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Effect of dance practices in handball players

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Abstract

Dance is a performing art. It is also help in the development of physical fitness components of Handball players. When a player attends dance classes, both of these subjects are addressed. If your regular exercise routine is repetitive and boring, you may want to consider learning how to dance. Dance is a challenging form of exercise that requires coordination, full-body movements, stamina, flexibility and agility for extended periods of time. Solo dances like tap and jazz and partner dances like the waltz and swing require cardiovascular fitness and endurance for athletes and nonathletic alike. Dancing is the most vibrant and beautiful form of art. Besides this, it's a great way of social interaction and provides a fun workout, which increases flexibility and cardiovascular health. Dance is always bliss to watch in terms of costumes, elegant moves and music. Merging aerobic exercise with the fun of dance is a great way to keep fit and achieve health through dance. We all know good cardiovascular exercise is a vital element of any health and fitness strategy. But for most of us "workout boredom" can manifest itself from time to time. With twice weekly trips to the gym to pound the treadmill and work the exercise machines it's not surprising that the appeal can diminish quickly, and something you really don't want when you're attempting to firm up and lose weight is to lose your motivation. So why don't you incorporate physical exercise with enjoyment and sign up for a dancing class. Dance fitness, also referred to as "beatbased" fitness. Dancing is a great overall exercise. It can be done in the comfort of your home and doesn't cost any money to do. There are many benefits to starting a dance fitness program. And just remember enjoying yourself is great for you. It helps reduce stress, tension, and boredom due to the release of endorphins, plus dance can help reduce blood pressure. Speak with your doctor before beginning a new exercise or dance program. Your doctor can help you find appropriate dance styles that are suitable for your current physical condition. Through dance the player will get Endurance, Strength, Flexibility and better Blood that a Handball player needs.

Keywords: Dance, practice, handball

Introduction

Dancing can be a most enjoyable form of exercise. But, what most people don't know is that it also has a large number of health benefits. Dancing is a great full out mind and body workout. It can make your body and soul feel good in a way that no other exercise can. The benefits of dancing are like no other. It can help you lose weight, strengthen and tone your body, increase stamina and flexibility, improve balance and posture, and produce confidence among other things. Dancing can be used in place of regular low – impact exercises such as cycling, walking, or aerobics. Depending on the form of the dance, you can actually burn a large amount of calories doing it. An excellent 30 minute workout raises the heartbeat, clears the lungs, burns stout, releases endorphin; feel excellent substances into the blood so you come away feeling on top of the world. Research shows that a 150- pound adult can actually burn approximately 150 calories doing 30 minutes of social dancing. Dance is a major part of many cultures throughout the world. Often looked upon as a form of art and expression, dance also requires a great amount of athleticism. According to the "Journal of Physical Education and Recreation," dance develops strength, endurance, body type, flexibility, coordination, speed, agility, balance, intelligence and creativity. Dancers can gain many of the same cardiovascular benefits as individuals who participate in regular exercise regimens. Dance is a performing art. It is also physical education. When a student attends dance classes, both of these subjects are addressed. Dance classes definitely play a role in attaining fitness. The term fitness is broadly used and often vaguely defined. Many people perceive health and fitness as one and the same, yet there is a definite distinction between the two concepts.

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Health reflects a person's state of being; it is typically viewed as the presence or absence of disease. Dance is one of the most beautiful forms of art that has grown in leaps and bounds., dance therapy is very much in vogue these days simply because the experience of dancing helps a person to heal from within and dance is also a form of expression. If your regular exercise routine is repetitive and boring, you may want to consider learning how to dance.

Dance is a challenging form of exercise that requires coordination, full-body movements, stamina, flexibility and agility for extended periods of time. Solo dances like tap and jazz and partner dances like the waltz and swing require cardiovascular fitness and endurance for athletes and nonathletic alike. If you are starting a new exercise program or are a novice to certain dance styles, it is important to understand and master the basics before advancing to more complicated movements. Properly performing movements can reduce your risk of injury and help you gain the maximum health benefits from the exercise. Dancing is a great way for people of all ages to get and stay in shape. Besides being fun, dancing has many positive health benefits. Following are the top 5 health benefits of dance

Flexibility

Flexibility is an important part of being healthy. Dance requires a great amount of flexibility. Most dance classes begin with a warm-up including several stretching exercises. Dancers must strive to achieve full range of motion for all the major muscle groups. The greater the range of motion, the more muscles can flex and extend. Most forms of dance require dancers to perform moves that require bending and stretching, so dancers naturally become more flexible by simply dancing. Some of the best athletes are those who get injured the least. Injury prevention is a crucial part of being a top-performing athlete. If you're injured, you can't participate in your chosen sport until you recover and, when you do, it typically takes time to get back to your pre-injury level. The flexibility that you gain from dance class will help prevent sports-related injuries, according to Dr. Peter Brukner, author of "The Encyclopedia of Exercise, Sport and Health

Strength

Strength is defined as the ability of a muscle to exert a force against resistance. Dancing builds strength by forcing the muscles to resist against a dancer's own body weight. Many styles of dance, including jazz and ballet, require jumping and leaping high into the air. Jumping and leaping require tremendous strength of the major leg muscles. Ballroom dancing builds strength. Consider the muscle mass a male ballroom dancer develops by lifting his partner above his head! Strength is the ability of a muscle or a group of muscles to exert a force against a resistance in one all-out effort. The body needs muscular strength for several reasons. First, strong muscles increase joint stability, which makes the joints less susceptible to injury. Second, improved muscle tone helps prevent common postural problems. For example, strong abdominal muscles can help alleviate postural problems associated with the back. Third, the body needs muscular strength because it contributes to agility, helps control the weight of the body motion, and helps the body maneuver quickly.

Endurance

Dance is physical exercise. Exercise increases endurance. Endurance is the ability of muscles to work hard for

increasingly longer periods of time without fatigue. Regular dancing is great for improving endurance, especially vigorous dancing such as line and ballroom dancing. Elevating the heart rate can increase stamina. Just as in any form of exercise, regular dancing will build endurance. Endurance is the ability of a muscle or group of muscles to perform work for a long time. With endurance, a muscle is able to resist fatigue when a movement is repeated over and over or when a muscle is held in a static contraction. There are two types of endurance: muscular and cardiovascular. Endurance is critical in many sports, including football, basketball and track and field. Your performance suffers if you can't endure running back and forth on a basketball court or driving down the field to score a touchdown. Taking a dance class assists with building endurance. The conditioning it provides helps your body build the stamina needed for athletic activity, according to Franklin. Because endurance training is essential to most sports, the stamina you build from dance class can help you perform better.

Better blood

New research has discovered that it is necessary to measure both good and bad cholesterol levels when determining our health. Dancing aids in lipid control, which raises our HDL (good cholesterol), and lowers our LDL (bad cholesterol). Dancing is also great for diabetics because it aids in blood sugar control.

Sense of Well-Being

Dancing is a social activity. Studies have shown that strong social ties and socializing with friends contribute to high self-esteem and a positive outlook. Dancing provides many opportunities to meet other people. Joining a dance class can increase self-confidence and build social skills. Because physical activity reduces stress and tension, regular dancing gives an overall sense of well-being.

Summary

Researchers believe that dancing can keep your mind and body healthy as you age. it help the Handball players to develop their physical fitness ability by practicing thrice in a month. Any kind of dancing increases the number of chemicals being produced in the brain to help with the growth of nerve cells. More importantly, dances that require you to learn certain steps can actually increase your brain power and help to improve your memory skills. Any kind of dance has you using all the different parts of your body. This also means that all the different muscles in your body are being used. This helps to strengthen and tone your muscles without hurting your joints. It also helps to strengthen bones, and tone your entire body. Specific dances also have certain benefits for your body. For example, belly dancing helps prevent lower back problems; ballroom dancing helps keep the heart in shape; and salsa dancing helps lower blood pressure and cholesterol. All forms of dance however are known to lower your risk of heart disease, help with weight loss, and strengthen the bones and muscles in your legs and hips. A study published in the "European Journal of Applied Physiology and Occupational Physiology" observed the maximal oxygen intake, body composition via skinfold tests and vital signs of 12 female dancers and 12 sedentary females. The study concluded that the dancers had significantly lower weight, lower resting heart rate and lower diastolic blood pressure. Maximal oxygen intake, an indicator of cardiovascular fitness that measures the body's efficiency

of taking in and using oxygen in the bloodstream and tissues, was also higher in dancers. The American College of Sports Medicine and the American Heart Association recommend doing 20 to 60 minutes of aerobic activity, which is activity that requires oxygen, three to five days a week. The ACSM also recommends that you exercise intensely enough to raise your heart rate to between 55 and 90 percent of your maximum heart rate. Therefore, to achieve greater cardio benefits from dance, choose moderately intense to intense dances such as ballet, tap, salsa, hip-hop or ballroom that are quick moving and require greater physical exertion. Speak with your doctor before beginning a new exercise or dance program. Your doctor can help you find appropriate dance styles that are suitable for your current physical condition.

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