

IMPACT OF MUSICAL RESOURCE ON TIME DISTRIBUTION IN CLASSICAL DANCE CLASSES: A COMPARISON OF DANCE STYLES

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Abstract

Introduction. This paper tries to elucidate the possible differences in time distribution in a classical dance (CLD) class, depending on whether it is taught using recorded music (CD) or live music played by the piano teacher accompanying the dance (PD).

Material and methods. In this work, different temporal categories have been compared according to the style of dance of 89 female students divided into two groups: classical-contemporary dance and Spanish-flamenco dance, with CD or PD. **Results.** Higher values were obtained in most of the categories in the classical-contemporary group than in the Spanish-flamenco group, and the differences were maintained according to the musical resource used, with better results when using live music. **Conclusions.** PD in CLD classes can result in more profitable sessions for both students and teachers due to more cost-effective use of time during classes.

Key words: motor activity, efficiency, music, motor activity time