

Review of: "Turning the Tables on Analysing Turns – Validation of Wearable Sensors in Ballet"

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Potential competing interests: No potential competing interests to declare.

The paper provides a promising validation of wearable sensors in ballet, offering potential for these technologies to play a significant role in improving training, performance analysis, and injury prevention in ballet. The research not only fills a gap in the literature but also opens up opportunities for future innovations in dance biomechanics, potentially bringing ballet in line with other elite sports in terms of technology integration. However, further research with more varied conditions and movements would be necessary to fully harness the capabilities of wearable technology in ballet.

Recommendations :

1. Extending the study to include a broader range of ballet movements would provide a more comprehensive understanding of the sensors' capabilities.
2. Research could include dancers at various skill levels to assess the sensors' utility across different stages of training.
3. Incorporating other types of wearable sensors (e.g., motion capture suits, inertial measurement units) could provide a more detailed analysis of dancer biomechanics.
4. Longitudinal studies assessing the impact of wearable sensor feedback on ballet performance improvement would be valuable.