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**The Study of the Dancers' Physical Fitness:  
Present State of Art and Future Trends**

**Venetsanou F., Koutsouba M.**

S.P.E.S.S., National & Kapodistrian University of Athens

**Abstract**

The aim of this paper was the critical review of the up to now research regarding the improvement of various parameters of the dancers' physical fitness such as "aerobic" and "anaerobic" ability, "strength", "joint mobility", "flexibility", "body composition". In addition, there was an attempt to evaluate the adequacy of the dancers' coaching so as propose future suggestions towards it. In order to do so, a review of research articles in MEDLINE, Scopus and Google Scholar data bases was carried out, concerning "dance", "dancer", "ballet", "modern dance", "contemporary dance", "folk dance" and "physical fitness", "aerobic", "anaerobic", "strength", "body composition", "joint mobility", "flexibility". Six hundred and thirty four articles were initially found from which, 32 were selected according to the criteria set. It was proved that there is need for the adoption of the sports training principles in the dancers' training. However, the small number of research studies, particularly for specific genres of dance, restricts the outcome of the results. Additionally, further research is necessary at this field both in terms of the dancers physical fitness in all dance genres as well as the effects of training principles on the dancers' performance and prevention of injuries.

Keywords: dance, dancer, ballet, modern dance, contemporary dance, folk dance, physical fitness, aerobic, anaerobic, strength, body composition, joint mobility, flexibility.