

Accepted Manuscript

Title: Dancer Perceptions of the Cognitive, Social, Emotional, and Physical Benefits of Modern Styles of Partnered Dancing

Author: Kimberley D. Lakes Shesha Marvin Jessica Rowley
Malia San Nicolas Sara Arastoo Leo Viray Amanda Orozco
Fran Jurnak



PII: S0965-2299(16)30032-2
DOI: <http://dx.doi.org/doi:10.1016/j.ctim.2016.03.007>
Reference: YCTIM 1557

To appear in: *Complementary Therapies in Medicine*

Received date: 5-6-2015
Revised date: 1-3-2016
Accepted date: 5-3-2016

Please cite this article as: Lakes Kimberley D, Marvin Shesha, Rowley Jessica, Nicolas Malia San, Arastoo Sara, Viray Leo, Orozco Amanda, Jurnak Fran. Dancer Perceptions of the Cognitive, Social, Emotional, and Physical Benefits of Modern Styles of Partnered Dancing. *Complementary Therapies in Medicine* <http://dx.doi.org/10.1016/j.ctim.2016.03.007>

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting proof before it is published in its final form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

**Dancer Perceptions of the Cognitive, Social, Emotional, and Physical Benefits of Modern
Styles of Partnered Dancing**

Kimberley D. Lakes^a, Shesha Marvin^c, Jessica Rowley^c

Malia San Nicolas^c, Sara Arastoo^a, Leo Viray^a, Amanda Orozco^a,

Fran Jurnak^b

^a Pediatric Exercise Research Center, Department of Pediatrics, University of California, Irvine

^b Department of Physiology and Biophysics, University of California, Irvine

^c Atomic Ballroom Dance Studio

Author Note

*Corresponding author: Kimberley D. Lakes, Ph.D., Associate Professor, Pediatric Exercise Research Center, Department of Pediatrics, University of California, Irvine, 101 Academy Way, Suite 150, Irvine, California 92617, klakes@uci.edu.

Highlights

- Participants reported physical, cognitive, affective, and social benefits.
- Experienced dancers reported greater benefits than novice dancers.
- Committed dancers were more likely than occasional dancers to report physical benefits.
- Length and frequency of dance participation significantly predicted perceived physical benefits.

Download English Version:

<https://daneshyari.com/en/article/5865242>

Download Persian Version:

<https://daneshyari.com/article/5865242>

[Daneshyari.com](https://daneshyari.com)