

THE EDUCATIONAL DIMENSION OF DANCE TEACHING: ASSESMENT PROCEDURES AND POSSIBLE APPLICATION OF TECHNOLOGICAL INSTRUMENTS

Abstract

Classical ballet peculiarity, both for the different performance patterns and for the training methods between male and female, requires studies and researches that highlight such differences at metabolic and functional level. Our research was aimed at studying a possible link between energy consumption on practice of classical ballet technique, using as sample the students of the ballet of Teatro San Carlo in Naples, and highlighting any significant differences between males and females. The experimental research has been previously established by the joint action among researchers of the University of Salerno in collaboration with the staff of the teaching management of the dance school, who have promoted and shared the aim of the research. This pilot study has sought to highlight possible differences in terms of energy consumption by professional classic ballet students. The study of the energy consumption by the examined subjects has allowed examining possible relations between energy consumption and the practice of classic ballet and in relation to BMI and in general.

Keywords: *Physical activity (PA), Energy expenditure (EE), Calorimeter, Physical activity assessment.*
