RICERCA SCIENTIFICA E DANZA SPORTIVA:
LA PRESTAZIONE ATLETICA DI ALTO LIVELLO
Roma, 20 gennaio 2014

Considerazioni iniziali……

PROGRAMMA

Crescita delle figure professionali che operano nel Sistema

Promozione ed avviamento Sport nella scuola

DI INTERVENTO DI UN SISTEMA SPORTIVO ORGANIZATO

Sport per
e per tutte
et

Prevenzione, mantenimento dell'efficienza fisica e della salute

LINEE OPER

Fornire un contributo alla PROGRAMMAZIONE FEDERALE

Sezione me

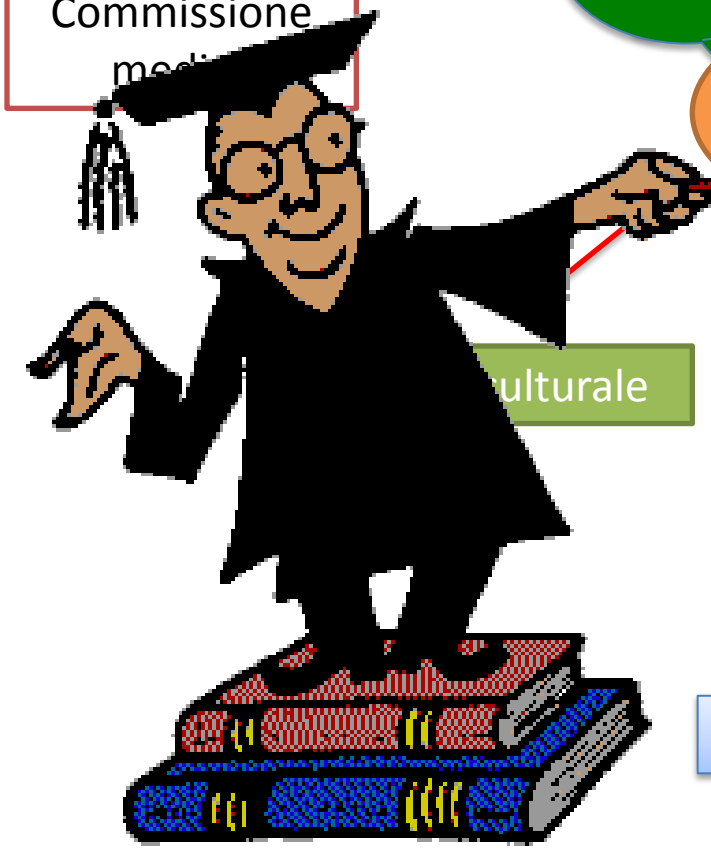
Commissione

RICERCHE FID

ulturale

Sezione valutazione funzionale e training

FORMAZIONE

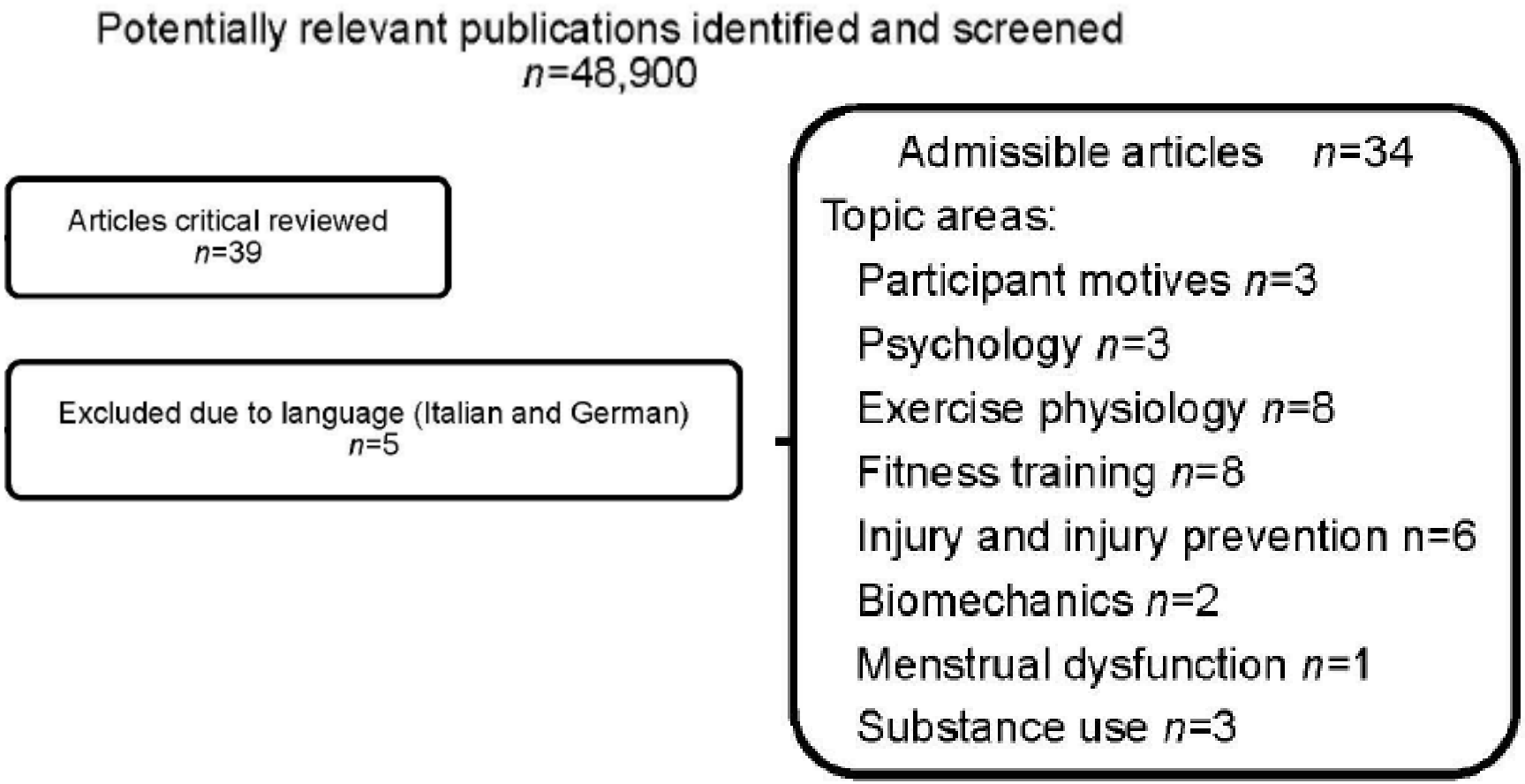


Siamo partiti dall'analisi della Letteratura scientifica

A Bibliographic Review of Medicine and Science Research in DanceSport

Teri Riding McCabe, MS, ATC, Matthew Wyon, PhD, Jatin P. Ambegaonkar, PhD, ATC, and Emma Redding, PhD

Med Probl Perform Art 2013; 28(2):70–79.



Anthropometry, Somatotypes, and Aerobic Power in Ballet, Contemporary Dance, and DanceSport

Helena Liiv, PhD,[1] Matthew A. Wyon, PhD,[2,3] Toivo Jürimäe, PhD,[1] Meeli Saar, PhD,[1] Jarek Mäestu, PhD,[1] and Jaak Jürimäe, PhD[1]

Med Probl Perform Art 2013; 28(4):207–211.

There was a significant difference in VO_{2max} values between three dance styles ($f_{2,112}$ = 33.724, p<0.001), and post hoc tests indicated VO_{2max} values of dancesport dancers were significantly higher (p<0.01) (Table 2).

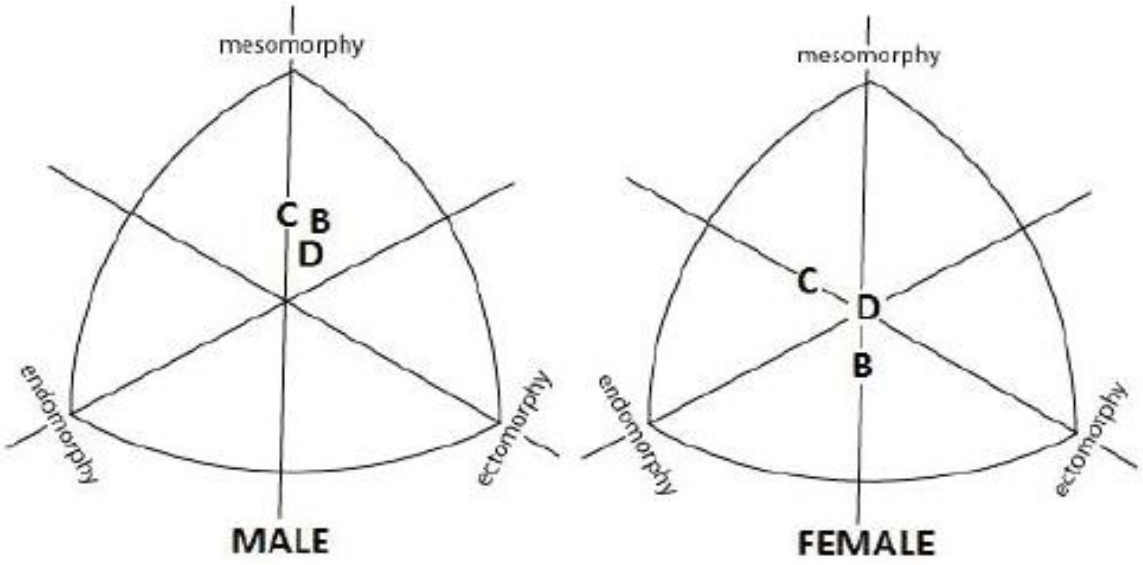


FIGURE 1. Mean somatotypes for male and female ballet (B), contemporary (C), and dancesport (D) dancers.

LEADING ARTICLE

Sports Med 2004; 34 (10): 651-661
0112-1642/04/0010-0651/$31.00/0

The Dancer as a Performing Athlete

Physiological Considerations

Yiannis Koutedakis[1,2] and *Athanasios Jamurtas*[2]

1 School of Sport, Performing Arts and Leisure, Wolverhampton University, Walsall, UK
2 Department of Sport and Exercise Science, Thessaly University, Trikala, Greece

Given that performing dance itself elicits only limited stimuli for positive fitness adaptations, it is not surprising that professional dancers often demonstrate values similar to those obtained from healthy sedentary individuals of comparable age in key fitness-related parameters. In contrast, recent data on male and female dancers revealed that supplementary exercise training can lead to improvements of such fitness parameters and reduce incidents of dance injuries, without interfering with key artistic and aesthetic requirements. It seems, however, that strict

…….l'allenamento fisico non deve alterare la componente estetica ed artistica dei danzatori…….

Journal of Strength and Conditioning Research, 2007, 21(3), 808–812

The Effects of Three Months of Aerobic and Strength Training on Selected Performance- and Fitness-Related Parameters in Modern Dance Students

Yiannis Koutedakis,[1,2] Harmel Hukam,[2] George Metsios,[2] Alan Nevill,[2] Giannis Giakas,[1] Athanasios Jamurtas,[1] and Lynn Myszkewycz[2]

[1]Department of Sport and Exercise Science, University of Thessaly, 42100 Trikala Greece; [2]School of Sport, Performing Arts and Leisure, University of Wolverhampton, WS1-3BD, UK.

Table 2. Dance test performance and fitness-related parameters in the exercise (n = 19) and control (n = 13) groups before and after a 3-month exercise training program. Values are mean (± *SD*).*

	Dance test (points)	$\dot{V}O_2max$ (ml·kg^{-1}·min^{-1})	Skinfolds (mm)	Flexibility (°)	Strength left and right leg (kg)
Exercise group (before)	73.9 (± 16.2)	50.7 (± 7.5)	39.4 (± 10.5)	125.5 (± 24.6)	90.6 (± 16.0)
Exercise gr					4)
Difference					
Effect size					
Control gr					3)
Control gr					2)
Difference(before/after)	5.8 (± 4.6)	−1.3 (± 2.8)	3.6 (± 10.3)	6.6 (± 5.2)	−11.2 (± 3.9)
Effect size	0.30	0.51	0.88	0.29	0.25
ANOVA (p value)	0.02	0.04	NS	0.01	0.001

Differenza 35% miglioramenti GRUPPO SPERIMENTALE

rispetto Differenza 6% nel GRUPPO CONTROLLO

* ANOVA = analysis of variance; NS = nonsignificant ($p > 0.05$).

Effects of Partner's Improvisational Resistance Training on Dancers' Muscular Strength

Rheba E. Vetter[1] and Sandor Dorgo[2]

[1]Health, Physical Education, Recreation and Dance Department, Northwest Missouri State University, Maryville, Missouri; and [2]Department of Kinesiology, The University of Texas at El Paso, El Paso, Texas

Journal of Strength and Conditioning Research

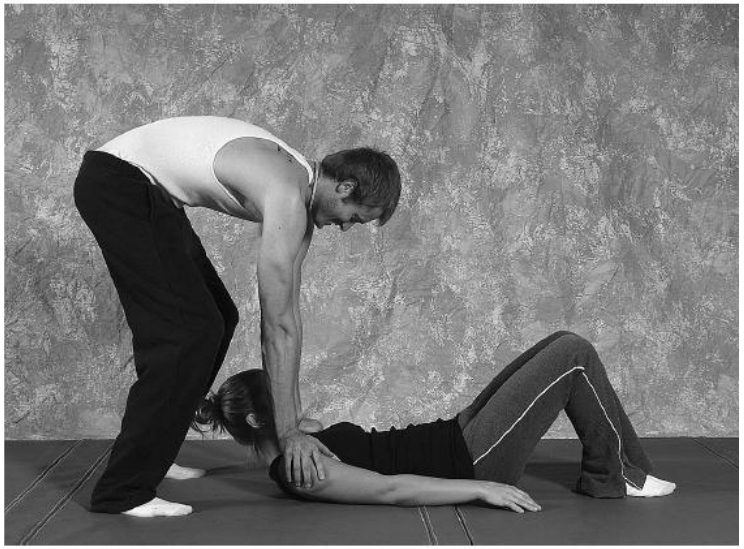


Figure 2. Abdominal curl was performed by 1 person in a supine position while the partner applied re shoulders. The supine lying person then lifted the head and shoulders off the ground in a curling

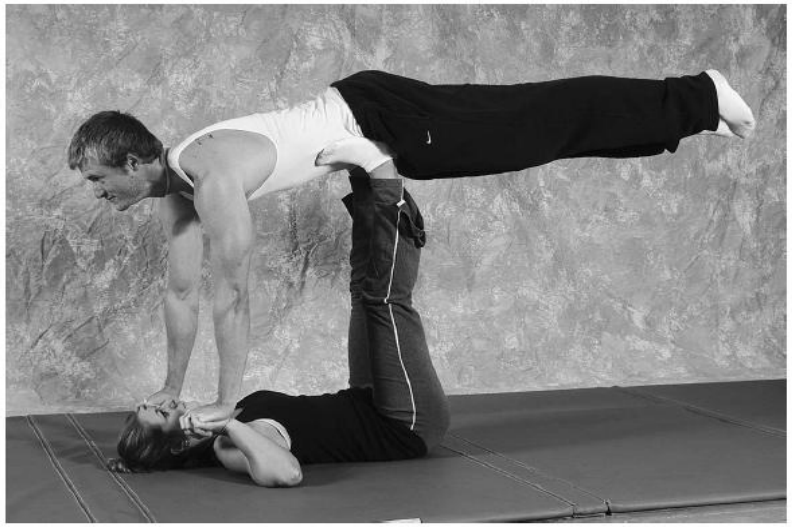


Figure 6. Leg press was executed with 1 person lying in a supine position with flexed hip, feet toward the ceiling, while the partner placed resistance on the supine person's feet soles using the pelvic girdle region. The supine person then flexed and extended the knees, thus lifting the partner into the air.

..ricercare la stabilità degli equilibri dinamici…….

..mediante l’esercizio instabile…….

SAGE-Hindawi Access to Research
Journal of Aging Research
Volume 2011, Article ID 176709, 10 pages
doi:10.4061/2011/176709

Research Article

Balance, Sensorimotor, and Cognitive Performance in Long-Year Expert Senior Ballroom Dancers

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[1] *Neural Plasticity Lab, Institute for Neuroinformatics, Ruhr-University Bochum, 44780 Bochum, Germany*
[2] *Department of Neurology, BG-Kliniken Bergmannsheil, Ruhr-University Bochum, 44789 Bochum, Germany*

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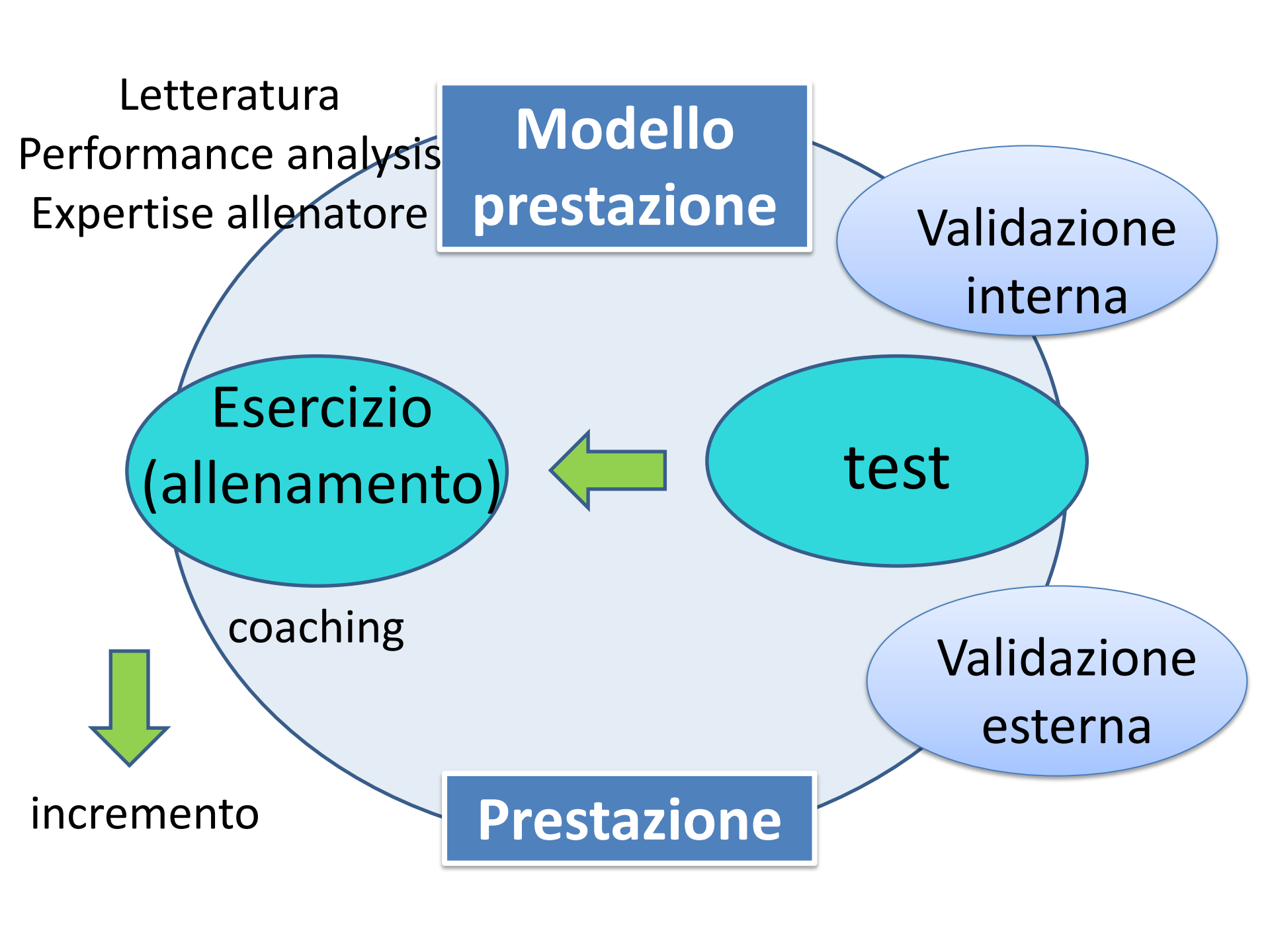
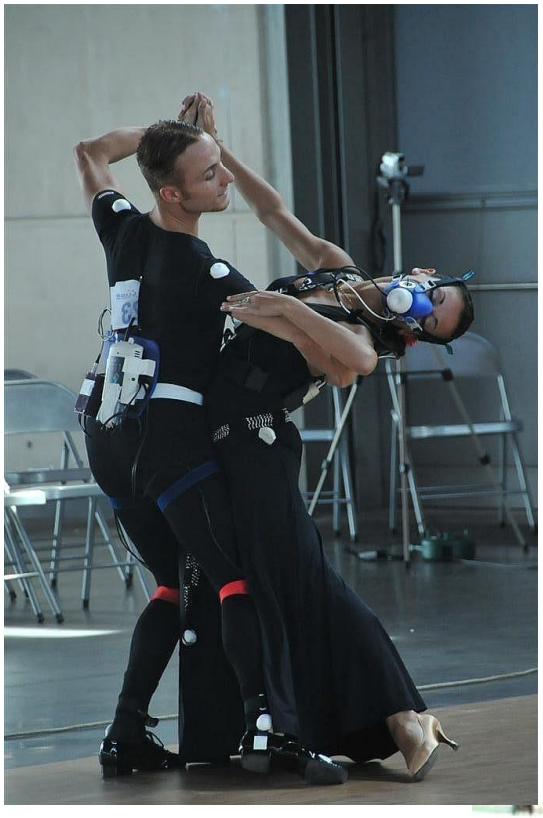
Received 5 May 2011; Revised 7 July 2011; Accepted 28 July 2011

Academic Editor: William J. Hoyer

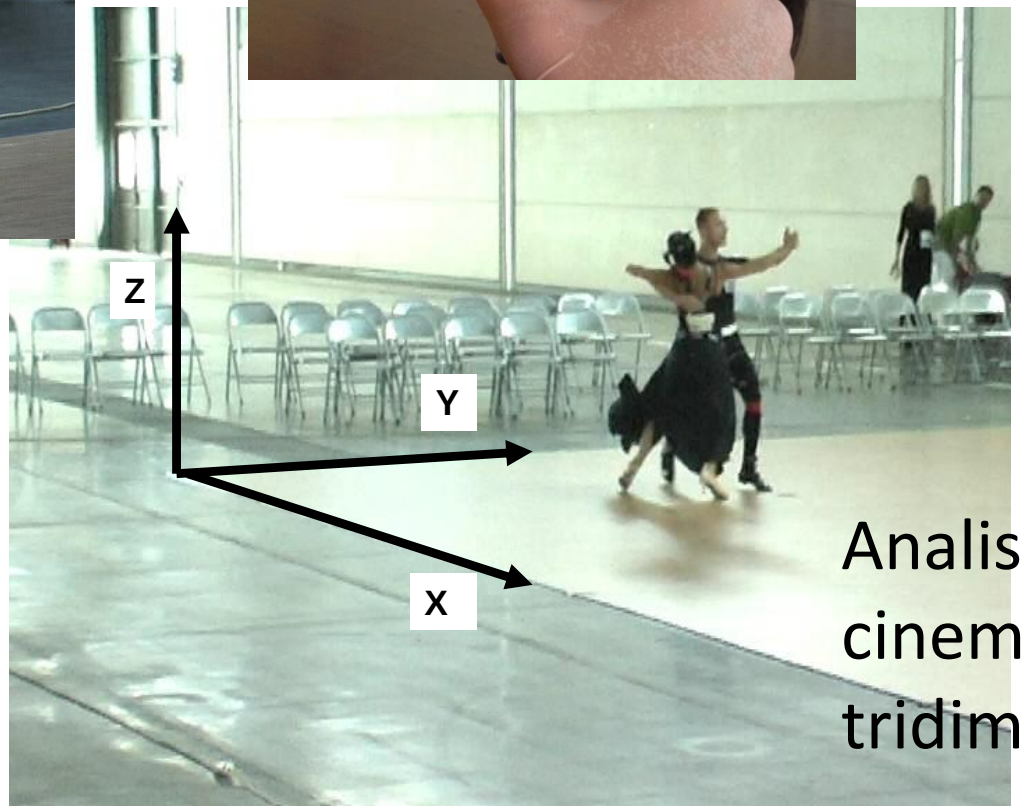
Physical fitness is considered a major factor contributing to the maintenance of independent living and everyday competence. In line with this notion, it has been shown that several years of amateur dancing experience can exert beneficial effects not only on balance and posture but also on tactile, motor, and cognitive functions in older people. This raises the question of whether an even more extensive schedule of dancing, including competitive tournaments, would further enhance these positive effects. We therefore assessed posture, balance, and reaction times, as well as motor, tactile, and cognitive performance in older expert ballroom dancers with several years of competitive experience. We found substantially better performance in the expert group than in the controls in terms of expertise-related domains like posture, balance, and reaction times. However, there was no generalization of positive effects to those domains that were found to be improved in amateur dancers, such as tactile and cognitive performance, suggesting that there might be an optimal range of intervention intensity to maintain health and independence throughout the human lifespan.


Letteratura
Performance analysis
Expertise allenatore
Modello prestazione
Validazione interna
Esercizio (allenamento)
test
coaching
Validazione esterna
incremento
Prestazione



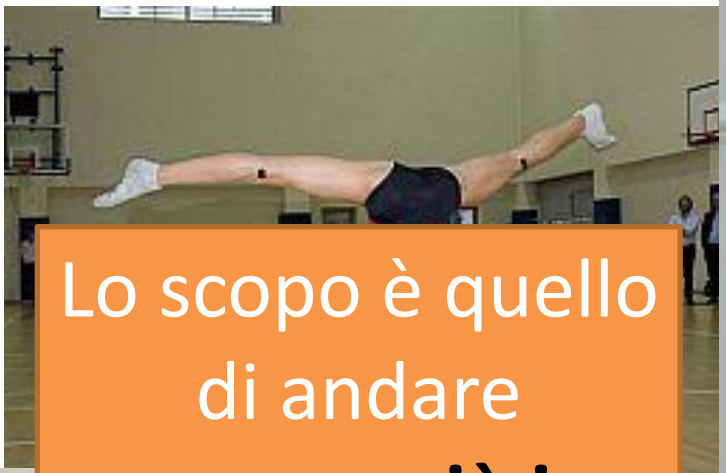
Lattato

Consumo di O_2



Analisi cinematica tridimensionale

Accelerometria triassiale



Lo scopo è quello di andare sempre **più in alto**.....in tutti i sensi..

Baropodometria dinamica

Potenza aerobica

Forza esplosiva

Agilità-rapidità

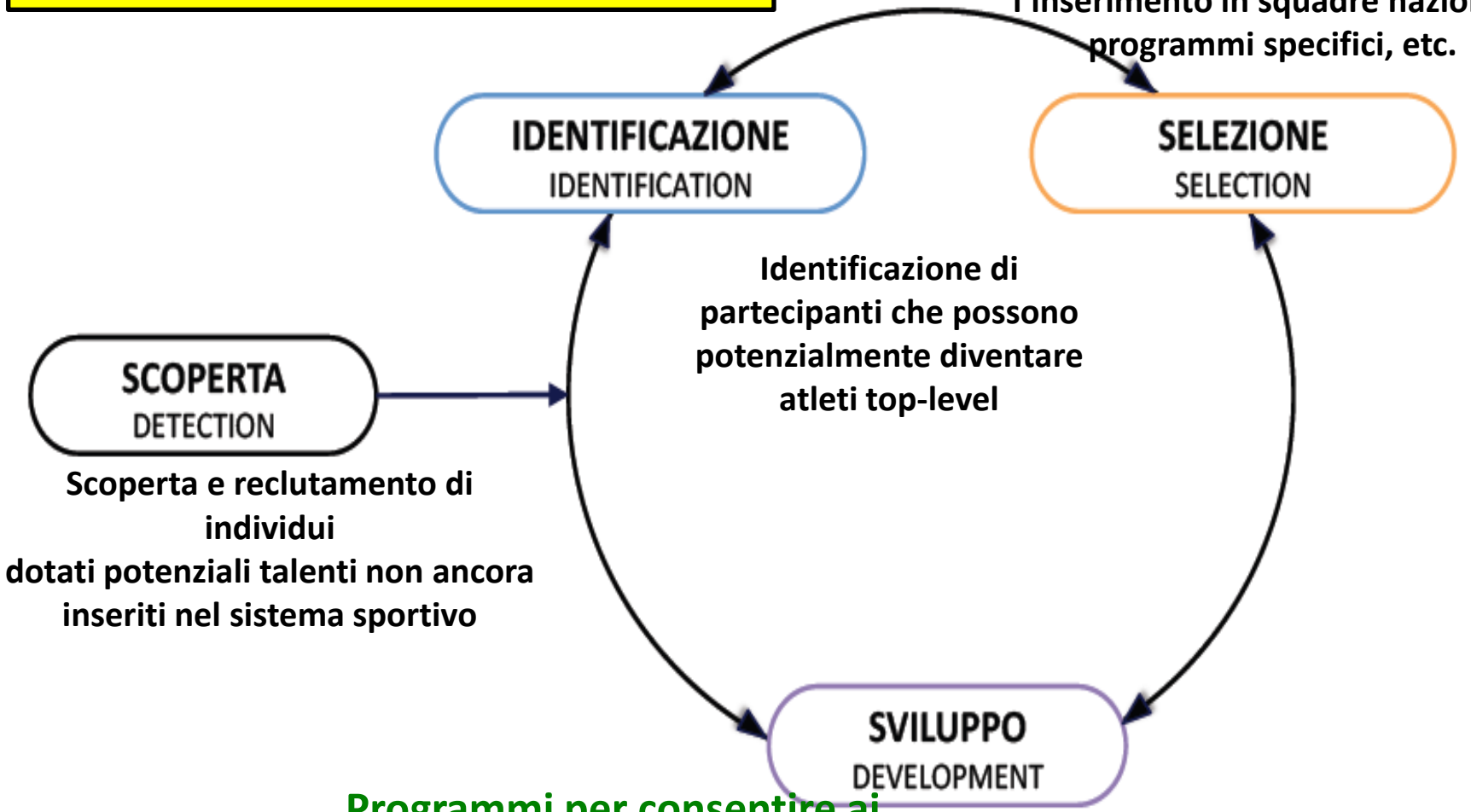
Definizione di Talento

"Individuo con maggiore potenziale per eccellere in un particolare sport rispetto ad altri atleti di pari età partecipanti nella stessa nella disciplina"

(Williams & Reilly, 2000; Vaeyens et al, 2008)

Percorso di carriera di un talento nello sport

Identificazione dei talenti nelle diverse fasi del processo di sviluppo per l'inserimento in squadre nazionali, programmi specifici, etc.



Identificazione di partecipanti che possono potenzialmente diventare atleti top-level

Scoperta e reclutamento di individui dotati potenziali talenti non ancora inseriti nel sistema sportivo

Programmi per consentire ai talenti di sviluppare il loro potenziale

(Williams & Reilly, 2000)

Cosa possiamo trasferire al sistema?

- Ne
- Ne
- Ne
- Ne
- Nelle metodologie
- Nella ricerca
- Per dare più qualità alle

abilità

….fornire più occhi all’allenatore…….

…….comunicare ad atleti e tecnici…….

…….che i dettagli fanno la differenza…….