

**Assessment of Selected Fitness Parameters
in Professional Dancers**

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Abstract

The purpose of the present study was to examine selected parameters of fitness in professional dancers. In total, 49 professional dancers volunteered to participate. Among them, 18 were dancers of Greek traditional dance (GTD); 16 participated in Latin dance, and 15 in contemporary dance. All participants took part in standardized physical fitness assessment protocols, whereas, they filled in a questionnaire concerning their demographic data. According to the results, in males, it was revealed that Latin dancers presented lower body mass index (BMI) as well as better balance and speed than those of GTD, who had better cardiorespiratory endurance. In females, dancers of contemporary dance presented the highest scores in muscular endurance and flexibility tests, Latin dancers surpassed the other two groups in explosive power and speed tests; whereas, the GTD dancers presented the lowest performance among the three groups. Taking into account the association of physical fitness with both dance performance and the prevention of injuries, it seems imperative to inform dancers in general, and GTD dancers in particular, who had the poorest physical fitness, about the importance of sufficient training, aiming at the enhancement of their physical fitness.

Key-words: Greek traditional dance, contemporary dance, Latin dance