

## DANCING AS A SPORT AND AS AN EDUCATION

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Dance is widely recognized as a holistic workout that satisfies the soul and the heart at the same time. One of the most varied sporting experiences is dance, which goes far beyond the physical benefits of muscle toning, agility, and cardiovascular fitness. Dance, when performed on a regular basis, can reduce loneliness among the elderly and combat obesity in adolescents. Dance sport Education strives to cultivate talented and successful Dance Sport athletes by offering the best opportunities and outreach to children and youth. The activity that combines dance and sport is referred to as dance sport.

Additionally, competitive dance is referred to herein rather than social or performance/exhibition dancing. It is typically utilized for competitive ballroom dancing, but it can also be utilized for wheel chair dance sports. In addition, this term was created to assist ballroom dancing in gaining Olympic recognition.

Given the current trends of decreasing public funding for sports and arts programs and the inability of many parents to privately afford them, particularly in low-income, at-risk school communities, children and adolescents continue to be negatively impacted and deprived of participating in and enjoying those opportunities. This also applies to students who attend homeschooling or distance education programs, as well as to students with special needs for whom we will provide a location so that they can participate in extracurricular activities.

Sadly, many children's talents remain undiscovered and untapped. Primary, secondary, and upper secondary education are structures within the Ministry of National

Education that can represent the beginning stages of a sport dancer's career. Students can participate in dance sports during Physical Education classes within this framework. Classes can be set up for students to learn about dance sports, in addition to general physical education and the development of fundamental motor skills. Those who are interested might also be directed to state-owned schools that focus on extracurricular activities or integrated sports education, where they might progress to the next level of education.

There's more to Dance Sport than just dancing. Because it incorporates aspects of both sports and the arts, it is one of a kind. The impact on the school culture as a whole of arts education and sports participation – particularly on student motivation, attitudes, and attendance – is impressive. Students are more likely to stay in school and achieve success in school, life, and work when they have greater access to and participation in sports and arts education programs. Dance sport is one of the most enjoyable ways to practice physical activity and, without a doubt, one of the most effective ways to improve one's morale and quality of life. It is located at the intersection of art and sport, allowing the development of physical, creative, cognitive, expressive, and emotional abilities.

Because dancers are able to convey feelings and emotions through mimicry and harmonious movement, dance allows for direct nonverbal communication with spectators.

Dance stands out from other activities that involve body movement because it is a form of social interaction and nonverbal communication that is widely accepted. The majority of people have, at some point or another, turned to music to convey their personal message to others by combining creativity and athleticism. However, participants in this activity also experience significant social effects. The partnership in dance sport fosters well-being and interpersonal relationships.

Children also have a group where they can learn the specific etiquette of dance sport, along with a harmonious development and pleasant personalities. Dancers trust themselves, and Additional benefits of dance sport for children include recreation, being active, developing the habit of practicing dancing on one's own, and self-organization. Ballroom dancing is a Lifestyle Medicine, a natural remedy for the modern chronic diseases of high blood pressure, heart disease, and diabetes.

It is a natural setting for beginnings in a healthy lifestyle because of its very nature. Dance Sport is a sport that combines athletics with dance. Physical fitness, agility, and coordination are all improved through Dance Sport.

Dance Sport practice boosts self-esteem and has positive psychological effects. All children and adolescents benefit from movement and dance, but those who struggle with conflict resolution and violence are particularly benefited.

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