

**THE RELATIONSHIP OF HIP-HOP DANCE
PERFORMANCE TO AGILITY, BALANCE,
AND FLEXIBILITY OF DANCERS IN
CAVITE STATE UNIVERSITY
IN INDANG, CAVITE**

THESIS

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**THE ^{2/}RELATIONSHIP OF HIP-HOP DANCE PERFORMANCE TO AGILITY,
BALANCE, AND FLEXIBILITY OF DANCERS IN CAVITE STATE
UNIVERSITY IN INDANG, CAVITE**

Undergraduate Thesis
Submitted to the Faculty of the
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ABSTRACT

DEL ROSARIO KENNETH ALVIN B. AND VELANDRES CHARLAINE T. The Relationship of Hip-hop Dance Performance to Agility, Balance, and Flexibility of Dancers in Cavite State University in Indang, Cavite. Undergraduate Thesis. Bachelor of Sports and Recreation Management. Cavite State University, Indang, Cavite. April 2014. Adviser: Prof. Jazmine F. Piores.

The study was conducted to determine the relationship of hip-hop dance performance to agility, balance, and flexibility. Specifically, the study aimed to: 1. determine the demographic profile of the dancers in the Cavite State University in terms of gender, age, and dancing years; 2. determine if there is a relationship between a hip-hop dance performance to agility, balance, and flexibility; and 3. determine if there is a significant relationship between the demographic profile of the dancers and their agility, balance, and flexibility.

The study employed descriptive research design to describe and determine the demographic profile of the participants in terms of gender, age, and dancing years. The participants were of 70 dancers from Cavite State University; wherein there were 35 male and 35 female dancers. The age of the dancers ranged from 16 to 28 years old. In addition, the duration the dancers have been dancing ranged from 0 to 14 years.

Descriptive statistical tools such as frequency counts, mean, rank percentage, standard deviations, Spearman's Rho test were used to answer the objectives of the study. Correlative analysis was used to determine the significant relationship between the hip-hop dance performance of the dancer and their level of agility, balance, and flexibility.

Results showed that the two variables have no significant relationship with each other. This suggested that the dance performance of the dancer has nothing to do with the dancer's level of agility, balance, and flexibility.

Correlation analysis was also done to determine the significant relationship between the demographic profile of the dancers to their level of agility, balance, and flexibility. The results have shown that the two variables have no significant relationship with each other.

Spearman's Rho correlation test have shown that the age, gender, as well as the dancing years of the participants have nothing to do with their levels of agility, balance, and flexibility.

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INTRODUCTION

Dance is an excellent way to exercise. Hip-hop dance requires coordination, memorization, flexibility and stamina because it uses a lot of up and down movements. Stamina is another word for endurance, or the ability to keep up physical activity for a long period of time. Hip-hop dance movement combine isolated body movements with fluid, fast movements that require quick work and coordination of your muscles and extremities, One may gain confidence by mastering the quick, choreographed movements or memorizing a dance routine while also improving coordination, flexibility, balance, and agility.

According to Ace Fitness (2011), Hip-hop exercise is a form of dance which can engage you in activity that helps to reduce chronic fatigue and stress, and increase self-esteem and confidence.