



**Prifysgol Cymru**  
Y Drindod Dewi Sant  
**University of Wales**  
Trinity Saint David

*Trawsnewid Addysg; Trawsnewid Bywydau*  
*Transforming Education; Transforming Lives*

# Introduction to Fitness and It's importance in Dance

Dr Anna Stevenson

# Lecture 1 Outline



Welcome and  
Introductions



Objectives



Assessment



Intro to fitness for  
dance



Physical demands  
of dance



Components of  
fitness

# A bit about me...



Trained in musical  
theatre dance at  
London Studio Centre



Strength & Conditioning  
Fitness Coach



Play and work in  
football – at Arsenal  
Women football club



Love spending time at  
the beach, with my  
family & dog

# Introduction to Fitness & Dance

## Module Objective:

- To provide guidance and information around the importance of fitness and the effects on related performance practices and disciplines

## Module Learning outcome:

- Appraise the importance of fitness & nutrition and their effects on performance

**Today's Objective: Understand the importance of fitness and training in dance including the key components of fitness and principles of training**

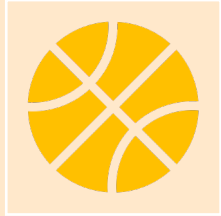
# Objectives for following weeks

- 1) 14/01 /today : **Intro to components of fitness**
- 2) 21/01 /next week (Online): **Cardiovascular fitness & Flexibility**
- 3) 28/01 (In Person): **Muscular Fitness/Strength**
- 4) 04/02 (Online): **Goal setting, Programme Considerations, Nutrition basics**
- 5) 11/02 (Online drop in) **Submit assessment**

# Assessment

- Group Presentation (8 minutes)
- Outline the importance of fitness and training for dancers.
- Provide an overview of key components of fitness associated with dance and include examples of how dancers could train and develop these. In doing so, show how the principles of training have been considered.
- You can use Power Point (or equivalent) and include referencing and a bibliography.
- Research, evaluation and interpretation should be used. The correct referencing standard should be used throughout.

# Key Terms



**Physical Activity (PA)** 'Any bodily movement produced by the contraction of skeletal muscles that results in a substantial increase in caloric requirements over resting energy expenditure'



**Exercise** 'A type of PA consisting of planned, structured, and repetitive bodily movement done to improve and/or maintain one or more components of physical fitness'

# Key Terms

**Physical Fitness** 'The ability to carry out daily tasks with vigour and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and meet unforeseen emergencies'

Health-related  
components of fitness.

Skill-related components  
of fitness



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# Physical Demands of Dance

Task – in small groups, think and make brief notes about the physical demands of dance.

# Components of Fitness



# Health related Components

Cardiovascular endurance

Muscular Strength

Muscular Endurance

Body Composition

Flexibility

# Answers...Health components: definition & example...

Cardiovascular  
Endurance

Muscular Strength

Flexibility

Muscular Endurance

Body Composition

|           | Textbook Definition                                                                                                                                   | Dance Example                                       |
|-----------|-------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|
| <b>CE</b> | The ability of the circulatory & respiratory systems to supply oxygen to skeletal muscles during sustained physical activity (Corbin et al., 2014)    | Performing a whole dance routine without stopping   |
| <b>MS</b> | The maximum amount of force a muscle or muscle group can exert against resistance in a single contraction (ACSM, 2021)                                | Supporting body weight in balances or lifts         |
| <b>F</b>  | Range of motion about a body joint                                                                                                                    | High kicks, deep lunges, splits                     |
| <b>ME</b> | The ability of a muscle or muscle group to perform repeated contractions or to sustain a contraction over time without fatigue (McArdle et al., 2015) | Repeating jumps or floorwork in rehearsal           |
| <b>BC</b> | Relative proportions by weight of fat and lean tissue                                                                                                 | Having a strong, healthy body that can dance safely |

# Skill related Physical Fitness Components

Agility

Coordination

Balance

Power

Reaction Time

Speed

# Task - Defining Skill-related Fitness Components

1. Quickly get into groups of 3-4 you you will be given a **SKILL related fitness components from the list**
2. In your group:
  1. Discuss **what the component means**
  2. Write a **simple definition** in your own words (you can look it up first)
  3. Include **one example** of how it is used in dance
3. Write your definition down & be ready to **share** with the group.

## Extension (optional):

- Create a **short movement** that demonstrates your fitness component & teach/show to group

# Skill related Physical Fitness Components

1. Quick definition

2. Example of it in dance

Agility

Coordination

Balance

Power

Reaction Time

Speed

# Skill related Physical Fitness Components defined

Agility

## Definition

The ability to change direction or speed of the whole body in response to a sport- specific stimulus.

## Dance Example

Quickly changing direction during a contemporary floor sequence or dodging around other dancers in a group routine.

Coordination

The ability to use the senses and body parts together to perform motor tasks smoothly and accurately.

Performing complex arm and leg patterns simultaneously in a jazz or hip-hop routine.

Balance

The ability to maintain static and dynamic equilibrium

Holding a controlled arabesque or maintaining stability during a pirouette.

Power

Related to the ability of muscle tissue to exert high **force** while contracting at a high **speed**

Explosively jumping into a grand jeté or performing a powerful leap in contemporary dance.

Reaction Time

The time elapsed between the presentation of a stimulus and the initiation of a movement response.

Responding instantly to a musical cue to begin a movement phrase on beat.

Speed

**Speed:** Movement distance per unit time, typically quantified as the time taken to cover a fixed distance

Traveling quickly across the stage during fast footwork or a chasse sequence.



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# Questions?

# Summary

## Health related Components

Cardiovascular  
endurance

Muscular Strength

Muscular Endurance

Body Composition

Flexibility

## Skill related Components

Agility

Coordination

Balance

Power

Reaction Time

Speed

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# Reference List

- American College of Sports Medicine (ACSM). (2018). ACSM's Guidelines for Exercise Testing and Prescription (10th ed.). Wolters Kluwer.
- Haff, G. G., & Triplett, N. T. (2015). Essentials of Strength Training and Conditioning (4th ed.). Human Kinetics.
- Wilmore, J. H., & Costill, D. L. (2018). Physiology of Sport and Exercise (7th ed.). Human Kinetics.