

## **Abstract:**

Title:

Energy demands in the modern dance competition

Objective:

The aim of this thesis is to assess energy expenditure in the competitive environment in each modern dances and its dependence on the structure of the competitive round in competition.

Method:

Empirical Association Research in 8 dancers of medium performance level. Work metabolism and energy expenditure were calculated from  $VO_2$  - heart rate relationship during exercise.

Results:

The results of the measurements confirm the hypothesis that the competition rounds with the shorter rest interval increase energy expenditure. But the second part of the hypothesis does not confirm that the dance with faster pace is of higher energy expenditure than dance with a slower pace.

Keywords:

Dance sport, modern dances, energy expenditure, calculation of work metabolism, heart rate

