• **Dance Science**

Although differences do exist between one dance form and another or between dance and other forms of athletic activity, it is the similarities between the disciplines of sport and dance that count. At professional level, dancers must be experts in the aesthetic and technical side of the art, psychologically prepared to handle the stress of critical situations and free from injury. They must also be physically ‘fit’.

For most people, performing dance is about technique, style and (in the case of ballet) tradition. However, the physical demands placed on dancers from current choreography make their physiology and fitness just as important as skill development. We are the first worldwide who have examined the professional dancer as a ‘performing athlete’, the first who have introduced supplementary fitness training (based on relevant knowledge in sport) to professional dancers, as well as the first who conducted a funded national survey on dancers well-being (UK).

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**Relevant Publications**

**a) Book**


**b) Book Chapter**


**c) Peer-Review Journal Publications**


