

专业芭蕾舞群体身材标准与舞蹈能力讨论

Discussion on the figure standard and dance ability of professional ballet groups

问：国内专业和国外的专业芭蕾舞者在选拔上有什么不同？

Q. What are the differences in the selection of professional and foreign ballet dancers?

答：在国内，专业芭蕾舞者的选拔在初中、附中和大学阶段有所不同，而在国外，可能进入专业院校就已经是走专业路线。在国内，附中阶段是刚进专业的，需要重新进行更深入的选拔；而在国外，可能已经进入专业训练。因此，国内外在选拔上存在差异。

A: in China, the selection of professional ballet dancers varies from junior high school, high school affiliated to Renmin University to university, while in foreign countries, it is already a professional route to enter a professional college. In China, the secondary school attached to the stage is just into the professional, the need to re-in-depth selection, while in foreign countries, may have entered the professional training. Therefore, there are differences in the selection at home and abroad.

问：中国芭蕾舞行业对专业舞者的身材标准是什么？

Q. What are the body standards for professional dancers in the Chinese ballet industry?

答：中国芭蕾舞行业对专业舞者的身材标准并没有特别的规定，主要看能力。虽然芭蕾舞审美上有身高腿比的要求，但如果没有达到标准，只要能力可以，也会被接受。主要关注的是胖瘦问题，但也没有具体的衡量标准，老师会根据个人审美偏好或传统标准来要求舞者减肥，这可能会造成一些过瘦的问题。

A: the Chinese ballet industry does not have any special requirements on the body size of professional dancers. It depends on their ability. Although there is a height-to-leg ratio in ballet aesthetics, if it does not meet the standard, as long as the ability to be accepted. The main concern is weight loss, but there are no specific measures, and teachers may require dancers to lose weight based on personal aesthetic preferences or traditional standards, which can cause some problems.

问：老师要求舞者减肥的依据是什么？

Q. What is the teacher's rationale for asking dancers to lose weight?

答：老师要求舞者减肥的依据并不是单纯的一个喜好，而是跟舞者的比例和现有身材来看的。如果舞者比例上面不是很好，下肢比较粗壮，老师可能会要求稍微瘦一些，这样线条上面可能更好看一点，因为毕竟在台上，腿线条会露在外面。当然，近两年有一些舞蹈机构在培训的时候，也不希望舞者达到极度的瘦，皮包骨头的状态。

Answer: the teacher asked the dancer to lose weight on the basis of not a simple preference, but with the dancer's proportion and the existing body. If the dancer is not well proportioned and the lower limbs are strong, the teacher may ask for a slight slimming down so that the upper part of the line looks better because, after all, on the stage, the leg lines are exposed. Of course, the last two years have some dance organizations in training, do not want dancers to achieve extreme thin, skinny state.

问：大学对舞者的身材要求是否严格？

Q: DO universities have strict body requirements for dancers?

答：大学对舞者的身材要求没有像附中和舞团那么严格。近几年大学招生主要考量的是文

化课和综合能力，除非专业课曾经拿过某一些奖项，不然现在本科对国内要求分也蛮高的，文化课上面会要求比较高。所以身材要求就不是主要的了。

A: the university's body requirements for dancers are not as strict as those of the high school affiliated to Renmin University of China and the dance company. In recent years, the main consideration of college enrollment is cultural courses and comprehensive ability, unless the professional courses have won some awards, or now the undergraduate requirements for domestic scores are quite high, cultural courses will be higher requirements. Therefore, the size requirement was not the main issue.

问：舞团选角的标准和偏好是什么？

Q: What are the company's standards and preferences for casting?

答：舞团选角主要根据舞具以及能力来算。如果舞者的比例不是很好，腿很粗壮，但能力特别强，他可能会在适合的舞剧中扮演相应的角色。每个舞团都有自己不一样的选角标准和偏好，他们会根据自己的特点和需求来选择演员。

A: the company's casting is based on the dance equipment and ability. If the dancer is not well proportioned, has strong legs, but is extremely capable, he may play a role in the appropriate dance drama. Each company has its own selection criteria and preferences, they will be based on their own characteristics and needs to select actors.

问：舞团对舞者的体重有具体要求吗？

Q: DO companies have specific weight requirements for dancers?

答：舞团对舞者的体重没有具体要求。因为舞团属于工作性质，舞者会为了自己的角色而减少体重，这是为了让自己更符合角色要求，而不是舞团强制要求的。

A: the company has no specific weight requirements for dancers. Because the company is a job, the dancers will lose weight for their role, which is to make themselves more fit for the role, rather than being forced by the company.

问：附中阶段对舞者的身材和体重有何要求？

Q: What are the body and weight requirements for dancers at the high school affiliated to Renmin University of China?

答：附中阶段对舞者的身材和体重也没有一个固定的标准。因为附中的孩子是青少年，他们的可变可塑性非常的大。老师们会尽最大可能正确地去训练他们，在不违背遗传基因的情况下，让他们的比例上面更好看一些。对于体重，老师可能会根据个人的审美偏好或传统标准来提出要求，但并没有具体的衡量标准。

Answer: the attached high school stage also has not a fixed standard to the dancer's figure and weight. Because the children at the high school are teenagers, they are very flexible. Teachers will try to train them as correctly as possible to make them look better in proportion to their genetics. In the case of weight, the teacher may make a request based on an individual's aesthetic preferences or traditional criteria, but there is no specific measure.

问：女性运动员的体脂百分比标准是多少？

Q: What is the body fat percentage for female athletes?

答：女性运动员的体脂百分比标准一般在12%到18%左右。

A: the body fat percentage for female athletes is usually around 12% to 18% .

问：舞蹈学院的孩子们体脂比在多少是比较好的？

Q: what percentage of body fat is good for dance school kids?

答：舞蹈学院的孩子们体脂比在 11%左右是比较好的，即便他的骨骼骨架很大，线条也会相对比较好，肌肉线条也会出来。

A: the kids at the Dance Academy are better off with a body fat ratio of about 11 percent, and even if they have a big skeleton, they'll have better lines and muscle lines.

问：体脂百分比是否跟身高有关系？

Q: does the body fat percentage correlate with height?

答：体脂百分比跟身高没有关系，体脂百分比是体脂占总体重的百分比。

A: body fat percentage has nothing to do with height. Body fat percentage is body fat percentage of total body weight.

问：北舞附中在给孩子们定制身体体重的时候是否都会根据体脂百分比？

Q: Does the high school take body fat percentage into account when customizing body weight for children?

答：不是所有的老师都会根据体脂百分比，但有一些老师会根据这个。

A: not all teachers look at body fat percentage, but some look at it.

问：艺考培训机构出来的孩子这么瘦，是否会在考学的时候更有优势？

Q: Art Test training institutions out of the children so thin, whether the test will have an advantage when?

答：艺考培训机构出来的孩子这么瘦，是因为近几年疫情防控后开始的视频考试，视频有广角，会显得孩子比较宽，所以才追求极致的瘦。

A: the reason why the children from the art examination training institutions are so thin is because of the video examinations that have been started after the epidemic prevention and control in recent years. The videos have a wide angle and will make the children look wider. That's why they are pursuing extreme thinness.

问：青春期女孩的身体会发生什么变化，为什么容易发胖？

Q: What happens to the body of adolescent girls and why do they tend to gain weight?

答：青春期女孩身体里大量的激素会控制她，希望她的身体能够变成一个成熟女性，而成熟女性标准就是她的体脂百分比需要达到一个普通人群的体脂百分比，即 18%到 24%。

A: there are a lot of hormones in the body of an adolescent girl that are controlling her, and hopefully her body will become a mature woman, and the standard for a mature woman is that her body fat percentage needs to reach the body fat percentage of the general population, that's 18% to 24% .

问：在孩子发育的时候进行体重控制，是否需要更多的科学指导？

Q: Do you need more scientific guidance on weight control as your child grows?

答：在孩子发育的时候进行体重控制，确实是需要一个科学的指导，这一块我们国家现在很需要。

A: there is a real need for scientific guidance on weight control as children develop, and this is an area that our country needs right now.

问：从专业角度看，中国附中在身材特别是体重这方面有哪些地方需要做调整？

Q: From a professional point of view, what needs to be adjusted in terms of body shape, especially weight?

答：现在的老师们大部分都不会说必须要怎么怎么吃，会希望孩子们长个儿，至少 12 岁的

时候希望他能长个儿，就个子长起来，所以你要吃饭。除非有一些小孩，他确实减不下来，老师就会真的要求你去控制，但是老师不会说不让你吃饭。

A: most teachers today don't say how they have to eat, they want their kids to grow, at least when they're 12, they want them to grow, so you have to eat. Unless there are some children, he really can not reduce down, the teacher will really ask you to control, but the teacher will not say you do not eat.

问：天津艺术学院、广州舞蹈学院、辽宁沈阳音乐学院等学校，考进附中之后学校会管理学生的饮食和睡眠吗？

Q: will schools like Tianjin Academy of Arts, Guangzhou Dance Academy and Shenyang Conservatory of Music manage students' diet and sleep after they are admitted to the high school affiliated to Renmin University of China?

答：他们考进附中之后，学校是不管学生的饮食和睡眠的。

A: after they enter the high school affiliated to Renmin University of China, the school does not care about the students' diet and sleep.

问：附中里面的孩子，他们身体健康和过于瘦的亚健康比例大概是多少？

Q: What is the percentage of children in the high school affiliated to Renmin University of China who are physically healthy and underweight?

答：没有统计过这个，但正常情况下，女性的皮脂百分比过了 11%左右，线条就已经很好看，就很健康。第一点的女孩子应该问题不大，9 到 11%没有什么问题的。

A: no statistics of this, but under normal circumstances, the percentage of women's sebum over 11% or so, the line is already very good-looking, very healthy. The girls on the first point should be fine, 9 to 11 percent.

问：他们每年体检会有身体数据方面的检查吗？

Q: do they get a physical every year?

答：应该是北京市的国家要求青少年管理，每年教育局会给检查。学校的附中归教委管，也要达到一些教委的要求，所以应该是有这个测试，但具体不清楚。

A: it should be the state of Beijing that requires the administration of young people. The Education Bureau will give an inspection every year. The school's High School Affiliated to the Board of Education, but also to meet some of the requirements of the board of Education, so there should be this test, but the specific is not clear.

问：选拔舞者的时候是更看重他的舞蹈能力，还是更看重他的身材条件？

Q: When selecting a dancer, is it more about his dancing ability or his body?

答：初中的时候还是看重比例的，但是到了舞团，各个舞团还是以能力为主。不过，有些舞团在选拔时会有特定的身材要求，比如个子相对较高，但并不代表没有适合身材不符者的团队。

A: in junior high school, we still pay attention to proportion, but when it comes to dance companies, each company is still based on ability. However, some dance companies have certain body requirements in the selection, such as relatively tall, but does not mean that there is no fit for the team.

问：我们有没有可能根据芭蕾舞所需的特质去定制一个标准，说更符合哪一类人，就具备哪种身材特质的人去跳？

Q: Is it possible to create a standard for ballet based on the qualities it requires, saying that people with the same body type are more suited to that type of person?

答：舞蹈是适合所有人的，只是跳的角色不同而已。比如平足的人，只要足底有力量，强

化练习足底肌肉，也可以跳得很好。

A: dance is for everyone. It's just that the roles are different. For example, people with flat feet, as long as the soles of the feet have strength, strengthen the exercise of plantar muscles, can also jump very well.