

Functional Tests for Dance

© 1994 M. Liederbach

Table reviews the basic skills that are integrated in the performance of dance and dance techniques.

<u>Parameter</u>	<u>Example of Task</u>	<u>Score Unit</u>
Balance	Basic and Dance-Specific Rhomberg-Type Tests	Time
Agility	Direction Oriented, Dance-Specific Reaction Time Drills	Number of Successful Comprehension with Time Limitations Imposed
Concentration	Movement Task with Changing Instructions in Chaotic Environment	Number of Successful Comprehensions with Sound and Space Distractions Imposed
Proprioception	1. Above Balance Tests with Changing Surface and/or Light Environments	Time
	2. Vision Restricted Joint Angle Replication	Goniometric Accuracy
Trunk Strength and Endurance	Pike Sit-ups with mobile Upper Extremities	Number of Repetitions without Fatigue Induced Movement Errors
Trunk Power	1. Transfer of Lower Extremity (LE) Weight	Number of Successful Transfers utilizing “Translation” Strategy
	2. Efficiency of LE placement Following Change in Body Level or Directional Facing	Number of Successful Foot Placements with Time Dependent Level or Direction Changes
Lower Extremity Strength and Endurance	Unilateral Limb “Wall Sits” at Varying Angles	Time
Lower Extremity Power	1. Unilateral “sauté” Jumps / hops	Height and/or Number of Repetitions without Fatigue Induced Movement Errors
	2. Unilateral “jeté” Jumps / traveling hop	Distance