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Cardiorespiratory Intensity Levels of Four Ballroom Dances

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The objective of this research was to determine the cardiorespiratory intensity levels of four ballroom dances and to quantify work performance required to complete each dance. Participants were VU Ballroom team members who have competed in the bronze level or higher for at least one year. A total of 4 couples (n=8) completed a Queen's College Step Test to calculate estimated maximal oxygen uptake (VO_{2max}). Age-adjusted maximum target heart rates (HR) were calculated for each participant. Participants danced the American Tango, American Viennese Waltz, International Waltz and International Quickstep while wearing First Beat heart rate monitors which captured each individual's HR and recorded the HR per minute throughout each dance performance. Exercise HR data was uploaded to a computer with First Beat software for analysis. Data is in the process of analysis. The duration of elevated HR's as a percentage of HR_{max} will be used to determine intensity levels and will be compared to levels of intensity of other athletic performances.

Information about the Author:

Catherine Long is a senior, exercise science major with an interest in a career in nutrition and sports massage. She has been on the VU Ballroom team for three years, which sparked the interest for this research.