According to many specialists’ opinion and research the cause for the students’ negative attitude towards physical education and sport classes is in physical education study plans. Students think that there is a lack of sports variety of new sports, disciplines and movements, nontraditional for the wide student community. That provoked our interest and we made a research in the Sofia University “St. Kliment Ohridski” in implementation of new type of fitness in physical education and sport program.

The topic of our research is Zumba Fitness as nontraditional approach in physical education and sport.

Zumba is relatively new kind of fitness system. Basics of zumba practice are aerobics, salsa, merengue, reggaeton, cumbia, cha-cha, hip-hop, oriental, mambo, martial arts and many other fun dance rhythms combined with bends and kicks. It combines aerobic with power moves and musical accompaniment.

Zumba Fitness is created by choreographer Alberto Perez who was born in Columbia in 1970. At the end of the 20th century in 1990 Perez was instructor, coach and choreographer of aerobics and salsa in his birth town of Kali. For variety he combines aerobics with the vital Latin dances, adds new moves and exercises and the result was something very entertaining, fun and very efficient. No complex moves which need to be learned and no need for couple dancing.

In 1999 Alberto Perez decided to popularize his innovation. He travels to the USA where he started looking for financial support from businessmen to develop his idea. In 2001 in Miami he meets Alberto Pearlman and Alberto Agion. They became partners and established the Zumba – Fitness Association. The training program has been patented under the name of Zumba. It gains its global popularity with its efficiency.

In 2005 the first Zumba academy was founded. Instructor courses were organized. After passing an exam, instructors receive a license which gives them the right to lead zumba classes.

The next few years are the climax of zumba. Nowadays, Zumba is practiced in more than 125 countries around the world according to the official website of the company. More than 12 million people of all ages attend zumba classes in more than 110 000 locations. Zumba fitness in Bulgaria is has been developed since the beginning of this century and gathers more and more popularity. Classes are lead in sport clubs and halls by licensed instructors who were taught by the Zumba Academy standards.

Modern zumba is offered in six types:
- Zumba: classic zumba, combination of aerobics and Latin dancing,
- Gold zumba: zumba for elder or disadvantaged people,
- Zumba Ton: includes use of weights, sticks,
high intensity body loads, combines exercises for specific parts of the body,
- Aqua Zumba: traditional zumba elements combined with aqua aerobics,
- Zumbatomic: developed for boys and girls 4-12 years of age, the aim is to build coordination and discipline,
- Specific time zumba: individually planned zumba exercises for everybody according to their needs and time.

Zumba Fitness is appropriate for people with different motor cultures and physical capabilities. It works on development of the whole body as almost all muscles and joints are involved and provoke big aerobic drain of energy. The load level of calves, hams, sitting muscles and hands is high. Middle loads for abs and waist. Chest and shoulders, and upper back muscles have low loads during zumba training.

The Sofia University’s “St. Kliment Ohridski” sport department management is known in republic of Bulgaria with its will for variety and enrichment of the physical education and sport study plans with the aim for motivation of students for practicing sports. That’s how the idea for setting up test groups of zumba fitness was born for educational year 2011/2012. Three groups of students from different majors from 1st to 4th grade were formed. Application for zumba fitness was voluntary and the number of applicants reached 29 students. Classes were held once a week.

The effect of our experiment was the raised students’ interest in zumba fitness lessons which was proved by their desire for attending classes more than once a week. Furthermore, 13 female students from the experimental groups started active attendance of zumba classes outside the University Department of sport during vacations and exam sessions. One student completed the course for zumba instructors and started leading vacations and exam sessions. One student completed classes outside the University Department of sport during zumba training.

With this experiment we confirmed our standpoint:

1. Using nontraditional approach for physical education and sport at Sofia University “St. Kliment Ohridski” we succeeded in positive student attitude towards the subject of physical education and sport
2. New sports and movements fulfill one main gap in students’ attitude towards conventional physical education classes – the emotional.

Meeting the nontraditional always brings positive emotional charge.

3. New and nontraditional approaches in academic society optimize the physical education studying process, they develop in new way the desired by students physical skills for reaching new level of stimulation for physical development.

REFERENCES

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