

한국무용수의 공연 전후 식사행동에 관한 연구

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Abstract

A study on the eating behaviors
of female Korean dancers in college

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This study was to present the most diet protocol for effective performance and also to elucidate eating behaviors before and after performance in female Korean dancers. Fifteen female Korean dancers and fifteen non-dancers were chosen as subjects in this study. Weekday energy consumption and intake, Weekly energy consumption and intake, energy consumption and intake on performance day was tested in these groups. As a result of experiments, Weekday energy consumption of Korean dancers was consumed more than non-dancers. Also weekend energy consumption and weekday energy consumption and intake of non-dancers were consumed more than female Korean dancers in college. Energy intake on performance day of female Korean dancers was consumed more than weekday and weekend intake, because this was energy intake after performance. Nutritional deficiency in female Korean dancers was calcium, iron, phosphorus, vitamin B1, vitamin B2, and niacin in weekday, protein, calcium, iron, phosphorus, vitamin B1, vitamin B2 and niacin in weekend, and calcium, vitamin A, and niacin in performance day. Specially, energy consumption in female Korean dancers was significant difference every performance, and gave rise to problem beverage, eating frequent, eating timing, eating content, life style and liking foods on performance day.

These results suggest that eating behaviors and life style female Korean dancers in college should have improved to maintain low weight and sylphlike body. And also special attention should be given to these diet protocol and life style to perform with best condition, to prevent injuries, and to prolong dancer? lifetime. therefore, it was obvious that the detailed diet protocol for dancers should be experimented.

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