

Tracking Periodized Dance Exposure with Accelerometry Among Advanced Liberal Arts College Modern Dancers

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Abstract

INTRODUCTION: For dancers and athletes, keeping one's physique in shape is a crucial part of their job and their well-being. Athletes often need to be at peak performance levels at specific points during a season. By using periodization, cautiously planning the level of exertion on the body throughout the season can be beneficial by reaching peak performance at the desired time. **PURPOSE:** To track periodized dance exposure (DE) within a liberal arts college dance program with the use of accelerometry. **METHODS:** Participants wore an ActiGraph wGT3X-BT to track intensity and logged dance exposure hours during weeks 7, 9, 11, and 13 of the spring 2023 semester. **RESULTS:** The data did not follow a typical periodization program (Figure 1). R-values did not follow an ideal periodization program. **CONCLUSION:** Findings conclude that periodization was not present among the participants. Considering the various limitations of this study such as, self-reported DE hours and wearage compliance, more research should be conducted to improve the accuracy and reliability of results.