

한국무용이 고령여성의 체지방 감소에 미치는 영향
이 애 덕
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Abstract

The Effect of Korean Dance for Body Fat Decrease
in the Elderly Women

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The purpose of this study was to investigate the effects of Korean dance decreasing body fat in the elderly women. A survey was completed by elderly persons aged between 62-73 years in reference to a 16 weeks Korean dance program. This compared the change of fat free mass & body fat composition between before and after the execution of Korean dance program.

The result of the study was not statistically significant on fat-free mass but rest of the four fields(weight, fat distribution, abdominal fat, obesity degree) were found significant($p < .01$). Based on this result, Korean dance program should be conducted actively as an activity of the elderly women for decreasing the body fat.

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