

ABSTRACT

The main objective: The aim of this bachelor thesis was to find out the frequency of foot hyperpronation among the students of classical dance and to compare how this foot position changes depending on length of study at dance conservatory. Secondary objectives were to compare size of calcaneal angle depending on length of study at dance conservatory and to find out the frequency of valgus position of calcaneus.

Methods: Participants in practical part of this thesis were female students of dance conservatory in Prague aged between 11-20. Students were divided into three groups based on the year of study. In group 1 were students from the 1st and the 2nd grade, in group 2 were students from the 4th and the 5th grade, in group 3 were students from the 7th grade. Hyperpronation was evaluated by the Navicular Drop test. Calcaneal angle was measured by the goniometer and the position of calcaneus was evaluated by aspection. Participants who were evaluated as hyperpronators, received to fill in questionnaire which was focused on whether they are aware of the wrong position of the foot. Frequency of hyperpronation was statistically verified by the Chi-square test and frequency of the valgus position of calcaneus was tested by the Fisher exact test. Comparison of hyperpronation, evaluated by the Navicular Drop test, between three groups and the size of calcaneal angle were analyzed with one-factor ANOVA.

Results: Statistical significant results were proved at valgus position of calcaneus, which occurred at 60 % of participants on the right foot and 53 % on the left foot.

Conclusion: Frequency of hyperpronation among students of classical dance was not as much common as expected. Also the values of Navicular Drop test didn't show any significant changes according to which we could say how much the hyperpronation is changing depending on length of study at dance conservatory. There are many influencing factors, including a low number of participants.

Key words: hyperpronation, classical dance, Navicular Drop test, calcaneal angle, position of calcaneus