



Physical fitness habits of Professional Ballet Dancers

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Abstract:

For decades, ballet dancing has always been a competitive art in the Philippines specially in displaying elegance. Its aesthetic demands keep their physical fitness habits on track which include their eating habits and skill enhancement practices. Previous studies have shown how professional ballet dancers struggle from coping with extremely high physical demands placed upon their bodies, injuries, psychological demands such as anxiety of performances, dealing with recovery from injury and coping with aesthetic demands. The researchers interviewed 11 professional ballet dancers from San Fernando City, La Union and Baguio, Benguet to explore their physical fitness habits on how they deal with the aesthetic demands of their profession. Specifically, to answer the following question: 1.) What are the eating habits of Professional Ballet Dancers? 2.) What practices do Professional Ballet Dancers attend to in order to maintain a physically fit body? The study was conducted in a descriptive qualitative method through an online interview with structured questionnaires and data were analyzed using thematization. Most of the respondents claimed that they do not follow specific diet but restrict themselves with unhealthy



foods and they regularly exercise specifically core and strength exercises, ballet stretching and morning jog. To maintain a physically fit body they practice stretching, dedicate more time in practicing, gain more learnings online and condition their mind into having a positive outlook. The study concludes that eating habits of professional ballet dancers are healthy but insufficient for their profession and being mentally fit makes their physical exercises in enhancing their physical skills efficient

Biography

Sophia Antonette S. Jucutan is a Senior High School student of Lorma Colleges in the Philippines. She is an aspiring medical doctor who will soon graduate and embark her journey in a university..

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