

ABSTRACT

Title:

The use of elements of health physical education and dance in preschool children and their effect on posture.

Objectives:

The aim of my thesis is to investigate and find out what is the posture and range of motion in preschool children and to evaluate the effect of dance with elements of health physical education on the posture of these children.

Methods:

The empirical work is designed as a one-group quasi-experiment. It is a qualitative research where the effect of dance and health exercises on posture in preschool children was investigated. The participants were 8 children aged 4-5 years (4 boys and 4 girls) attending a kindergarten at the DDM in Prague Vinohrady. Qualitative assessment was chosen for the baseline and exit examinations, which were conducted using 4 tests, namely Mathias test, Trendelenburg-Duchenne test, Adams test and Sit and Reach test.

Results:

The results showed that there was an improvement in posture in the outcome assessment for all the tests. The best results came from the Sit and Reach test, where all eight probands improved. Further, when comparing the results of girls and boys, we found that girls performed better and for the age difference of 4-5 years, it can be concluded that 5 year old children performed better in all aspects.

Keywords

Dance, body posture, preschool age, posture