

EFFECT OF INTENSITY CONTROLLED DANCE TRAINING ON VO₂ MAX AMONG AEROBIC, BHARATHANATYAM AND KANDYAN DANCERS

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Abstract

The purpose of this study was to find out the effect of intensity control Aerobic, Bharathanatyam and Kandyan dance training on VO₂ max. To achieve the purpose ninety (N=90) women dancers were selected from Jaffna, Sri Lanka, and their age were ranged between 17 and 18 years. They were classified in to Aerobic dance [(AD)(n=30)], Bharathanatym Dancers [(BD) (n=30)] and Kandyan Dancers [(KD)(n=30)] and practice their respective dance training, 45-60 min / day / three days / week over the period of twelve weeks. VO₂ max was assessed for all the selected subjects by Queen's step test before and after the intervention programme, The pre-test and post test means of experimental groups I, II and III were tested for significance by applying dependent 't' to find out the difference between pre and post test. After eliminating the influence of pre-test on post-test means of experimental groups the analysis of variance (ANOVA) was used to find out the mean gain differences. In addition to this, Scheffe's post-hoc test was employed, if the F-ratio of the mean gain was significant. In all the cases 0.05 level of confidence was fixed to test the significance. The result of the study on VO₂ max indicates that there was a significant different among the Aerobic, Bharathanatyam and Kandyan Dancers. From the results it was concluded that there was a significant difference between Aerobic and Bharathanatyam, Aerobic and Kandyan Dance groups on VO₂ max. However between Bharathanatyam dance and Kandyan dance insignificant difference was observed on VO₂ max.

Keywords: Bharathanatyam, Kandyan Dance, VO₂ max