

THE 21ST BIENNIAL CONFERENCE OF
**INTERNATIONAL SOCIETY FOR COMPARATIVE
PHYSICAL EDUCATION AND SPORT (2021)**



BOOK OF ABSTRACTS

16-18
December 2021
**K E R A L A
I N D I A**

**STATE OF THE ART IN PHYSICAL EDUCATION,
SPORT AND PHYSICAL ACTIVITY IN THE
INTERNATIONAL CONTEXT**

SPORTS AUTHORITY OF INDIA

LAKSHMIBAI NATIONAL COLLEGE OF PHYSICAL EDUCATION

All the abstracts in this book were blind reviewed by the Scientific Committee

The reference of this book of proceedings should be:

State of the Art in Physical Education, Sport and Physical Activity in the International Context. Book of abstracts of the the 21st Biennial Conference of the International Society for Comparative Physical Education and Sport. Maracay – Thiruvananthapuram: Fundación Civil EDUFISADRED – ISCPES.



Comp.: Kishore, G., Nair, U., López de D'Amico, R., Ho, W., Sundaraja, J. & Acharya, A.

Publisher: Fundación Civil EDUFISADRED Educación Física, Recreación y Deporte – ISCPES – Lakshmbai National College of Physical Education.

Technical support: Maira Vallenilla

Legal Deposit: AR2021000088

ISBN: 978-980-7503-58-7

Place: Maracay - Venezuela

Year: 2021

SPORTS AUTHORITY OF INDIA
**LAKSHMIBAI
NATIONAL COLLEGE
OF PHYSICAL
EDUCATION**

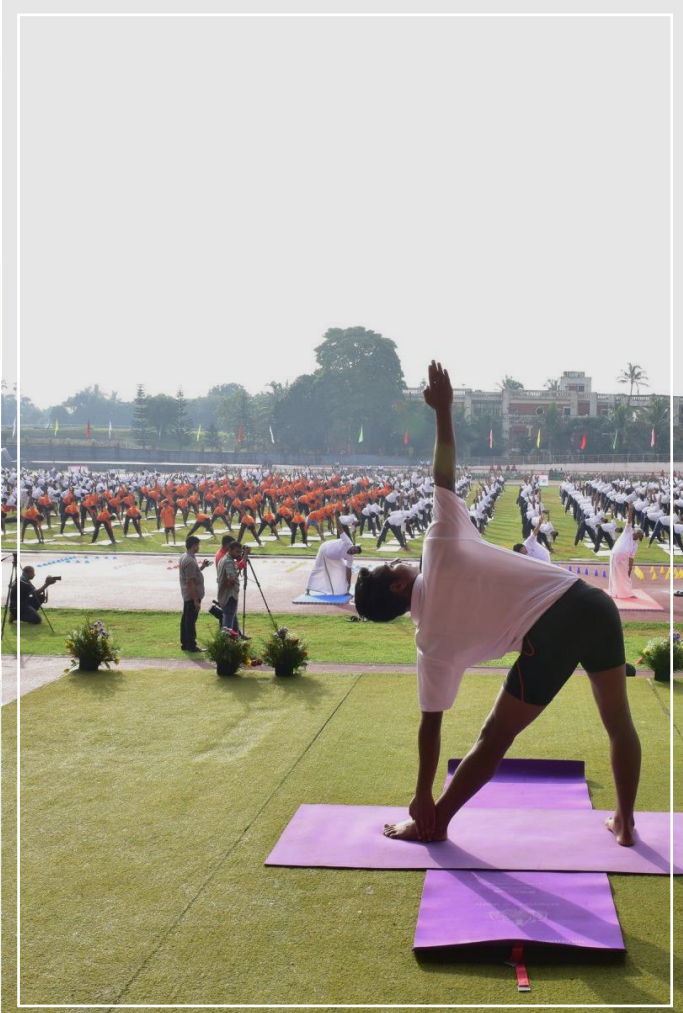


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Expanding movement spaces: A proposal for including K-pop dance in the PE classroom

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The cultural movement known as Hallyu (or Korean Wave) and the transnational popularity of K-pop music and dance have long been established as an important phenomenon in the global world, including Latin America. This form of South Korean contemporary popular culture has had a major impact, especially among the young population. Most of them are familiar with the music, and dance play a major role in the K-pop culture, drawing special attention to the body performance and its meanings. Teenagers, girls or boys, get together in their free time to express themselves with their bodies. At the same time, dance practice contributes to improve physical fitness and to develop social skills. Facing the problem of sedentary lifestyles in present times, the objective of the study is to establish the relevance of dance as an integral physical activity within the physical education curriculum. In particular, introducing a popular dance with no gender exclusion would be easy to incorporate, as many young people are familiar with this genre. This qualitative research is approached from an anthropology of dance and ethnographic perspective applying Laban Movement Analysis (LMA) as a method for describing, visualizing, interpreting and documenting all varieties of human movement. Data was collected through prolonged fieldwork with young amateur K-pop dancers in Argentina, Brazil and Venezuela. Results have shown the potential of K-pop dance to develop movement skills, creativity, sociability and gender comprehension, as well as the positive impact on personal development and emotional health. The conclusion is that teaching K-pop dance in the PE classroom would offer benefits as integral bodily exercise; furthermore, it increases the awareness of cultural diversity in the global world, and contributes to deconstruct naturalized gender roles.



**Publisher: Fundación Civil EDUFISADRED
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