



Allison Seifert, Ph.D.

Central Connecticut State University

Title of Talk: The Science and Application of Fitness in Dance

Brief Description: This presentation will review the basic components of physical fitness and how its development positively impacts performance, injury risk, and support for a long and healthy career for dancers and performing artists.

Bio

Allison is an Assistant Professor in the Department of Physical Education and Human Performance at Central Connecticut State University. Allison received her PhD in Exercise Physiology from Springfield College, a Master's degree in Strength and Conditioning from University of Wisconsin – La Crosse, and a Bachelor's degree in Nutrition from the College of Saint Benedict. Allison's research interests are to gain a better understanding of the unique physiological demands of dance and the performing arts. The goal of her research is to improve testing and training methods for the development of fitness in dancers in order to enhance performance and reduce injury rates. Her most recent research has involved the development and validation of a functional capacity test for collegiate level dancers which can be used in the assessment of fitness as well as to direct supplemental training programs for dancers.

Allison's background in dance began at the age of six and developed into sixteen years of training in styles including ballet, modern, and jazz. She has since studied dance and performed competitively in college, choreographed and taught classes for dance studios, and developed and implemented strength training and conditioning programs for high school and collegiate level dance programs.