

## **CARDIAC FUNCTION: BETWEEN AEROBIC AND BHARATHANATYAM DANCERS.**

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### **ABSTRACT**

The purpose of this study was to compare Cardiac function between Aerobic dancers (AD) and Bharathanatyam (BD) dancers. To achieve the purpose sixty (N=60) women dancers were randomly AD:- (n=30, practice aerobic dance 60 to 90 min / day 3 days / week over the period of minimum 5 years) and BD:- (n=30, practice bharathanatyam 60 to 90 min / day 3 days / week over the period of minimum 5 years) selected as subjects, their mean age were  $17 \pm 1.3$  years. They were measured resting heart rate using Palpating the radial artery for full one minute for each subject and blood pressure using Standardized sphygmomanometer and stethoscope. The resting heart rate and blood pressure were taken in early morning hours, the collected data were statistically treated by using independent 't' test , 0.05 level of confidence was fixed to test the significance. The result shows that AD were better than BD on RHR, SBP, and DBP. Hence it was concluded that, aerobic dancers developed better RHR, SBP, and DBP.

**Key words:** RHR, SBP, DBP, Aerobic Dance, Bharathanatyam Dance.