

Too little rest leads to poor performance. For athletes at the extreme edge of conditioning, this becomes a critical balancing act. Too little exercise leads to under development of potential, too much is equally damaging. Finding the critical point where performance is maximized is not left to chance. Aerobic testing and monitoring can determine the peak intensity level and world class competitors monitor this closely.

#### **Psychological factors**

Anyone who has ever tried to improve a physical attribute like endurance or strength or coordination over a period of time knows that there are significant psychological factors which come into play. During prolonged practice or workouts over a period of time, simple boredom can become a factor. Maintaining a rigorous schedule requires consistency, effort, planning, attention, desire and many other mental elements.

During a performance, jittery nerves or excessive adrenaline can be very counter productive. On the other hand, the ability to focus but in a relaxed manner is extremely important. A complete examination of physical fitness must also address these important psychological factors.

In coming issues, we'll take each of these elements in turn and put a spin on them just for dancers.

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