




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Home > Vol 38, No 2 (2008) > Pelclová

Font Size:   

Dance and aerobic dance in physical education lessons: The influence of the student's role on physical activity in girls

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Abstract

The primary aim of physical education (PE) is to promote lifelong physical activity (PA) and to promote physical literacy in children. During classes children should learn through participation in physical activities and thus physical education lessons should be as active as possible. The aims of this study were firstly to compare physical load in dance and aerobic dance lessons to the recommendation of the minimum of 50% of class time being physically active (USDHHS, 2000) and secondly to identify how the students' role in the educational process affects their engagement in PA. Two hundred and forty one girls completed the full program of dance and aerobic dance lessons. Heart rate telemetry systems were used to measure PA during dance and aerobic dance lessons. Girls spent more than 50% of class time in moderate to vigorous PA in both traditional and progressive dance and aerobic dance lessons. Results from this study suggest that the increased student's role can help to fulfill other PE goals such as responsibility for decision making and creativity along with promoting PA especially in dance and aerobic dance student oriented lessons.

Full Text: [PDF](#)

TABLE OF CONTENTS

Reading Tools

Dance and aerobic...

Pelclová, Frömel, Skalik, Stratton

Review policy
About the author
How to cite item
Indexing metadata
Print version
Notify colleague*
Finding References

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