

The Influence of Physical and Psychological Quality on the Performance of Sports Dance

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Abstract

Sports dance-specific physical fitness training can improve sports dance players' physical posture and performance abilities while enhancing their overall quality. This study is conducted to ascertain the effect of physical and mental health on sports dance performance. This research analyzes 20 outstanding sports dance athletes who have won the top five national sports dance competitions, the top three provincial sports dance competitions, and the top three group sports dance competitions, as well as 20 renowned sports dance experts, teachers, and coaches. The research indicates that the combination of physical and psychological qualities directly impacts the performance of sports dance. This study uncovered novel findings and concluded that general physical fitness and special physical fitness must be clearly defined in the physical fitness training strategy, and targeted training must be performed. After considering both their practical and theoretical implications, the findings of this study have some limitations. Future studies should resolve these limitations.

Keywords: Physical Quality, Psychological Quality, Sports Dance, Expressiveness.

1. Introduction

Since its introduction to China in the 1980s, sports dance as an artistic sports competition has grown swiftly. As a course, sports dance has already infiltrated colleges and universities, and the majority of teachers and students adore it (Liu, Shen, & Tsai, 2021). It has become a dance that is adored by the majority of people. However, in actual learning and training, it is frequently discovered that the performance of many students is insufficient. One of the most influential factors on expressive force is the physical quality factor; therefore, improving the material quality is crucial for enhancing the expressive artistic force of sports dance (Johnston et al., 2021). The characteristics of sports dance include both the artistic characteristics of dance and the characteristics of sports, allowing participants to simultaneously accomplish their fitness goals and enjoy a

high level of artistic satisfaction (Figure 1). Athletes express their inner emotions through body language and facial expressions during sports dance performances and competitions. As a demonstration of the comprehensive ability of sports dancers in competition, dance performance is also increasingly valued by practitioners, and good and stable psychological quality is an essential guarantee for the regular and even extraordinary performance of sports dance (Klimova & Dostalova, 2020). Sports dance possesses both the characteristics of dance art and sports, providing participants with intense artistic enjoyment and enabling them to attain their fitness and shaping goals (Tulanovich, Madaminovich, & Baxodirovna, 2021). As a comprehensive ability demonstration of sports dancers in competitions, practitioners increasingly value dance expressiveness, and excellent and stable psychological quality is an essential guarantee for average or even exceptional performance of sports dance (Bar, Czamanski-Cohen, & Federman, 2021).

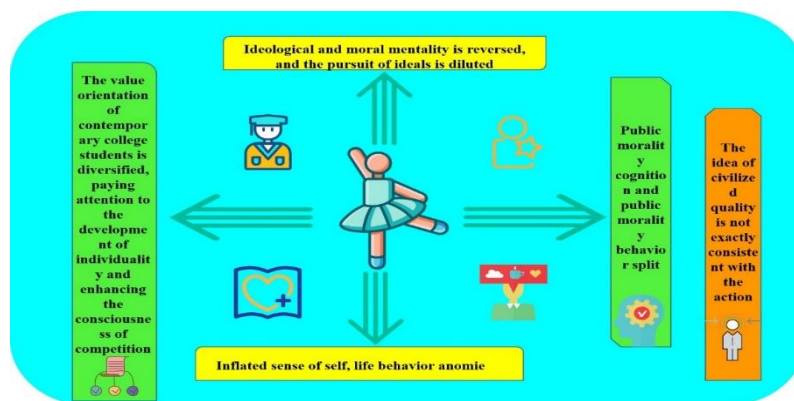


Figure 1. Effect of Sports Dance Performance.

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The physical quality of dancers is not only a reflection of their excellent physique but also an essential factor influencing the performance of sports dance; the expressive force of sports dance cannot be separated from dance movements with rich emotion and artistic appeal (Xu, Zheng, & Jia, 2021). Similarly, if a sports dancer wishes to continue this artistic expression for an extended period, he must rely on physical fitness (Paglione et al., 2023). As an artist with a high appreciation and aesthetic value, sports dance is a graceful dance that demonstrates the beauty of interior emotion and outer movement (Chang et al., 2021). Moreover, its aesthetic qualities are an essential manifestation of sports dance's expressive power, and the expression of this beauty is also a necessary aspect of sports dance's expressive power. From the dancer's perspective, the expressive force of sports dance is conveyed primarily through the dancer's movements, and the artistic beauty of sports dance is realized primarily through the body's movements (Chao, Wu, & Tsai, 2021). Moreover, its essence is that physical fitness is the carrier and bridge of artistic beauty; without good physical fitness as the foundation, it is difficult to achieve the aesthetic standard of sports dance; that is, it cannot enhance the artistic expression of sports dance (Douka et al., 2019).

The dancer's body movements must realize the expressive force of sports dance during the performance process (Wu et al., 2021); if there is no stable technical movement as support, this artistic expressive force cannot be achieved, and the stable technical movement must rely on the dancer's good physical quality to achieve. From the perspective of the basis of dance movements, each technical movement is an in-depth exploration and play of the human body's internal action potential, an essential factor in displaying the complex technical activities and infectiousness of sports dance. To achieve this expressive force, it is necessary to have stable control, good physical coordination, and sensitive dancing skills, and physical fitness is the foundation (Klimova & Dostalova, 2020). Good physical fitness facilitates the execution of stable and complex technical movements, enhancing dance performance. Physical fitness has a significant influence on the performance of sports dance. Therefore, strengthening physical fitness training can effectively improve the performance of sports dance.

(Barranco-Ruiz, Paz-Viteri, & Villa-González, 2020) A good dance work necessitates the performers' refined dance skills and good psychological quality to organize into meaningful dance language, allowing the audience unrestricted imagination space. Good psychological quality can improve a person's spiritual life, confidence in overcoming obstacles, and ability to exert their maximum potential in training and competition. This study examines

the relationship between psychological knowledge and sports dance performance and the methodologies for training psychological ability. This study aims to determine the effect of physical and psychological attributes on sports dance performance. In addition, this research is founded on an original concept, and its findings significantly contribute to the literature. The study has significant theoretical implications that have contributed to the advancement of the field. Moreover, this research has some practical ramifications as well. In conclusion, the findings of this study provide reliable prospective directions for future studies to work and contribute to the body of knowledge.

2. Literature Review

Physical fitness, artistic accomplishment, psychological quality, and human factors of dance companions all influence the expressive power of sports dance (Sheppard & Broughton, 2020). Numerous studies in related fields have shown, however, that the most fundamental factor affecting the exertion of expressive power is the dancer's physical quality; the expressive power of sports dance is reflected in the physical movements of sports dance dancers (Wu et al., 2021). If the dancers lack physical prowess, they will inevitably be unable to execute graceful and vigorous dance movements, and their expressive power will be significantly diminished. According to Barranco-Ruiz et al. (2020), the physical qualities of the dancers directly influence the shaping and perfect display of expressive power, which is the foundation for the seamless and excellent presentation of unrestrained power in sports dance.

Similarly, to attain artistic expression in sports dance, it is necessary to rely on muscular physical fitness; the two are inextricably linked. Fauntroy, Nolton, and Ambegaonkar (2020) used real-world data to investigate the role of frequent athletic dancing in preventing psychological disorders (including anxiety and depression) among college students and to identify potential risk factors for anxiety. Comparing students who frequently exercise and dance in groups with those who do not, the study demonstrates that anxiety and melancholy are prevalent among college students. Frequent physical dancing may protect against depression, and college students should be encouraged to participate.

The physical quality is primarily determined by the effect of strength quality on sports dance performance. The movements of sports dance are complex and flexible, and many complicated technical movements or various shapes are based on exceptional strength; however, without a good foundation of strength quality, the muscle tension of the

human body is limited, which prevents the full display of passion, sexiness, and explosiveness in sports dance (Johnston et al., 2021). The upper extremities, waist, abdomen, and lower limbs, and these areas can all be utilized for strength-quality training. For example, for the upper limbs, barbell and dumbbell exercises can be performed to exercise upper limb muscle strength, and push-ups, sit-ups, and prone back muscles can be performed for the waist and abdomen. For the lower limbs, lunge jump and step up and down training can be performed to exercise leg muscle strength and improve lower limb endurance.

Flexibility is essential to physical fitness; if a dancer's body lacks flexibility, they cannot demonstrate the elegance of sports dance (Bondár et al., 2020). In Latin dance, the movements performed by dancers with limited bodily flexibility are not stretched, or their range is insufficient, directly impacting their performance. In modern dance, however, if female dancers lack flexibility, their chest and waist will not open, affecting their aesthetic sensation. Flexibility is the overall mobility of the human body; flexibility training can make dancers' movements more graceful and comfortable (Duyan, Ilkim, & Çelik, 2022). Flexibility can also be divided into upper limbs, trunk, and lower limbs for training purposes. For upper limbs, tension training, including static and dynamic tension training, can be performed using a tensile force. Moreover, the uncompromising quality of the trunk can be trained in front of the body or "off the bridge." The flexibility of the lower limbs can be trained in high leg lifting, leg lifting during the movement, leg pressing, or split to increase the body's flexibility and enhance the performance of sports dance (May et al., 2021).

As an essential physical quality factor, the quality of speed and coordination is also one of the most influential aspects of sports dance performance. First, the speed quality is directly related to the reaction speed of technical movements, such as dancing posture and step movement. In contrast, the quality of coordination directly affects the body's stability during movement completion (Pietsch, Linder, & Jansen, 2022). Moreover, there will frequently be collisions or separations of dance partners in the praise process of sports dance. Therefore, a lack of pace and physical coordination skills will result in errors that negatively impact performance. For speed quality, the training of slight, fast running, accelerated running, or variable speed running can be carried out to improve the speed quality of the dancers; for coordination quality, the training of jumping with one leg and turning jump can be carried out to improve the coordination ability of the body; it is essential to note that the speed training and coordination training should be performed daily.

Furthermore, the training should be organically integrated over time to meet the internal requirements of dance sports.

Endurance quality is also one of the physical quality factors that affect the performance of sports dance; sports dance utilizes a great deal of human energy, particularly in the rumba, cowboy, foxtrot, and waltz (Cerulli et al., 2019). If dancers lack endurance, it is challenging to complete a succession of high-intensity dance performances with full vitality; subsequently, their expressive force will diminish. Therefore, good endurance is the foundation for assuring the artistic dynamism of dancers who specialize in sports dance. During internal force quality training, dancers can train their special internal force through the continuous movement of dance routines (Joung & Lee, 2019). The actual competition environment can be simulated through competition training, and dancers can be immersed in the competition process, experiencing a heightened pulse rate or tense mood. In addition, it can increase the body's burden tolerance and endurance in aerobic and anaerobic environments. However, intermittent training can also help dancers enhance their anaerobic metabolism.

Human psychological factors and psychological opportunities for dance and dance performance influence the expressive power of dance (Scifo et al., 2019). Human psychological factors include both positive and negative psychological elements. Positive psychological factors can make you more confident and help you learn faster and better (Dobrosielski, Sweeney, & Lisman, 2021). Negative psychological factors can only cause you to live in a little world of yourself and miss out on the opportunity to interact with beautiful things. Some dancers who are learning sports dance have excellent psychological qualities. Their images are sometimes lively and sometimes profoundly moving, even though they have no advantages in their circumstances. While some actors have excellent physical appearances, they lack self-confidence and mental stability, and the image they project lacks vitality and vigor. Therefore, exceptional performers must possess superior psychological qualities and a positive attitude to perform better. In addition, to become an outstanding dancer, you must learn to cultivate positive psychological attributes.

Dance is the most straightforward method to express the thoughts and emotions of the heart, and dance action is the fundamental element of dance performance. This is why "emotion generates dance, dance generates emotion" As a performing art, an actor performs a character, not himself. Therefore, an actor must learn to comprehend the character's psychology accurately. At the same time, he can view his performance from the perspective of the role and complete the second creation (Boing et al., 2020). Only the contestants possess the emotions and emotions

corresponding to the dance; only when their inner feelings are transformed into passion and conveyed through their dance movements can they infuse the dance with new vitality. In the process of sports dance performance, the best psychological quality of an actor is to make himself and his role resonate in thought and to complete the shaping of his role and himself; this is also an essential foundation for winning over judges and audiences (Declerck et al., 2019). Therefore, focusing on developing psychological qualities is the key to enhancing the performance of sports performers.

Before competition or training, dancers should make all necessary preparations to increase blood flow, adjust their breathing, eradicate distractions, maintain physical and mental pleasure, and bring their bodies to their most favorable state. Through the simulated competition, the dancers' adaptability and adaptability to the competitive environment will increase, along with their confidence (Piñeiro-Cossio et al., 2021). For students' difficulties in the simulation competition, instructors should provide objective guidance and correction, highlight students' strengths, and work to improve their artistic expression. In addition, the facial expressions in various competitions vary; therefore, when training in facial expressions, students' psychological qualities should be adapted to different situations. For example, cowboy dance students should be humorous, witty, and adorable. The middle school students participating in the bullfight performance should demonstrate courage and resolve. Students of samba dance music should demonstrate their exuberance, ambiance, and sexual allure. Students should repeatedly practice these facial expressions to strengthen their consolidation and enhance their psychological self-confidence during competition. Fourth, improve technical education. Instead of devoting too much energy to technology, dancers can focus more on their expressive force during a performance when they have access to sophisticated technology.

Occasionally, sports dance is a duet dance, which requires two individuals to synchronize their movements on the field, execute in the same manner, and deal with the same music. To enhance the psychological quality training of sports dance performance, players must also focus on cooperation and communication with their dance companions. First, training in emotional communication. Emotional expressions should be communicated with dance partners through gesture, intonation, expression, movement, posture, and other emotional expressions to influence the judges and infect the audience (Chang et al., 2021).

Various dance styles have different emotional communication themes; for instance, bullfight dance requires dancers to demonstrate exaggeration and

grandeur, whereas rumba depicts the feelings of love between two people (Douka et al., 2019). It is primarily directed at male partners and requires them to guide and hint at female partners accurately and swiftly instead of treating female partners with a slow wait-and-see attitude (McCrary, Redding, & Altemüller, 2021). The two dancers' graceful coordination and tacit cooperation are contingent upon the male partner's ability to lead correctly. Moreover, it is primarily aimed at the female partner, who must actively obey the male partner. The suggestion and guidance of the male partner should be appropriately and precisely coordinated to make the performance natural and natural and to make the technical dance movements collide at the meeting point of the emotional communication between the two parties while music is playing.

Athletes should also focus on their breath control to improve the psychological quality of sports dance performance training (Bondár et al., 2020). Various dance styles' allure can be exhibited appropriately only with the appropriate breathing rate and rhythm. During breathing training, we must focus on using breath, continuously adjusting the depth and rhythm of our breath, and ensuring that it is smooth and natural (May et al., 2021). When the action rises, inhale; when the action descends, exhale; when the movement continues to increase, do not breathe. Different dances must also adjust the range of breath; for instance, modern dance must focus on the natural and smooth rise and fall of breath, whereas Latin dance must focus on the inner breath that must flow from the center of the body to the arms and eyes. By mastering breath, distinctive effects can be achieved in athletics dance.

H1: *There is an influence of physical quality on sports dance.*

H2: *There is an influence of psychological quality on sports dance.*

3. Methodology

Through data collection and empirical data analysis, this study examines the influence of physical quality on the expression of physical dance and training methods to assist practitioners in enhancing the level of sports dance. This study collects data through a survey to ascertain the physical quality of the sports dance expression force and its training methods in preparation for the national sports dance competition five years earlier. In this manner, 20 individuals from the top three teams and the top three excellent sports dance athletes are surveyed for data collection. Also interviewed are 20 individuals engaged in the work of sports dance prominent experts, teachers, and coaches. The questionnaire for this study is constructed using the Likert scale. When operationalizations of the variables are not available in

existing studies, it is necessary to develop the questionnaire. To operationalize the variables, a group discussion was initiated. A questionnaire pool was created. Initially, data from 10 respondents were collected to ascertain the questionnaire's validity. AMOS 24 is utilized for exploratory and confirmatory factors to verify the developed items' validity and reliability. The results of both experiments indicated that the questionnaire is suitable for use in this study's final data collection. Therefore, the measurements for variables have been confirmed, but the face validity of the questionnaire has also been examined. The experts evaluated the questionnaire and validated its apparent reality. However, Smart PLS 3 was used for the final data analysis to ascertain the results of measurement and structural model assessments in this study.

4. Result and Findings

This research's data are initially evaluated using a measurement model. Cronbach alpha is determined to determine the validity of the data, composite reliability is selected to assess the reliability of the data, average variance extracted is determined to resolve the variance between research data, and factor loadings are defined to evaluate the reliability of the individual items. The acceptable threshold for Cronbach's alpha is > 0.70 (Tavakol & Dennick, 2011), the excellent point for composite reliability is > 0.70 (Raykov, 1997), the acceptable threshold for average variance extracted is > 0.70 (Alarcón, Sánchez, & De Olavide, 2015), and the good point for factor loadings is > 0.60 (Shevlin & Miles, 1998). The findings of this study demonstrated that the study has acceptable convergent validity, and the corresponding data are presented in Table 1.

Table 1

Convergent Validity.

Variables	Items	Factor Loadings	Cronbach's Alpha	Composite Reliability	Average Variance Extracted
Physical Quality	PHQ1	0.642	0.848	0.888	0.570
	PHQ2	0.718			
	PHQ3	0.800			
	PHQ4	0.827			
	PHQ5	0.763			
	PHQ6	0.765			
Psychological Quality	PSQ1	0.671	0.902	0.923	0.633
	PSQ2	0.655			
	PSQ3	0.847			
	PSQ4	0.835			
	PSQ5	0.842			
	PSQ6	0.849			
	PSQ7	0.840			
Sports Dance	SD1	0.853	0.826	0.873	0.687
	SD2	0.835			
	SD3	0.880			
	SD4	0.730			
	SD5	0.695			
	SD6	0.703			
	SD7	0.632			
	SD8	0.675			

Also examined is the research's discriminant validity to ascertain the distinction between data collected by measurement scale. This study employs the procedure recommended by Fornell and Larcker for testing discriminant validity (Henseler, Ringle, & Sarstedt, 2015). The findings of

this study demonstrated that the investigation has substantial discriminant validity because the values of the matrix indicate that the data available for one variable is greater than the data available for variables that are correlated with it (Fornell & Larcker, 1981). Table 2 displays the results.

Table 2

Discriminant Validity

Variables	Physical Quality	Psychological Quality	Sports Dance
Physical Quality	0.755		
Psychological Quality	0.71	0.795	
Sports Dance	0.67	0.669	0.698

In addition, the trajectories were evaluated using the PLS Bootstrapping technique. This analysis employs t-values exceeding 1.96 (Ramayah et al., 2018) to acknowledge relationships as significant. The research data have demonstrated that the influence of physical quality on athletics dance is positively accepted ("original sample =

0.394, standard deviation = 0.063, t statistics = 6.247, and p values = 0.000"). In addition, the findings demonstrated that the influence of psychological quality on athletics dance is positively accepted (original sample = 0.389, standard deviation = 0.065, t statistics = 5.984, and p values = 0.000).

Table 3

Path Findings

Hypotheses	Original Sample	Standard Deviation	T Statistics	P Values
Physical quality -> Sports Dance	0.394	0.063	6.247	0.000
Psychological quality -> Sports Dance	0.389	0.065	5.984	0.000

5. Discussion and Conclusion

The empirical findings of this study indicate that the influence of physical and psychological quality on athletic dance is significant and positively accepted. These findings are significant and consistent with the results of previous studies. There are frequent commentators in the competition who evaluate the psychological quality of the athletes. Therefore, the psychological character directly affects the dancers' performance and the performance of the competition in a sports dance competition (May et al., 2021). A healthy state of sports competition is characterized by high levels of sports technology, solid physical quality, and stable psychological quality. The finest performance of the two abilities mentioned above, whether in training or competition, is contingent upon a high level of exquisite sports technology, a solid physical foundation, and a stable psychological base. Moreover, the lack of sound psychological quality is affected by the tense atmosphere in the competition field, the collision between players on the dance floor, and other factors, which makes it impossible to bring superb sports skills into play and makes it easy to have tense rhythm mistakes, face, arm, and leg tension, which severely affects artistic expression and performance or competition results (Johnston et al., 2021). There are many ways to enhance the psychological character of sports dancers to facilitate the training of artistic expression in sports dance. The body's reflexive activity must be stabilized and bolstered through repeated practice to form automation (Boing et al., 2020). Consequently, less energy is allocated to technical reasoning in a performance or competition, and more power is allocated to adjusting the psychology and expressive display. Second, the simulated competition training technique can enhance dance athletes' psychological quality. Conduct the actual competition, allow students to fully experience the tense atmosphere of the competition, enhance their ability to adapt to the

competition environment, and boost their self-confidence and adaptability. In the simulated competition scene, students will encounter problems, and the teacher will guide and correct them, encourage students' advantages, and guide students' interpretation of the artistic expression, thereby encouraging students to express themselves more boldly and demonstrate their artistic expression (Bar et al., 2021). Thirdly, prepare to increase blood circulation before training or competition, adjust the body to its most positive state, engage in psychological relaxation exercises, take a deep breath in silence, eliminate other distractions, and maintain a positive mental and physical condition. Fourthly, when performing or competing on the dance floor, a dancer's eyes and demeanor must change with the music to arouse the audience's or referee's attention. In addition to superior technique, excellent artistic expression is required. During rumba dance facial expression training, the eyes radiate aura, the face beams, and the body feel romantic and lingering. In cowboy dance music, students should display amusing and amusing facial expressions; samba dance music shows airy, seductive, and wild facial expressions (Tulanovich et al., 2021). The bullfight dance is a courageous and determined expression of emotion, which allows students to repeatedly experience and practice, strengthen the automation of a type of expressive force to consolidate the journey, and more effectively promote the expressive force and psychological self-confidence of the competition field. As a dance with great artistic expressiveness, the effective display of this expressiveness is contingent upon the excellent physical quality of the dancers (Wu et al., 2021). Therefore, in the actual teaching and training of sports dance, the appropriate training can be conducted from the perspectives of strength quality, flexibility quality, speed and coordination quality, and endurance quality to comprehensively improve the physical quality and enhance the performance of sports dance (Andrade et al., 2020).

In the daily training of sports dance, flexibility is crucial to the artistry of athletes' performances and the precision of their movements (Xu et al., 2021). However, it significantly affects the active ligaments, muscle elasticity, and joint mobility of the entire body. Therefore, we should focus on strengthening the shoulder, trunk, limb, ankle, and hip during the special flexibility training. During training, players should also combine active and passive exercises, choose static and dynamic stretching, and connect the unique characteristics of sports dance to develop excellent control and body posture (Chang et al., 2021). When training during regular hours, players can choose beautiful and soothing waltz music accompaniment, practice forward waist down, press instep, and cross, which also helps to improve flexibility (Xue & Li, 2023).

The effect of speed quality on efficacy cannot be overlooked (Chang et al., 2021). The effective use of pace changes to indicate changes in the music can significantly enhance the infectiousness and expressiveness of dance. Attention should be paid to the cooperation with music to improve the practice effect (Liu et al., 2021). It can be seen that a high level of endurance is an essential factor for dance athletes. Kinematically speaking, the endurance characteristics of sports dance are a combination of quickness, strength, and endurance. It possesses the attributes of speed and muscular endurance (Barranco-Ruiz et al., 2020). Athletes' performance cannot be enhanced without a high level of endurance. For those who engage in sports, dance competitions, and training as a profession, perseverance is essential to their artistic existence.

In special sports training, dance endurance, continuous, interval, and game competition training are utilized most frequently (Chao et al., 2021). The game competition training method typically consists of two forms: one is that coaches organize athletes to conduct teaching competitions through the form of simulated competition training to improve the body's load-bearing capacity, and the other is that coaches organize athletes to quickly exchange partners and continue to follow the music and dance after completing a routine training; this method can increase the interest of special endurance training (Douka et al., 2019). Coordination ability refers to the capacity of various systems and body parts to coordinate. Coordination ability significantly impacts the technical knowledge and artistic expression of dancers. Moreover, coordination is the key to whether the movements in performance are graceful, elegant, harmonious, and fluid, and it is also a significant factor influencing the expression of sports dance (Sheppard & Broughton, 2020). Athletes must coordinate cooperative action with their companions, technical activity, facial expression,

and body expression during sports dance training. By changing the direction of movement during training, instructors can train the athletes' body sensitivity, and by altering the partner training movement, they can improve the athletes' overall coordination ability.

6. Theoretical and Practical Implications

According to the research, psychological and physical quality are significantly related to sports dance performance. Based on its findings, this research has enhanced the body of knowledge. In addition to strength, speed, flexibility, and other physical qualities that significantly impact the performance of sports dance, the performers' hands, eyes, and bodies have a significant impact. Typically, sports dance is performed by two individuals. These subtle movements must be expressed through male and female dancers' eyes and body language to impart emotion and attract one another. During practice, athletes should also remember that their hands are an extension of their body movements. In addition, one should not only perform arm movements, as this will cause the body and arm movements to be disjointed, diminishing the attractiveness of the entire dance movement and its performance. According to the findings of this study, in the actual teaching and training of sports dance, appropriate training should be conducted in terms of strength quality, flexibility quality, speed, and coordination quality, as well as endurance quality, to comprehensively improve physical fitness and promote the enhancement of sports dance performance. Sports dance is a physical exercise with a solid artistic expression; factors influencing the face of sports dance include quality of strength, flexibility, speed, endurance, and other physical characteristics. In addition to targeted physical fitness training in a particular aspect, attention should be paid to developing various comprehensive qualities to enhance dancers' performance gradually. As a dance with great artistic expressiveness, dancers' physical endurance is inseparable from their ability to demonstrate this expressiveness effectively. In daily training, dancers must maintain a high level of physical fitness; this will improve the athletes' flexibility and flexibility of joints, control ability of muscles, and coordination and cooperation ability of various systems. The unique training of sports dance significantly impacts athletes' physical function, quality, and interior temperament in scientific and effective workouts. The knowledge of experts, instructors, teachers, and athletes regarding the impact of unique physical attributes on sports dance performance.

Sports dance is a body movement with a solid artistic expression; it not only emphasizes speed and strength but also necessitates delicacy and naturalness of movement, placing high demands on the athletes' unique physical qualities. Even though the special physical quality of this project differs from the general physical quality, which refers to the physical quality directly related to the improvement of sports dance performance, its training methods frequently employ special training methods closely associated with sports dance movements. In the performance process of sports dance, the local force and diverse shapes are based on the strength quality. High demands are placed on the support and elasticity of the legs and ankles, the relative tension and balance ability of the waist, abdomen, and back against muscle groups, and the ability to control the limbs in sports dance. If there is insufficient strength, there is neither a strong muscle contraction nor a seductive and impassioned display. In special strength quality training, athletes should focus on strengthening the shoulder, trunk, leg, ankle, and arm movement while maintaining a training method that combines dynamic and static training. Simultaneously, in the training process, they should combine the fundamental movement techniques to exercise the muscle's capacity for rapid relaxation and contraction and continuously improve the muscle's quality.

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7. Future Directions

Significantly, the findings of this study are novel and indicate that in a physical fitness training strategy, general physical fitness and exceptional physical fitness must be explicitly defined, and targeted training must be performed. In addition, there are some limitations to the practical and theoretical implications of this study's findings. Future studies should resolve these limitations. The accumulated research data are extremely limited and cannot guarantee the generalizability of the results. Thus, future research studies must acquire data from various populations to substantiate the findings. In addition, the data collected from a diverse population and the sample size of 342 would be sufficient for determining different results.

Similarly, no mediators or moderators have been introduced as influential variables in this study's findings. Therefore, researchers must ascertain the moderating effect of positive coaching on the relationship between psychological and physical qualities and sports dance performance. Scholars are also motivated to determine the role of psychological empowerment in mediating the relationship between psychological and physical quality and sports dance performance. These guidelines are essential for future research to identify the significant findings. Future research would establish an effective relationship that would also be an original contribution to the body of knowledge.

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