

**Reading and Resources List**

**Strength and Conditioning in Dance: Power, Performance and Rehabilitation**

Elmhurst School of Dance, Birmingham

30 October 2015

**General:**

- Baechle, T. (1994). *Essentials of Strength and Conditioning*. Champaign Ill: Human Kinetics, Inc.
- Koutedakis, Y., & Sharp, N. C. C. (1999). *The Fit and Healthy Dancer*. Chichester: John Wiley and Sons.
- Koutedakis, Y., & Jamurtas, A. (2004). The dancer as a performing athlete: physiological considerations. *Sports Medicine*, 34(10), 651-661.
- Koutedakis, Y. (2000). Burnout in dance: the physiological viewpoint. *Journal of Dance Medicine and Science*, 4(4), 122-127.
- Wyon, M. (2012). Supplemental physical fitness training can improve the artistic elements of dance performance. *IADMS Bulletin for Teachers*, 4(1), 8-11.
- Wyon, M., & Koutedakis, Y. (2013). Muscular Fatigue: considerations for dancers. *Journal of Dance Medicine and Science*, 17(2), 77-83.
- Grantham, N. (2015) *The Strength and Conditioning Bible: How to Train Like an Athlete*

**Periodisation:**

- Wyon, M. (2010). Preparing to perform: periodization and dance. *Journal of Dance Medicine and Science*, 14(2), 67-72
- Wyon, M. A. (2004). Challenging habit: Planning and preparation, the art of periodisation and optimising performance. In M. van der Linden (Ed.), *Not Just Anybody and Soul* (pp. 66-71). Amsterdam: Uitgeverij International Theatre and Film Books.
- Wyon, M (2014) *Towards a new training methodology. Ballet How and Why* ArtEZ Publishers Netherlands p118 ISBN 978-94-91444-08-1

**Cardiovascular:**

- Wyon, M. (2005). Cardiorespiratory training for dancers. *Journal of Dance Medicine and Science*, 9(1), 7-12.
- Rodrigues-Krause, J., Krause, M., & Reischak-Oliveira, A. (2015). Cardiorespiratory considerations in dance: From classes to performances. *Journal of Dance Medicine and Science*, 19(3), 91-102.

**Strength:**

- Koutedakis, Y., Clarke, F., Wyon, M., Aways, D., & Owolabi, E. O. (2009). Muscular Strength: Applications for Dancers. *Medical Problems of Performing Artists*, 24(4), 157-165.
- Marshall, L., & Wyon, M. (2012). The effect of whole body vibration on jump height and active range of movement in female dancers. *Journal of Strength and Conditioning Research*, 26(3), 789-793.

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**Stretching:**

- Wyon, M. (2010). Stretching for Dance. *The IADMS Bulletin for Teachers*, 2(1), 9-12.
- Wyon, M., Felton, L., & Galloway, S. (2009). A comparison of two stretching modalities on lower limb range of motion measurements in recreational dancers. *Journal of Strength and Conditioning Research*, 23(7), 2144–2148
- Wyon, M., Smith, A., & Koutedakis, Y. (2013). A comparison of strength and stretch interventions on active and passive ranges of movement in dancers: a randomised controlled trial. *Journal of Strength and Conditioning Research*, 27(11), 3053-3059

**Intervention studies:**

- Koutedakis, Y., Hukam, H., Metsios, G., Nevill, A., Giakas, G., Jamurtas, A., et al. (2007). The effects of three months of aerobic and strength training on selected performance- and fitness-related parameters in modern dance students. *Journal of Strength and Conditioning Research*, 21(3), 808-812.
- Angioi, M., Metsios, G., Twitchett, E., Koutedakis, Y., & Wyon, M. (2012). Effects of supplemental training on fitness and aesthetic competence parameters in contemporary dance: a randomised controlled trial. *Medical Problems of Performing Artists*, 27(1), 3-8.
- Twitchett, E., Angioi, M., Koutedakis, Y., & Wyon, M. (2011). Do increases in selected fitness parameters affect the aesthetic aspects of classical ballet performance. *Medical Problems of Performing Artists*, 26(1), 35-38.

**Training Videos:**

- Studio based strength training  
<http://www.youtube.com/watch?v=5voX8RqWAP8>
- Recovery stretch routine  
[http://www.youtube.com/watch?v=g-PCbRubV\\_M](http://www.youtube.com/watch?v=g-PCbRubV_M)
- Increasing your développ  height  
<http://www.youtube.com/watch?v=dT55XgaC3G0>