



THE EFFECT OF “STREET DANCE” TRAINING PROGRAM ON BODY COMPOSITION OF STUDENTS

Stosic Dejan, Uzunovic Slavoljub



INTRODUCTION

- Definition of **BODY COMPOSITION**
- Body composition of dancers of **various dance styles**
- **Industry standards** for body composition in dance?



DO WE NEED THEM?



INTRODUCTION

- Definition and characteristics of STREET dances

01

HIPHOP

US origin, acrobatic moves,
medium / fast paced dance,
short in duration



02

DANCEHALL

African roots, slow paced,
more fluid dance with a lot of
body isolation movements










THE AIM OF THE RESEARCH:

Determine the **effects** of a ten-week “Street dance” training program on the **body composition** in female students.



METHOD

SUBJECTS

	Experimental group (n=27)	Control group (n=27)
	Experimental program	No program
	Female students of University of Nis	Female students of University of Nis
	From 19 to 24 years of age	From 19 to 24 years of age
	No injuries or diseases	No injuries or diseases
	No training experience or other sport activities	No training experience or other sport activities
	165,4±5,81 cm	166,3±6,09 cm
	60,1±6,97 kg	60,6±8,21 kg

PROCEDURES

ASSESSMENT OF BODY COMPOSITION (InBody 770, USA)

- | | |
|---|--|
| 1 | BODY FAT PERCENTAGE (BF%) |
| 2 | BODY FAT PERCENTAGE OF THE UPPER EXTREMITIES (BF% UPPER) |
| 3 | BODY FAT PERCENTAGE OF THE LOWER EXTREMITIES (BF% LOWER) |
| 4 | SKELETAL MUSCLE MASS (SMMAPS) |
| 5 | FAT FREE MASS OF THE UPPER EXTREMITIES (FFM UPPER) |
| 6 | FAT FREE MASS OF THE LOWER EXTREMITIES (FFM LOWER) |



TRAINING PROTOCOL

30

Training sessions

14

Learning choreography

10

Practicing choreography

6

Technique and
style correction



TRAINING PROTOCOL

STRUCTURE OF THE EXPERIMENTAL PROGRAM

	Experimental group	Control group
Frequency	3x a week	-
Duration	90 min	-
Class structure		Duration
Introductory part	Dance aerobic	5 min
	Dynamic warm up	5 min
	Specific warm up	15 min
Main part	Dance choreography	50 min
Final part	Streching	15 min

STATISTICAL ANALYSIS

Statistical Package for Social Sciences
(v17.0, SPSS Inc., Chicago, IL, USA)

**MEAN, SD,
MIN, MAX,
RANGE,
SKEW, KURT**



Descriptive statistics

ANOVA



Differences between experimental
and control group at initial and final
measurement

RESULTS

DIFFERENCES BETWEEN THE GROUPS AT INITIAL MEASUREMENT

	Exs	Con	dif	F	p
BF%	25,83	26,61	-,79	,212	,647
BF% UPPER RIGHT	6,42	6,55	-,12	,585	,448
BF% UPPER LEFT	6,43	6,52	-,09	,358	,552
BF% UPPER AVERAGE	6,41	6,54	-,13	,760	,388
BF% LOWER RIGHT	16,31	16,37	-,06	,028	,867
BF% LOWER LEFT	16,22	16,19	,03	,006	,936
BF% LOWER AVERAGE	16,26	16,28	-,02	,002	,965
SMMAPS (kg)	24,43	24,53	-,10	,017	,898
FFM UPPER RIGHT	2,19	2,17	,02	,052	,821
FFM UPPER LEFT	2,16	2,16	,00	,000	,988
FFM UPPER AVERAGE	2,17	2,16	,01	,007	,935
FFM LOWER RIGHT	6,95	7,21	-,26	1,036	,314
FFM LOWER LEFT	6,93	7,19	-,26	1,125	,294
FFM LOWER AVERAGE	6,94	7,20	-,26	1,100	,299

RESULTS

DIFFERENCES BETWEEN THE GROUPS AT FINAL MEASUREMENT

	Exs	Con	dif	F	p
BF%	25,81	26,25	-,43	,072	,789
BF% UPPER RIGHT	6,23	6,45	-,22	2,013	,162
BF% UPPER LEFT	6,24	6,46	-,22	1,794	,186
BF% UPPER AVERAGE	6,23	6,45	-,22	2,002	,163
BF% LOWER RIGHT	15,86	16,22	-,36	,919	,342
BF% LOWER LEFT	15,65	16,00	-,35	,890	,350
BF% LOWER AVERAGE	15,75	16,11	-,35	,919	,342
SMMAPS (kg)	24,55	24,18	,36	,220	,641
FFM UPPER RIGHT	2,25	2,15	,10	1,135	,292
FFM UPPER LEFT	2,22	2,12	,09	,995	,323
FFM UPPER AVERAGE	2,24	2,13	,10	1,071	,306
FFM LOWER RIGHT	7,04	6,96	,07	,082	,776
FFM LOWER LEFT	7,00	6,92	,08	,112	,739
FFM LOWER AVERAGE	7,02	6,94	,08	,097	,757

CONCLUSION

The present study showed that the ten-week Street dance training program is **not efficient in changing body composition in female students**. Although there were no statistical differences between the groups, there was a numerical difference in results in all parameters of body composition. The experimental group had lower percentages of body fat and higher absolute values of fat-free mass than the control group. The limitation of the study was that there was no strict control of nutrition, so future studies should include more **precise nutritional guidance**.



MAY THE CALORIES
BE WITH YOU!

