

EFFECT OF TWELVE WEEKS DANCE TRAINING ON CARDIORESPIRATORY ENDURANCE AMONG POST-PUBESCENT GIRLS

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Long term dance training can help to make the muscles that expand the lungs stronger and more efficient. It is known to increase inspired air and increase the number of capillaries around the alveoli enabling quicker absorption of oxygen into the blood. The purpose of this study was to find out the effect of twelve weeks of different dance training on the cardiorespiratory endurance among post pubescent girls.

Ninety (N=90) women dancers, aged 17-18 years were selected from Jaffna, Sri Lanka, and categorised in to Aerobic Dance (AD) (n=30), Bharathanatyam Dance (BD) (n=30), and Kandyan Dance (KD) (n=30) groups. The participants underwent the respective dance training for 60±15 min/day/3 days/week over a period of 12 weeks. Cardiorespiratory endurance was assessed by the Harvard step test before and after the intervention programme. The data were analysed with the analysis of covariance (ANCOVA). In all the cases 0.05 level of confidence was fixed to test the significance. When the obtained 'F' ratio was significant, Scheffe's post hoc test was used to find out the paired mean difference.

The results of the study shows that aerobic (mean 55.8), bharathanatyam (mean 50.46), and kandyan (mean 49.60) dance training significantly (p=0.05) (F 22.66) influence the cardiorespiratory endurance. However, aerobic dance training shows better (Mean Difference (MD) 4.62*) improvement than bharathanatyam (MD 5.48*) and kandyan dance (MD 0.86). It is concluded that aerobic, bharathanatyam and kandyan dance training positively influence the cardiac function with respect to cardiorespiratory endurance.