

Sport dance and aerobic gymnastics, musical sport branches of science proposed by the students from the University of Bucharest

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Abstract

Even from the first year of its existence, aerobic classes have attracted a great number of participants, mostly women, as a sports discipline in the instructive-educational process within the University of Bucharest. After the first academic year, teachers decided that they needed to increase the number of aerobics classes and to re-orientate students towards new, more attractive disciplines and according to students' wishes. That is why over subsequent academic years we have introduced classes of self-defence, badminton, swimming, fitness and sports dance. All these disciplines have found their place in the students' school curriculum with different numbers of participation.

Keywords: music, sport dance, aerobics, interview, students, teachers.