

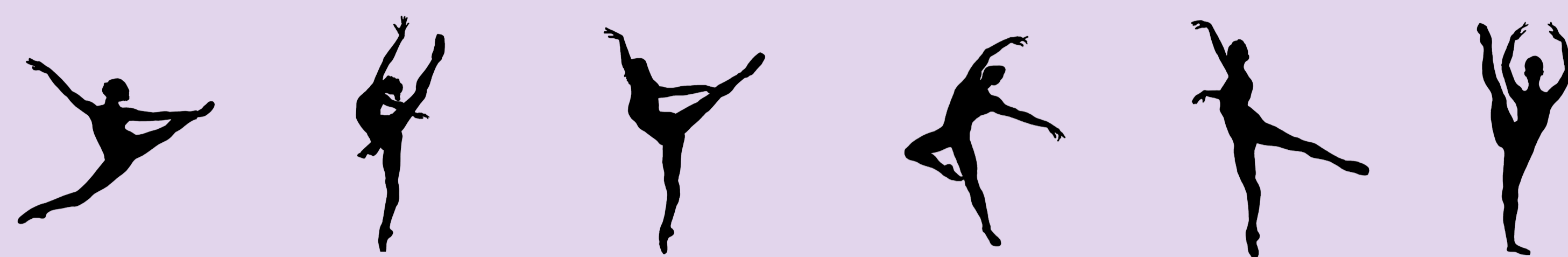
# Arts Experience Enhances Aesthetic Enjoyment of Dynamic Human Movement

## BACKGROUND

Dance offers insights into the understanding of socially intentioned body movements. Perceptions of dance differ, with prior dance experience (embodied expertise) and cumulative arts experience shaping aesthetic evaluations.<sup>1,2</sup>

We examined whether perception of movement aesthetics were:

- **Changed after a short dance training session**  
H1: > appreciation after training  
H2: learned > unlearned movements
- **Related to previous arts and sports experience**  
H3: > appreciation with increased experience



## METHODS

- 141 Participants: Sociocultural questionnaire (previous arts [painting, music, theatre, dance, social media dances] and sports experience; demographics)
- 141 Participants: Viewed and rated short videos of two choreographies for aesthetic qualities (liking, familiarity, reproducibility) (Figure 1)
- A subset of 41 participants also learned one choreography and then completed ratings again

🌸 Preregistered on OSF ([osf.io/cndfg](https://osf.io/cndfg); [osf.io/vfsn2](https://osf.io/vfsn2))

Trials (48 trials—16 videos with 3 questions per video)



Figure 1. Illustration of video clip presentation and aesthetic judgement questions.

## RESULTS

**Dance training (n=41):**  
Enjoyment, Familiarity, Reproducibility  
(Figure 2)

**Post-training > Pre-training**  
**Learned movements > Unlearned movements**

**Arts and Movement Experience (n=141):**  
No effects of arts experience on **Enjoyment**

↑ **Familiarity** with ↑ painting experience, dance experience, theatre enjoyment, and social media dance enjoyment

↑ **Reproducibility** with ↑ social media dance experience, music enjoyment, and sports enjoyment

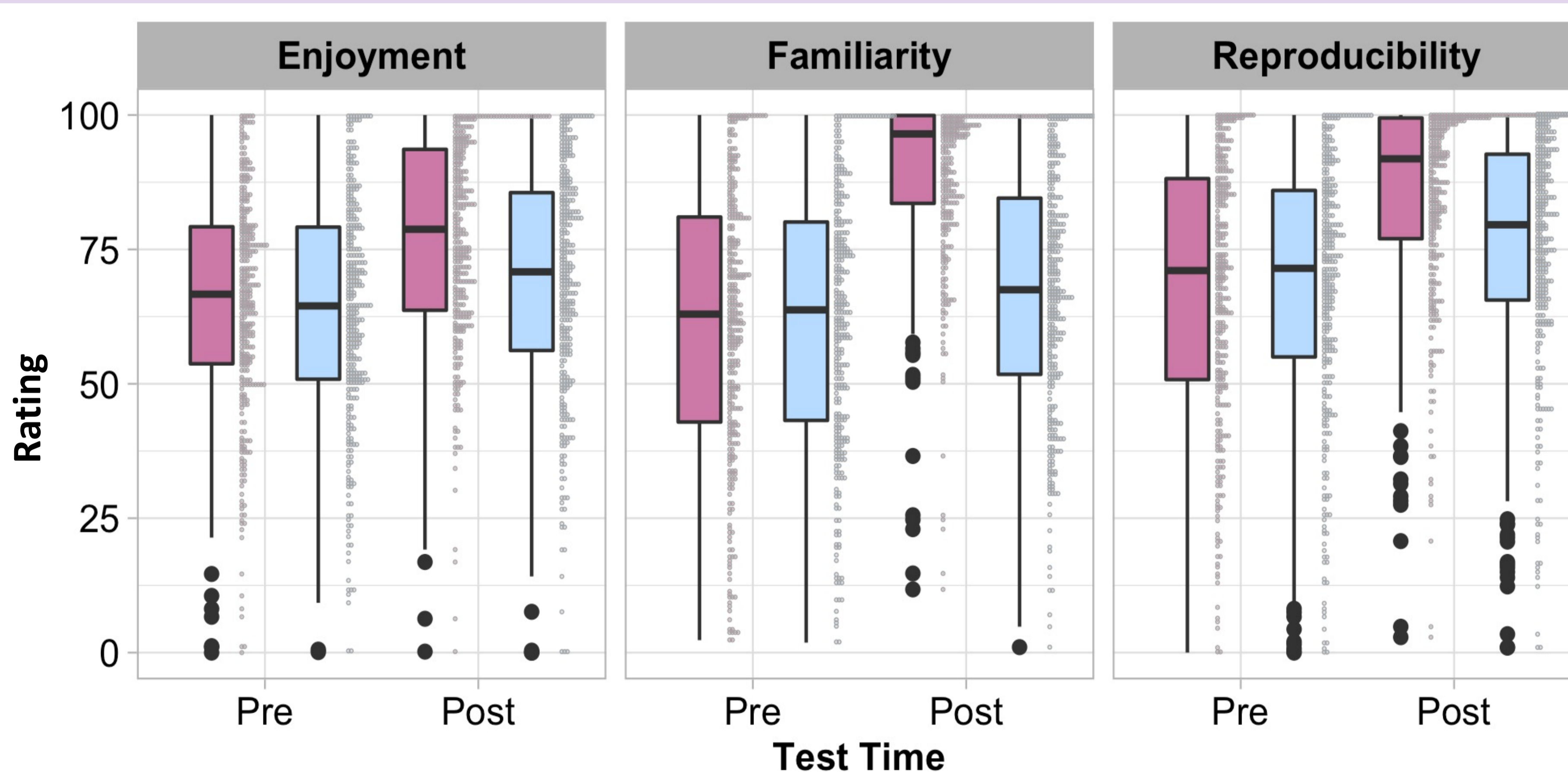


Figure 2. Numeric aesthetic perceptions of learned (pink) and unlearned (blue) movements before (“Pre”) and after (“Post”) dance training.

## CONCLUSIONS

- Physical and visual experience with full-body movements positively impacted aesthetic impressions of said movements
- Previous experience with and/or enjoyment of certain arts or sports related to aesthetic perceptions of movements

## References

1. Kirsch, L. P., Dawson, K., & Cross, E. S. (2015). Dance experience sculpts aesthetic perception and related brain circuits. *Annals of the New York Academy of Sciences*, 1337(1), 130–139. <https://doi.org/10.1111/nyas.12634>
2. Darda, K. M., & Cross, E. S. (2022). The role of expertise and culture in visual art appreciation. *Scientific Reports*, 12(1), 10666. <https://doi.org/10.1038/s41598-022-14128-7>

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🌸 <https://osf.io/zkba6/>