

THE INFLUENCE OF MOTOR ABILITIES ON BELLY DANCE EFFICIENCY OF FEMALE STUDENTS IN THE THIRD AND FOURTH GRADE OF SECONDARY SCHOOL

Abstract

The aim of the study was to determine the relation of motor abilities and belly dance performance in female high school students, 3rd to 4th graders aged 17–18 years. A battery of 19 motor tests was used and nine belly dance elements evaluated in the study sample that included 103 students. Through factor analysis of motor space, we isolated six factors and these are: movement speed, leg explosiveness, flexibility, coordination in rhythm, equilibrium and arm strength. Through factor analysis of belly dance elements evaluation, we isolated one factor as the factor of general specific ability for belly dance efficiency. Regression analysis in the latent space showed that in the third- and fourth-grade high school female students the best efficiency predictor in belly dance is the factor of coordination in rhythm, the equilibrium factor, the speed factor and the flexibility factor.

Key words: *kinesiological education, belly dance, motor status, female high school students*
