

The purpose of this study is to gain an in-depth understanding of today's ballet industry body standards in China, exploring their historical origins, current status, and where they can be enhanced in the future. Your insights and experiences will be of great help to the development of the ballet industry and the well-being of dancers in China!

This research is designed to protect the privacy of your personal information. All personal information will be handled privately and will only be used for research purposes.

1. What do you think is the current body standard in the Chinese ballet world? (Please be as specific as possible, e.g. height, weight, proportions, etc.)
2. What do you think are the sources of these body standards? (e.g. historical factors, cultural influences, western aesthetic standards, popular aesthetics, industry traditions, etc.)
3. Why do ballerinas need to be slender?
4. How do you view and deal with the issue of dancers' body size in your practical work? (e.g. selection criteria, training methods, psychological counselling, etc.)
5. What impact do you think these body standards have had on the development of the Chinese ballet scene? (Positive or negative impacts, and specific examples)
6. What do you think about the curtain call video of the Central Ballet's performance of La Bayadere in which many audience members thought that the female principal dancer (Qiu Yunting) was too thin?
7. What do you think about the Royal Ballet School's restriction of exercise for young dancers with a BMI of less than 18.5 and the requirement to gain weight?
8. Do you think these standards are scientific and reasonable? Are they compatible with Asian genetics? Why? (You may elaborate in terms of physiology, psychology, artistic expression, etc.)
9. Are you aware of the body image requirements in the ballet/dance world in other countries or regions? If so, what do you think are the lessons to be learnt?
10. What do you think can be done to improve or change the current body image standards in the Chinese ballet/dance world to promote dancers' physical and mental health and artistic development? (e.g. setting more scientific standards, strengthening professional support, changing social aesthetics, etc.)