

Abstract

Name

Dance training and its effect on dancers' cardiorespiratory fitness

Objective

The aim of this bachelor thesis is to assess the effect of dance training on cardiorespiratory fitness of dance students using Step-test.

Method

The theoretical part of the bachelor's thesis has the character of a literature review. The practical part has the character of quantitative research conducted on six female dance students aged 15-17 years old. This is therefore a case study. The evaluation of cardiorespiratory fitness was tested using Step-test in a field conditions. Part of the research project is the record and analysis of all training activities.

Results

Out of six female students, three students achieved a significant improvement in the level of their cardiorespiratory fitness, on the av. by $23,03 \% \pm 2,6 \%$. Two students showed insignificant improvement, on the av. by $2,3 \% \pm 1,3 \%$ and one student's final values recorded insignificant decline by $0,94 \%$. The current level of cardiorespiratory fitness of the dancers plays an important role. The higher are the initial values measured during testing, the smaller the training-induced changes. The structure of the dance training at the dance school is sufficient for the cultivation of cardiorespiratory fitness only up to a certain level of fitness of average values (BI in the range of 80-99). However, the dance training is insufficient for a higher level of cardiorespiratory fitness.

Keywords

dance, dance training, dance performance, fitness, exercise testing, Step-test