

Savannah May Hope Thomas - Millett

Student No: 1902451

Module title: Fit to Perform

Within this assessment I will be looking at the different elements of fitness, nutrition, psychology and anatomy. The resources that I have chosen for this assessment is protein, dance fitness, first aid for dancers and the way an mind work and changes. Within each of these areas I will be researching articles that are to do with these and highlight the key pointer of what is needed to be said in this assessment.

When researching different nutrients that is needed for dancers I had come across an article that is to do with protein on IADMS (International Association for Dance Medicine & Science) Nutrition Resource Paper 2016. Within this article it begins to say what is protein and how it is a macronutrients and is composed of amino acid, some essential and other non-essential. It states that amino acid has the responsibility of all the maintenance of every basic function in the body. They can also be used as some sort of supplemental fuel to CHO and F. It goes along to say that the proteins role in the human body is to repair muscle fibers that may occur quite stressed from constantly dancing or in other related activities and also stating that protein is also used for bone health. The needs of protein are based of the performers body weight more than on their energy requirements for dancing or any physical activities. Another good point that was shown in the article was that with some dancers and athletes if they consume protein powder will give dancers a performance edge and can be served or can be served as a meal replacement as in some way protein powder can be more appetising than food. Diets that are high in protein can preserve lean body mass during weight loss. Dancers are to be advised to understand the reason of intaking protein and to advise them that the supplements contain the ingredients that is needed for their bodies. In an investigation it was found the different sources of protein a dancer or any athlete can intake such as animal protein and plant based protein, the sizes of what each protein should be measured for the individuals body and the amount they will need to intake in a regular bases.

The article goes a long to talk about protein shakes and smoothies and how they are prepared with healthy additives such as, protein, antioxidants, or vitamins and is also made from water, juice, or milk. In the resource of protein supplements they have shown a recipe for making a home made sport/isotonic drinks. It shows three different types of recipes which are isotonic drinks that are based on juice concentrate,, fruit squash or cordial reconstituted in a ratio of around 1 part concentrate to 6 parts water. isotonic drinks that are based on pure/100% fruit juice and isotonic drinks that are based on glucose/sugar plus flavour according to taste.

All isotonic drinks have comparable salts and carbohydrates to the body composition.

I went on to research about fitness within dancing. Through researching different article I had found an article about dance fitness from IADMS (International Association for Dance Medicine and Science) 2011. In the article it states that many dancers are not as fit and healthy as they could be. it 's then goes to show what is fitness and how it is beneficial to performers and how good fitness is key to reduce the risk of any injuries occurring and enhancing their performance levels. It states that a good dancer is someone who is well in the body and the mind. Reading the article I have found that in some style of dance there are requirements of certain elements of fitness that is used as part of a dance training programme, the elements are aerobic fitness, anaerobic fitness, muscle endurance, strength, power, flexibility, neuromuscular coordination, body composition and rest. One of the key points that were with the components of fitness is rest. Rest is a major importance for dance performers. After doing a high intense workout having the proper recovery time is essential for the dancers body and mind, rest help the dancers muscle regeneration between training sessions. With having resting time it help the dancers body from being fatigue and to decrease the risk of any injuries from happening.

When it comes to measuring fitness and knowing the different tests to do so, when it comes to dance it is questioned and it is starting to become highly necessary to gather relevant results and quality observations in order to develop different methods of promoting and also assessing the dance fitness. Throughout reading this article it has shown all of the necessary characteristics, injury prevention strategies and the better standards of health and physical conditioning.

I have now gone to move on to research articles that is to do with first aid for dancers. Throughout researching different articles I had found an article from IADMS (International Association for Dance Medicine and Science) 2010. Within the article it states that over the last few decades dance science have produced many findings in vast range of conditioning and injury prevention techniques. This helps the dancers bodies become stronger and more capable than ever before. When it comes to first aid immediately after a dancer has had an acute injury that the dancers should remember PRICED.

- . Protection - remove additional dancer or any risk from the injured area.
- . Rest - stop dancing and stop moving the injured area.
- . Ice - apply to the are that is injured for at least 20 minutes every two hours.
- . Compression - apply an elastic compression bandage to the area that is injured.
- . Elevation - raise the injured area above the heart.
- . Diagnosis - acute injuries should only be evaluated by a health-care professional.

With ways of avoiding further harm, the first few days after a dancer has injured themselves they are advised to remember to avoid HARM.

- . Heat - any kind of heat will speed up the circulation, resulting in more swelling and a longer recovery.
- . Alcohol - alcohol can cause an increase in swelling that will then end up to be a longer recovery.
- . Running or Other Excessive Exercise - when exercising too early after an injury it can cause further damage to the injured part. Exercise can also increase the blood flow that will result in more swelling to the area that is injured.
- . Massage - massage can increase swelling and bleeding into the tissue that will prolong recovery time.

For dancers to understand PRICED and HARM and how they work, dancers are told to learn more about the different ways the body can react to injuries.

When dancers have had an injury whether it is an ankle injury or muscle strain the different cells that are within the injured tissue are damaged. To help decrease the chances of damage the human body releases a number of different chemicals that will create a response that will generate swelling, redness, heat, pain and loss of function. When it comes to inflammation it brings white blood cells to the injured tissue to defend the human body against any infection and to promote new cell growth. With inflammation it is a normal response when an injury has occurred and it is quite necessary to have as a phase of healing the area that is injured. With an acute injury the aim is to control not eliminate inflammation to assist with decreasing pain and increasing the function of the area that has been injured.

By using PRICED as a first method used straight after an injury has occurred it will help limit inflammation and the pain and can also guide with continuing care and rehabilitation. When it comes to managing long-term strategies for an injury, if a health-care professional has advised otherwise the dancer should proceed to continuing basic activities to help the rehabilitation process and wellness of the entire human body.

After researching all of these different articles I have now gone on to researching my last article which is to do with if dance can change a person's mind. After researching some article I had come across an article that was published in The Guardian on 31 July 2013, written by Ian Tucker who interviewed Peter Lovatt. In the article it gives a point that there have been research in the past when it comes to people and their minds and that they have found that when dancers are performing in an improvisation dance it helps the individuals with divergent thinking. Whereas when the dancers are put into a more structured dance it can help their convergent

thinking. Research have shown that women in their mid teens have quite a lower self-esteem than self-ballet-dancing girls. There are two reasons for this and that is one is that women with low self-esteem choose to perform in classical ballet because of the perfection reinforces their poor self-image. The other reason is that ballet training can be very detrimental to a young individuals self-esteem because they are constantly being told they are not performing it right and that their body shape issue is very important in classical ballet. Research show that a lot of dance performers would rather practice/perform in baggy jazz sort of clothes instead of tight fitted clothing for their self-esteem. Throughout this whole article it shows and states all of the different reasons of why dancing can change the way a person thinks whether it is to do with how they look, feel, move, or talk.

After researching and writing about these four articles I have learnt a huge amount of different methods and key pointers to use in my research and future practice of dancing. Every article gave their own reasons and opinions on each area and learning about the different elements that I had selected it has given me a wider perspective on certain areas in dance.

## References

IADMS (2019) Available at:

[https://cdn.ymaws.com/www.iadms.org/resource/resmgr/resource\\_papers/dance-nutrition-2016.pdf](https://cdn.ymaws.com/www.iadms.org/resource/resmgr/resource_papers/dance-nutrition-2016.pdf) (Accessed: 10 December 2019).

*Resource Paper: Dance Fitness* (2019). Available at:

<https://www.iadms.org/page/303> (Accessed: 10 December 2019).

*Resource Paper: First Aid for Dancers* - (2019). Available at:

<https://www.iadms.org/page/290> (Accessed: 10 December 2019).

Tucker, I. (2011) *Peter Lovatt: 'Dancing can change the way you think', the Guardian.*

Available at:

<https://www.theguardian.com/technology/2011/jul/31/peter-lovatt-dance-problem-solving> (Accessed: 10 December 2019).

