

# Burns Dance Studio Nutrition and Conditioning Summer Intensive

## Objectives

- Decrease number of performance and class related injuries
- Decrease risk of developing eating disorders
- Increase interest in daily fitness and conditioning routines
- Increase knowledge of proper meal planning for dance performance and class



## Inputs

Certified trainers & Certified Nutritionist  
Facility- Burns Dance Studio  
Money  
Fitness Equipment  
Nutrition Pamphlets, Handouts



## Outputs

### Activities

- Classes in sport specific fitness conditioning for dancers
- Nutrition Seminar
- Meal Planning Seminars
- Injury Prevention Seminars

### Participants

- Burns Dance Studio Students
- Dancers and Studio Owners in the area
- Parents of Dancers
- Local University Dancers
- Local University Coaches



## Outcomes

### Short Term

- Interest in fitness increases
- Dance year injuries decrease
- Increase class attendance

### Long Term

- Strength and stamina among dancers' increases
- Amount of students enrolled in dance increases
- Dance becomes a safer sport



## Impact

- Overall health of dancers increases
- Dancers can continue training longer into the future due to fewer or no injuries during adolescent and teen years
- Dancers can educate their peers and be role models of healthy diets and eating habits for younger dancers

## **Narrative**

Burns Dance Studio is a small but successful dance studio in Aiken, SC. Students range from ages three to eighteen. The Nutrition and Conditioning for Dancers Summer Intensive would be geared more toward advanced and older dancers, (ten years and up). The intensive would take place two weeks during the summer, Monday through Thursday. Dancers outside of the studio are also invited to attend.

Dance is a very rigorous sport, and can take a huge toll on ones' body. Decreasing the number of class and performance injuries through strength and fitness conditioning can help dancers to attain longevity in the sport. Ann Bowling a researcher who studied the rate of injury in dancers' states, "There is widespread discussion and concern within both the casts and management of ballet and dance companies about the incidence of injuries and their impact on a dancer's career and on the ability of companies to perform their repertoire as scheduled" (Bowling, 1989, p. 731). Bowling also discussed preventative measures that included proper exercises and classes taught by those who are aware of anatomy. Jeffrey Russell also has presented research that supports fitness conditioning to help prevent injury to dancers. Russell states, "Low cardio respiratory endurance has been associated with dance injuries" and he also suggests, "...training including muscular strength, power, and endurance; plyometric; agility; balance; joint stability; and dance-specific technique" (Russell, 2013, p. 202).

Another area of concern in the dance world is proper nutrition and the too often incidence of eating disorders. Body image issues and being scrutinized for the way you look is very present daily in the lives of dancers. Through education on meal planning and healthy nutrition I hope to decrease the risk of eating disorders developing. Jerome M. Schnitt and Diana Schnitt state, "Students of other dance disciples (especially jazz, tap, and modern) are also expected to meet rigorous weight standards." Continuing, "Dancers, especially female ballet dancers, may be at substantially higher risk for anorexia nervosa than the general population" (Schnitt & Schnitt, 1986, p. 39). If we can educate dancers on proper nutrition we can help them to stay in athletic shape appropriate for dancers and prevent them from going to extremes.

Knowing all the above stated can help to provide reasoning behind the motivation for a program such as the Nutrition and Conditioning Summer Intensive. Giving dancers an opportunity in the summer when they are not so heavy into rigorous dance classes and competition season rehearsals can provide them with helpful information and knowledge that they can utilize in future seasons.

References

Bowling, A. (1989). njuries to dancers: prevalence, treatment, and perceptions of causes. *The BMJ* , 298, 731-734.

Russell, J. A. (2013). Preventing Dance Injuries: current perspectives. *Open Access Journal of Sport Medicine* , 4, 199-210.

Schnitt, J., & Schnitt, D. (1986, June ). Eating Disorders in Dancers . *Medical Problems of Performing Artists* , pp. 39-44.