

Summary

Title: Analysis of physical indicators among dancers of acrobatic rock and roll in category

Background: It could be expected that several years of training process could influence the vast majority of physiological functions in rock and roll dancers who have undergone for many years of hard training.

Aims: The measuring of selected indicators of physiological functions in the group of acrobatic rock and roll dancers and the comparing their level of physical capacity with reference values and with level of physical capacity of the best acrobatic rock and roll dancers of the world were the main purposes of this study..

Methods and design: The study was designed as a qualitative research. 6 pairs (12 subjects) of acrobatic rock and roll dancer category A were included in a study group by using a non-randomized selection. The UNIFITTEST (Jump far from the place, sit-up, chin-up, measuring subcutaneous fat), and other measure (handshake, vertical jump, heart rate) were done. Further quantitative data were collected by using questionnaires. Several statistical methods were used to process the data obtained. All results were compared with reference values.

Results: According to our expectation the dancers of acrobatic rock and roll were better than average population in the most tests.

Key words: acrobatic rock and roll, physiological indicators, test and measurement