

KINESIOLOGICAL RECREATION WITH MUSIC AND DANCE

Abstract

Dancing and music as regular recreation is insufficiently implemented in practice. Many researches in recent years indicate that dance, as a form of recreation, is at the top of the interest of the female population. Generally it was also revealed, that interest of women to regular forms of recreation such as fitness, aerobics etc. is dropping. It is possible to activate a number of participants with dance and music for permanent exercise. Regarding this fact appears more health disturbances which manifest a lack of general energy, immunity and vitality due to reduced mental and physical abilities and contemporary way of life. Although it is possible to monitor several benefits of dance and music on anthropological status in the whole World, in Croatia it is exculpatively unattended, especially from kinesiological aspect. We suggest more important inclusion of dance and music into kinesiological science and practice for forming standards of its usage for different purposes.

Key words: *kinesiology, dance and music, recreation, woman*
