional efficiency and morphological player where you can split capacity harmonic into two presidents and includes a first axis ability to organize motor which emanates from the regulatory processes of the performance of motor and can call on this axis the physiological basis or al-Qaeda second axis contains common capabilities which derive from the kinetics of functional, morphological and cognitive processes, and represents both axes of the utmost importance in the field of sports.

(Giassour 2003) harmonic capacity that can be viewed through its motor boat or orientation or shape your systolic where these aspects are integrated in a

This is confirmed by (Heba 2005) that the harmonic capacity is directly related to performance skill of the player as they affect it and affected by it.

Agree (Mahmud, 2006) that the evolution of the level of capacity interoperability plays an important role when the acquisition and mastery of motor skills and therefore the targeted training leads to determine the quantity and quality of capacity harmonic to be met by the player therefore share capacity harmonic and motor skills in shaping the foundations of interoperability to achieve the desired level implementation of the motor performance.

Adds (Raczek 2000) capacity harmonic require their particular skills in complex installation, as well as skills vehicle, where you need those skills at an advanced level of control and monitoring of performance, and this is provided by the capacity harmonic at the development, which is reflected on the availability of a high rate of seizure and control through the motor performance.

Adds (Homage1991) that the availability of a good level of capacity harmonic player has lead to a reduction of the time required to learn and acquire motor skills and are thus the performance of motor skills economical in energy expended and that the level of harmonic higher can be the player of the diversity of performance skills in various sports activities

Zainab (2001) And dance inventive modern as types

¹ Suf University, Egypt

CORRESPONDENCE AND REPRINT REQUESTS: Email: amr.mahmoud18@yahoo.com
single frame at the harmonic capacity development

of speech motor is a new development of art Old

stemmed from inside the dance expressing the scenes than in the same Khaljat using the body as an instrument, movement and means the organization to communicate ideas beside it provides an opportunity for the growth of physical and emotional and mental because it uses the mind and the body and the senses during the dance

(Teresa 2005) (Mechling 2000) The dance inventive modern art innovative modern uses the body as a tool for expression and this new kind of dance shows through different movements and multi carried out by the body within the limits of potential natural, and as the basis of the dance is the movement and the body is a tool used by the dancer to express the emotions of different limits their ability.

Added (Mohamed2006) And innovative modern dance serves as a complete and educational leads an important Droit and full sound education, where children gain the ability to self-expression with meaning and significance of which are appointed by the High estimate values and a deep sense understanding of what is going on around them.

(Petra 2002) The dance inventive modern type of art based on the use of movement as a means of expression as a result of the organization of voluntary happen to respond to re-select the values emotional given the individual a new entity, and choose the movement of expression by accurately and then designed and organized by configuring rhythmically and the result will be connecting an idea or a feeling or emotion emotional honest.

Add (Julius 2005)(Karen 2002) innovative modern apart from the rest of the kinds of dance other providers in the form of theatrical performances in the latter depend primarily on factors help represent the decor, lights and all directly affect the picture aesthetic that provides the display, while the offers innovative can dispense entirely for any of these items help it depends on all rely on the ability of the performer and the impact of viewers have seen most of all their feelings to the point of them convinced that what is being offered them represents sincere feelings and emotions consistent with the emotions and passions of humanity in general

The properties are also used for the members of the different body in conditions of natural so as not forming part of the body constituted a particular may get used to the individual in his public life, also note that the steps ballet dancers in the normal course, and the dance inventive modern unique that the movement which start from a central point in the body we called (Muscular Center), including appropriate movement begins from the center of the body to the rest of its members until the parties what is inside the individual expressive of feelings and sensations

And dance inventive talk can lead moves through a series of basic movements Fundamental forms of movements which are divided into two types of movements, one lead of stability Non Locomotors Movements and is in the rotation turns and Fall Fall and Balance Balance and tide Stretch and bounce Bounce and weighted Sluing

And dance inventive modern gives students many opportunities to create consistency and fitness increase on the development of musical talent and art in general, as it paves the way to participate in the various activities that may accrue to the student and the community benefits enormous, and more than that it awakens the power of imagination when an individual.

And dance inventive modern easy and pave the opportunities for everyone to develop their level sports, social, technical and mental, it helps in creating the ability to find harmony between the body parts and the performance of different movements performed by the whole body within the limits of its capabilities and abilities to maintain their health in general.

Through the previous display note discriminate among dance creative talk many of the skills of the vehicle and the multiple and that must be sequentially and without interruption smoothly complete so as not to lose wholesale kinetic beauty in the performance which makes attention to the manner capacity harmonic of great importance in improving the capacity of the student to complete the sentence kinetic smoothly and beauty, prompting the researcher to carry out this study to know the effect of a training program for the development of some harmonic capacity and its impact on the level of skill performance of the motor sentences in modern dance.

Objective of this research:

The research aims to identify the impact of a training program for the development of some harmonic capacity and its impact on the level of skill in the performance of modern dance.

Research hypotheses:

- 1 - There are significant differences between the mean pre and post measurements in some capacity level interoperability and performance skill level inter creative modern dance for dimensional measurement with the experimental research group.
- 2 - There were statistically significant differences between the mean pre and post measurements in some capacity level interoperability and performance skill level inter creative modern dance in favor of the post measurement research group has control.
- 3 - There are significant differences between the averages of dimensional measurements at the research group experimental and control groups in some capacity level interoperability and performance skill level inter creative modern dance for the experimental group.

Presentation and discussion of the first hypothesis

Table (1)

Significant differences between pre and post indices for the experimental group in the capacity harmonic variables and the level of performance skill n = 20

Value (v) calculated	Percentage improvement	The difference between averages	Dimensional measurement		Measurement		The unit of measurement	Variables
			Standard Deviation	SMA	Standard Deviation	SMA		
*20.34	%64.1	5.2	0.63	15.2	1.64	9.20	CM	The ability to pinpoint accuracy situation
*2.88	%45.8	3.5	1.02	13.02	0.944	8.50	Degree	The ability to adjust the motor rhythm
*25.4	%48	6.2	1.32	17.9	1.65	12.5	Degree	The ability to unbalance motor
*27.69	%65.1	2.4	10.6	7.69	0.814	4.30	Degree	Ability to organize motor
*28.21	%5.03	9.323	10.4	203	1.86	193.75	CM	The ability to fast reaction
*25.3	%140.4	3.36	1.25	6.01	1.18	2.5	Degree	The level of performance skill

Is clear from Table (1) There are significant differences between the mean scores measurements pre and post experimental group in the variables interoperability and performance level of wholesale kinetic dance creative modern under discussion and for measuring dimensional, ranging value v calculated between (17.23, 29.00), all statistically significant at the 0.05 level of significance.

The researcher attributes this improvement to the application of the proposed training program using the harmonic capacity under discussion that led to improve the level of performance skills through the development of the ability to link between the technical skills used in inter creative modern dance with the experimental group.

And high rates of improvement of the capacity of harmonic due to the positive impact of the group exercises, which included exercises odd and even which led to raising interest students and encourage them to further effort and thus raise the efficiency of the nervous system and increase the coherence between the sensory nerves affected by within the program and interdependence with the motor nerves

(Spring 2001) And improved compatibility between the competent and other central nervous system on the one hand and between regions and muscles on the other hand has taken into account the Presentation and discussion of the second hypothesis:

researcher that lead movements compatibility with performance skills for inter dance creative in the form of training of the movement in the time constraints, as well as perform movements correlated followed by performance art.

In the view of the researcher that he is dancing creative one of the core activities in the curricula of schools of physical education for girls for his amendment to the behavior of its impact effective in the liberation of the nerve and the expression of feelings and emotions and the development of taste aesthetic movement, and that the practice of dance creative help to develop the elements of fitness of public and private for students, in addition to building body coordinated and integrated due to its movements from the diversity and the use of the whole body during the performance and improvement of this performance was a necessary commitment to the characteristics of inter dance creative what Pfiha of flow and consensus in the movement and this is what I tried researcher accessed via capacity development consensual.

And thus have been achieved first hypothesis, which stipulates no statistically significant differences between the mean pre and post measurements in some capacity level interoperability and performance skill level inter creative modern dance for dimensional measurement with the experimental research group.

Table (2)
Significant differences between pre and post indices for the control group in the capacity harmonic variables and the level of performance skill n = 20

Value (v) calculated	Percentage improvement	The difference between averages	Dimensional measurement		Measurement		The unit of measurement	Variables
			Standard Deviation	SMA	Standard Deviation	SMA		
*3.02	%9.29	0.68	1.32	10.11	1.61	9.25	CM	The ability to pinpoint accuracy situation
*4.11	%8.42	0.80	1.58	9.50	1.120	8.70	Degree	The ability to adjust the motor rhythm
*3.96	%10.84	1.35	1.47	13.8	1.60	12.45	Degree	The ability to unbalance motor
*3.01	%8.88	0.40	1.69	4.90	0.650	4.50	Degree	Ability to organize motor
*2.90	%5.14	5.5	0.95	199.0	2.20	193.50	CM	The ability to fast reaction
*4.11	%66.6	1.66	0.94	4.00	1.2	2.4	Degree	The level of performance skill

Is clear from Table (2) There are significant differences between the mean scores measurements pre and post to the control group in the variables interoperability and performance level of wholesale kinetic dance creative modern under discussion and for measuring dimensional, ranging value v calculated between (17.23, 29.00), all statistically significant at the 0.05 level of significance.

The researcher attributes this improvement to the regularity of students and Houdrhen the lecture to the process established within the college regularly and that led to an improvement in capacity received interoperability and performance skill level inter creative modern dance.

(Mahmoud 2006) And dance creative talk is the art of innovative modern uses the body as a tool for expression and this new kind of dance shows through different movements and multi carried out by the body within the limits of potential natural, and as the basis of the dance is the movement and the body is a tool used by the dancer to express the emotions of different limits of their ability and potential, the dancer is to be and which are expressive movements depending on what the inside of a sense of feeling and response and previous experience

(Petra 2002) The properties are also used for the members of the different body in conditions of natural so as not forming part of the body constituted a particular may get used to the individual in his public life, also note that the steps ballet dancers in the normal course, and the dance inventive modern unique that the movement which start from a central point in the body we called (Muscular Center), including appropriate movement begins from the center of the body to the rest of its members until the parties what is inside the individual expressive of feelings and sensations.

Thus, the second has been achieved hypothesis which states no statistically significant differences between the mean pre and post measurements in some capacity level interoperability and performance skill level inter creative modern dance in favor of the post measurement research group has control

Presentation and discussion of the third hypothesis:

Table (3)

Significant differences between the indices remote for the experimental group and the control variables in the harmonic capacity and level of performance skill n = 40

The difference between averages	The control group		experimental group		The unit of measurement	Variables
	Standard Deviation	SMA	Standard Deviation	SMA		
*4.47	1.32	10.11	0.62	15.10	CM	The ability to pinpoint accuracy situation
*8.42	1.58	9.50	1.01	12.4	Degree	The ability to adjust the motor rhythm
*4.58	1.47	13.8	1.36	18.50	Degree	The ability to unbalance motor
*3.97	1.69	4.90	10.3	7.10	Degree	Ability to organize motor
*12.70	0.95	199.0	10.3	203.5	CM	The ability to fast reaction
*4.47	0.94	4.00	1.12	6.01	Degree	The level of performance skill

Is clear from Table (3) the presence of statistically significant differences between the mean scores of measurements Badaan for the two experimental and control groups in the variables capacity interoperability and performance skill to inter dancing creative and in favor of the experimental group, ranging value v calculated between (3.97, 12.70), all statistically significant at the level of moral 0.05.

The researcher attributes this improvement to the application of the proposed training program using the harmonic capacity under discussion that led to improve the level of performance skills through the development of the ability to link between the technical skills used in inter creative modern dance with the experimental group.

And dance practice creative requires capabilities and physical skill and high compatibility muscle and creativity kinesthetic feeling the relationship between time and space and emptiness and a sense of dynamic performance which is characterized by diversity, inclusiveness and makes the practitioner with a control muscle nervous high performance in the context of aesthetic technician compatible been streamlined series is consistent with the accompanying music, and this is only available from through harmonic capacity according to modern standards and methods.

And dance creative provides an opportunity for everyone to discover himself, knowing his innovative and is one of the areas in which they can be shown innovative capabilities and thrive, where a dance creative free and requires a set of innovative capabilities and high based on the direct expression, which would translate sensations and emotions of different the form of kinetic performance expresses this innovative capability.

And is characterized by dance creative also beauty creative which emerge from the movements of different and the accompanying rhythm crossing, feels practitioners and viewers beauty and real *بمنهيه* in them through interaction with the excellent performance of the movements expressive and formations and formations and music high-end Acaatha creative is also working on the development of mental qualities Kaltzkr attention and conservation and to respond to well it expands perception and grown innovation capability so it can be said that creative dance of the most successful and modern mental education.

And thus have been achieved third hypothesis, which stipulates no statistically significant differences between the averages of dimensional measurements at the research group experimental and control groups in some capacity level interoperability and performance skill level inter creative modern dance for the experimental group.

Conclusions

1 - applied to the training program of the experimental sample positive impact on the development of the different harmonic capabilities.
2- The training program is applied to the experimental sample positive impact on the level of skill in the sentence creative modern dance with the experimental group.

Recommendations:

1- In the light of the conclusions that depended on the nature of the study and the sample and the methodology used and the procedures have been followed and the results of the statistical analysis enables the researcher to identify recommendations that can be used as follows:

2 - harmonic attention to capacity development in the early stages Sunni.



- 3 - Insert training capacity within the harmonic content of training programs because of their effective impact in the development of the skill levels of performance.
- 4 - Apply the proposed exercises on the different stages of a Sunni from the rookies.
- 5 - Building battery of tests interoperability capabilities in the kinetic expression.

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