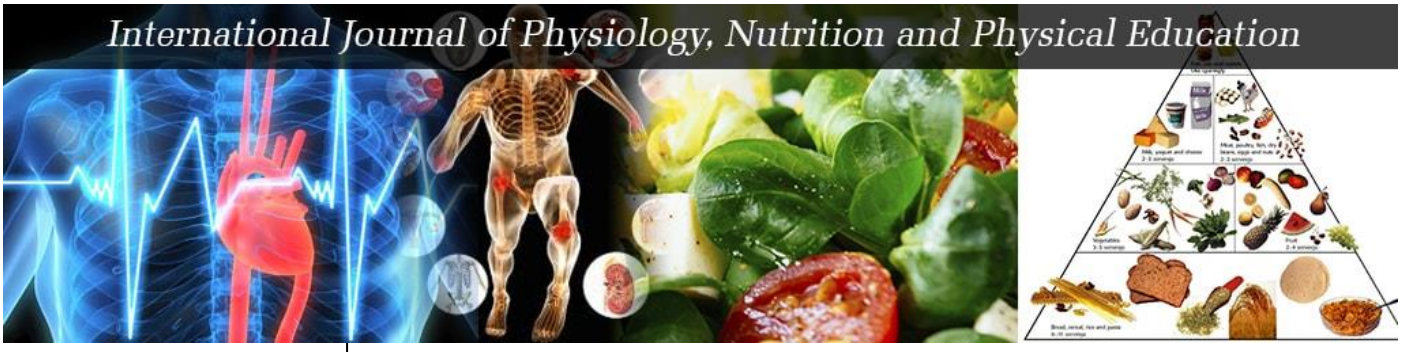

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A comparative study of selected health related physical fitness of female Indian classical dancer and physical educators

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Abstract
Regular physical activity is one of the most important things you can do for your health. It help control your weight, lower your risk of heart disease, lower your risk for type 2 diabetes and metabolic syndrome, lower your risk of some cancers, strengthen your bones and muscles, improve your ability to do daily activities, improve your mental health and mood, increase your chance to living longer. Physical fitness is a general state of health and well-being and more specifically, the ability to perform aspects of sports, occupations and daily activities. Fitness is a broad terms and complex subject which can include health and skill related fitness. Health related fitness is often divide into several other components which from our overall health status and include cardiovascular or aerobic fitness, strength and flexibility. In recent years a considerable amount of research has been carried out regarding the health of dancer. Finding from this research indicate that many dancers are not as fit and healthy as they could be. It has also been found that there is a discrepancy in the physical intensity level between training, rehearsal and performance. This means those training methods which are generally based on tradition, are not sufficient to help prepare dancers for the high more physically demanding aspects of performance. In light of these studies and with increased understanding of the artistic and athletic needs of dancers in different genres, it is no longer acceptable to train dancer without preparing them physiological for the demands of current choreographic work.
20 female classical dancers and 20 female physical educators were selected as a subject. The subject was ranging from 18-25 years. For this study researcher Maximum breath holding time, Respiratory rate, Heart rate, Abdominal strength- endurance, Flexibility of hip and back, Weight, Weight of the body fat, Lean body weight variables were selected. The objective of the study to compare the Health related physical fitness viz Breathing Holding Time, Heart rate, Respiratory Rate, Abdominal Strength Endurance, Flexibility of Hip and Trunk, Weight, Weight of Body Fat, Lean Body Weight between the Indian classical dancer and physical educators. While comparing the selected components of Health related physical fitness between Indian classical dancer and physical educators, it was observed that the Indian classical dancers had shown significantly better in Heart rate, Respiratory Rate, Abdominal Strength Endurance, Flexibility of Hip and Trunk, Weight, Weight of Body Fat, Lean Body Weight than physical educators.

Keywords: Health related physical fitness, classical dancer, physical educators

Introduction
Regular physical activity is one of the most important things you can do for your health. It help control your weight, lower your risk of heart disease, lower your risk for type 2 diabetes and metabolic syndrome, lower your risk of some cancers, strengthen your bones and muscles, improve your ability to do daily activities, improve your mental health and mood, increase your chance to living longer. Physical fitness is a general state of health and well-being and more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate vigorous physical exercise, and sufficient rest.
Before the industrial revolution, fitness was defined as the capacity to carry out the day's activities without undue fatigue. However, with automation and changes in lifestyle physical fitness is now considered a measure of body's ability to function efficiently and effectively in work and leisure activities, to be health, to resist hyperkinetic diseases and to meet emergency

Situation. Fitness is defined as the quality or state of being fit. Modern definition of fitness describes either a person or machines ability to perform a specific function or a holistic definition of human adaptability to cope with various situation. Regarding specific function fitness is attributed to person who possess significant aerobic or anaerobic ability i.e. strength or endurance. A well rounded fitness program will improve a person in all aspects of fitness, rather than one, such as only cardio respiratory endurance or only weight training. A comprehensive fitness program tailored to an individual typically focuses on one or more specific skills, and an age or health related needs Such as bone health. Many sources also cite mental, social and emotional health as an important part of overall fitness.

Health Related Physical Fitness

Fitness is a broad terms and complex subject which can include health and skill related fitness. Health related fitness is often divide into several other components which from our overall health status and include cardiovascular or aerobic fitness, strength and flexibility.

Cardiovascular Fitness

This is also somatic Known as stamina and is the ability of your body to continuously provide enough energy to sustain sub maximal levels of exercise. To do this the circulatory and respiratory systems must work together efficiently to provide the working muscles with enough oxygen to enable aerobic metabolism. This type of fitness has enormous benefits to our lifestyle as it allows us to be active the shops, climbing stairs or running to catch a bus. It is also allow us to get involved in sports and leisure pursuits. If we have good cardiovascular fitness than our health is also good as it helps with fat metabolism, improved delivery of oxygen, faster removal of waste products, decreased level of stress.

Strength

Strength is a vitally important, not only in sports but in day-to-day life. We need to be strong to perform certain tasks, such as lifting heavy bags or using our leg to stand up from a chair. Strength is defined as the ability of muscles to exert a force to overcome a resistance. Strength is a important for our health as it enable us to avoid injury, maintain good posture, remain independent (in older age)

Flexibility

Flexibility is the movement available at our joints, usually controlled by the length of our muscles. This is often thought to be less important than strength or cardiovascular fitness. However if we are not flexible our movement decrease and joint become stiff. flexibility in sports allow us to perform certain skills more efficiently, for example a gymnastics, dancer or diver must be highly flexible, but it is also important in other sports to aid performance and decrease the risk of injury.

In daily activities we must be flexible to reach for something in a cupboard, or off the floor. It also helps: prevent injuries, improve posture, reduce low back pain, maintain healthy joints, and improve balance during movement.

Muscular Endurance

Muscular endurance, unlike strength, is the ability of muscles to make repeated contractions over a period of time. This is used in day to day life in activities such as climbing stairs, digging the garden and cleaning. Muscular endurance is also important in sports, such as football (repeated running and kicking), tennis (repeated swinging of the arm to hit the ball) and swimming (repeated the stroke)

Body composition

Body composition is the amount of muscles, fat bones, cartilage etc that makes up our bodies. In terms of health, fat is a main point of interest and everything else is termed lean body tissue. The amount of fat we carry varies from person to person and healthy averages very with gender and age. A healthy amount of fat for a man is between 15 to 18% and for women is higher at 20-25%. It is important to maintain a healthy percentage of body fat because: excess body fat can contribute to developing a number of health problems such as heart disease and diabetes, place strain on the joints, muscles and bones, increasing the risk of injury. The above components fitness programmed for dancers should be address.

Dance and Physical fitness

In recent years a considerable amount of research has been carried out regarding the health of dancer. Finding from this research indicate that many dancers are not as fit and healthy as they could be. It has also been found that there is a discrepancy in the physical intensity level between training, rehearsal and performance. This means that training method which is generally based on tradition, are not sufficient to help prepare dancers for the high more physically demanding aspects of performance. In light of these studies and with increased understanding of the artistic and athletic needs of dancers in different genres, it is no longer acceptable to train dancer without preparing them physiological for the demands of current choreographic work.

For dancer the whole body (physical and psychological) is their instrument, their means of artistic expression. Dance calls upon all aspects of fitness. Good fitness is key to reducing the risk of injury, enhancing performance and ensuring longer dancing careers. A healthy dancer is one who is in state of being well in both body and mind. A physically fit dancer is one who has the ability to meet the demand of specific physical task at an optimal level. The goal of improving dancer's fitness is to minimize the different between the dancer's fitness is to minimize the different between the dancer's individual maximal abilities and their performance requirements, so that they can become the best dancer possible. While research indicates that some dance styles require certain elements of fitness more explicitly than other, in a well-rounded dance training program. It is necessary to consider all the component of fitness. It is the continual responsibility of dance teachers and educators to develop their knowledge and understanding of the physiological demands of dance, and be aware of the options for either integrating physical fitness, training into the technique class itself of providing it through supplementary.

Methodology

20 female Indian classical dancers and 20 female physical educators were selected as a subject. The subject was ranging from 18-25 years. For this study researcher Maximum breath holding time, Respiratory rate, Heart rate, Abdominal strength- endurance, Flexibility of hip and back, Weight, Weight of the body fat, Lean body weight variables were selected.

Objectives

1. To compare the selected Health related physical fitness components among the Female Indian classical dancer and Physical educators.

Result

Table 1: Health related physical fitness component and their Comparision between Indian classical dancer and physical educators.

Variables		Mean	S.D.	'T' value
Breathing Holding Time	Indian Classical Dancers	38.44	15.07	0.002
	Physical educators	38.43	15.70	
Heart rate	Indian Classical Dancers	60.2	4.40	1.33
	Physical educators	58.7	2.51	
Respiratory Rate	Indian Classical Dancers	14.7	2.43	0.135
	Physical educators	14.6	2.25	
Abdominal Strength Endurance	Indian Classical Dancers	12.3	3.64	0.130
	Physical educators	12.15	3.61	
Flexibility of Hip and Trunk	Indian Classical Dancers	7.13	2.02	0.07
	Physical educators	7.08	2.18	
Weight	Indian Classical Dancers	53.6	5.03	0
	Physical educators	53.6	5.03	
Weight of Body Fat	Indian Classical Dancers	20.85	2.94	0.27
	Physical educators	20.6	2.94	
Lean Body Weight	Indian Classical Dancers	82.74	6.05	0.81
	Physical educators	84.46	7.39	

It is evident from above table calculated 't' value of breathing holding time, Heart rate, Respiratory Rate, Abdominal Strength Endurance, Flexibility of Hip and Trunk, Weight, Weight of Body Fat, Lean Body Weight is less than calculated 't' value 2.0021, is it may be inferred that there is no significant difference between the Indian classical dancers and physical educators.

Discuss and finding

While comparing the selected components of Health related physical fitness between Indian classical dancer and physical educators, it was observed that the classical dancers had shown significantly better in Heart rate, Respiratory Rate, Abdominal Strength Endurance, Flexibility of Hip and Trunk, Weight, Weight of Body Fat, Lean Body Weight than physical educators.

Conclusion

Indian Classical dancers are significantly better in Heart rate, Respiratory Rate, Abdominal Strength Endurance, Flexibility of Hip and Trunk, Weight, Weight of Body Fat, Lean Body Weight as compared to physical educators.

Summary

The objective of the study to compare the Health related physical fitness viz Breathing Holding Time, Heart rate, Respiratory Rate, Abdominal Strength Endurance, Flexibility of Hip and Trunk, Weight, Weight of Body Fat, Lean Body Weight between the Indian classical dancer and physical educators. The finding of the study will add to existing knowledge of health related physical fitness and their requirement in dance as well as sports field.

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