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[About Us](#)
[Membership](#)
[Conferences](#)
[News](#)
[Dance Resources](#)
[Links](#)

Evaluation of a standardized screening test battery - Analysis of the mental and physical prerequisites for pro-breakers (Sophie Manuela Lindner⁽¹⁾, Jens Nonnenmann⁽¹⁾, Prof. Dr. Nadja Schott⁽²⁾, Prof. Dr. Claudia Steinberg⁽³⁾)

The dance style Breaking will be part of the Olympic Games in 2024. This is associated with many changes in the professionalization of competitive dance athletes. The early necessary specialization and associated increase in training loads at a young age are potential risk factors for injuries and illnesses in adolescent athletes. Rather than a short-term focus on performance, emphasis should be placed on the long-term development of young breakers. Brief, valid and reliable screening instruments designed to identify early indicators of breaking-specific physical and mental performance are lacking.

This study aims to develop a brief screening instrument for young b-boys and b-girls – the Breaking Physical and Mental Assessment (B-PLAN) – and examine convergent, divergent and construct validity. A first pilot study (n=6) was conducted at the Red Bull BC One 2020 World Final. The mental and physical prerequisites were assessed with different standardized psychological questionnaires, the Movement Competency Screen (MCS) and a modification of the MCS to breaking specific requirements (Benoît-Piau et al. 2021; Kritz 2012; Lee 2015; Lee et al. 2017).

Based on these first preliminary experiences, the tests will be further optimized and evaluated in different squad training camps for competitive breakers (squad for Olympia 2024).

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[Back](#)

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