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## **Dance Recreational Activities and Injuries**

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### **Abstract**

The purpose of this study was the record of the injuries that occur to participants in organized programs of Greek traditional dances and the probe of the relationship between the injuries and the demographic characteristics of the participants. The sample of the investigation was 258 dancers (173 women and 85 men) who participated in organized traditional dance tutorials from the prefectures of Macedonia and Thrace. The questionnaire of Malliou, Rokka, Beneka, Mavridi and Godolia (2007) for injuries was used as a gauge. Findings indicate a small proportion of participants (10.9%) reporting a mild injury due to their participation in relevant programs. Demographics are not related to the reported injuries. Thus, it can be suggested that people of all ages may participate in Greek traditional dances due to their pleasant, mild and non-competitive nature.

Keywords: Greek traditional dance, injuries, demographic characteristics