

Lviv State University of Physical Culture named after Ivan Boberskyj

Department of choreography and art history



" APPROVED "

Dean of the Faculty of Pedagogical Education,
Associate Professor of Gymnastics and Choreography Department,
Candidate of Physical Education and Sport (Ph. D.).
Roman Petryna

" 06 " 03 2022

WORKING PROGRAM OF EDUCATIONAL DISCIPLINE

METHODS OF SPORT'S CHOREOGRAPHER WORK

field of knowledge 02 Culture and art

specialty: 024 Choreography

Faculty: Faculty of Pedagogical Education

Level of higher education: Second (Master's)

Lviv 2022

Work program in the discipline " Methods of sport's choreographer work" for students of FPE specialty 024 Choreography


1st and 2nd semester (full-time study),

Developer: professor, Ph.D. Sosina V.

The work program was approved at the meeting of the Department of Choreography and Art History

Protocol of August 31, 2022 No. 1

Head of the department of choreography and art history

 (Sosina V.)
(signature) (surname and initials)

1. Description of the academic discipline

Name of indicators	Field of knowledge, direction of training, educational and qualification level	Characteristics of the academic discipline	
		full-time studding	part-time studding
Number of credits – 5	Branch of knowledge 02 Culture and art		
	Specialty 024 Choreography		
Modules - 2	Specialty (professional direction): choreography	Year	
Content modules – 2		5	
Course work - none		Semester	
The total number of hours is 150 hours.		1, 2	
Weekly hours for full-time education: classrooms - 2	Level of higher education Second (master's)	Lectures	
		10 hours	
		Practical, seminar	
		44+6 hours	
		Independent work	
		90 hours	
		Individual tasks: h.	
		Type of control: survey, performance of independent work, credit	

2. The purpose and tasks of the educational discipline

The purpose of teaching the discipline is the formation of basic professional and pedagogical knowledge, abilities and skills that provide theoretical and practical training of a coach-choreographer in various types of sports.

Task:

1. To acquaint students with the peculiarities of the work of a sports choreographer.
2. To get acquainted with the method of work of a sports choreographer at various stages of training athletes in sports with complex coordination.
3. To promote the development of students' abilities and skills in conducting educational and training classes and composing arbitrary compositions in various types of sports.

As a result of studying the academic discipline, the student must
to know: theoretical, organizational, practical and methodical features of the work of a sports choreographer.

be able to: plan, organize and conduct choreography training sessions with athletes of different ages, genders and sports qualifications in various sports with complex coordination. Be able to compose arbitrary compositions and programs for athletes of various ages in various sports.

3. Program of academic discipline

Content module 1. Methodology of the work of a sports choreographer at the initial stages of training in sports with complex coordination

Topic 1. Methodology of the work of a sports choreographer at the stage of selection and initial training in sports with complex coordination. Anatomical-physiological and psychological features of children and their consideration during classes in choreography and technical-aesthetic sports. Age characteristics and the problem of early specialization in sports and choreography. Methodological features of conducting choreography classes in sports sections. The main tasks of the stages. The role of the coach and choreographer in choreography classes. Features of classes with girls and boys. The role of music in the education of expressiveness and sense of rhythm. Features of building and conducting warm-up with elements of choreography, parterre choreography with beginners. Mastering the methods of conducting warm-up (flow, separate, circular, etc.), various forms and methods. Mastering the elementary basics of choreography with beginner athletes. Methodology of musical and rhythmic education (musical games, fun), Celebrations, demonstration performances, qualifying competitions with beginners.

Topic 2. Methodology of the work of a sports choreographer at the stage of preliminary basic training in sports with complex coordination.

Anatomical-physiological and psychological features of children and their consideration during classes in choreography and technical-aesthetic sports at the stage of preliminary basic training in technical-aesthetic sports. The main tasks that the choreography solves, the importance of the systematicity of the performance. Types of choreography classes. Types of control over choreographic preparation. The main means and methods of conducting classes in different periods of training. Methods of conducting individual and collective choreographic warm-up. Mastering the elements of choreography near the support and in the middle. Methodology of preparing lessons of various directions for athletes 9-11 years old.

The method of composing and teaching dance etudes of various directions. Methods of mastering the basics of stage skills in athletes. Compositional readiness and methods of training the ability to combine movements into simple combinations.

Content module 2. Methodology of sports choreographer's work with highly qualified athletes in sports with complex coordination.

Topic 3. Methodology of the work of a sports choreographer at the stage of specialized basic training in sports with complex coordination.

Anatomical-physiological and psychological features of athletes and their consideration during classes in choreography and technical-aesthetic sports at the stage of specialized basic training in technical-aesthetic sports. Tasks of the stage. Types of classes. The place of choreographic training in the general system of sports improvement. The value of education of expressiveness and artistry

by means of choreography. Means of restorative training and choreography. Types of control over choreographic preparation. The main means and methods of conducting classes in different periods of training.

Methods of conducting individual and collective choreographic warm-up. Competitive warm-up, its features for this stage. Mastering the elements of choreography near the support and in the middle. Methodology of preparing choreography lessons of various directions for athletes 12-15 years old. Planning of choreographic preparation depending on the competition calendar. The method of composing and teaching dance etudes of various directions. Ways of mastering the basics of stage skills for athletes aged 12-15. Education of expressiveness and artistry in athletes at this stage.

Topic 4. Methodology of the work of a sports choreographer at the stage of preparation for higher achievements in sports with complex coordination

The purpose and task of training athletes. Means and methods of conducting classes. The place of choreography in the general system of training athletes. The method of education of expressiveness. The value of compositional preparation. Education of stability and reliability of performing choreographic exercises.

Methodology of individual warm-up. Methods of individual work with athletes, improvement of choreographic elements, methods of complicating them. Types of lessons of different directions. Combining them with sports elements. Education of expressiveness, artistry. Pantomime, mime, stage skills. Compositional readiness and methods of its improvement.

Topic 5. Peculiarities of choreographic training in various sports.

Peculiarities of choreographic training for sports and artistic gymnastics, sports acrobatics and aerobics, figure skating, synchronized swimming and other sports. Methods of conducting classes in various types of sports. Peculiarities of the composition of the exercise depending on the requirements and trends of the development of the sport. Taking into account the rules of competition in the CP process.

Topic 6. Methodology of composing sports compositions in various types of sports.

Laws of composition, their solution in sports compositions. Reproduction of the laws of composition in the best sports productions of leading athletes in various sports. Angles, placement on the sports ground. The role of a sports choreographer in production work. Methodology of free exercises in gymnastics (sports, rhythmic gymnastics, acrobatics). Peculiarities of building a composition for men (gymnastics), men's groups, mixed pairs, triples in acrobatics. Methodology of construction and combination of elements in sports ballroom dances. The technique of building compositions in aerobics, fitness, cheerleading.

Composition composition technique in figure skating.

4. CONTENT OF EDUCATIONAL DISCIPLINE

Course Title	Total Curriculum Hours											
	Full-time studding						Part-time studding					
	total	lec	practice	sem	indv	indp	total	lec	practice	sem	indv	indp
1	2	3	4	5	6	7	8	9	10	11	12	13
Module 1												
<u>Content module 1. Methodology of the work of a sports choreographer at the initial stages of training in sports with complex coordination</u>												
Topic 1. Methodology of the work of a sports choreographer at the stage of selection and initial training in sports with complex coordination.	16	2	4	0		10						
Topic 2. Methodology of the	24	-	6	-		18						

work of a sports choreographer at the stage of preliminary basic training in sports with complex coordination.												
Total with module 1	40	2	10	0		28						
Змістовий модуль 2. Методика роботи спортивного хореографа зі спортсменами високої кваліфікації у видах спорту зі складною координацією												
Topic 3. Methodology of the work of a sports choreographer at the stage of specialized basic training in sports with complex coordination.	30	2	6	2		20						
Topic 4. Methodology of the work of a sports choreographer at the stage of preparation for higher achievements in sports with complex coordination	32	2	8	2		10						
Topic 5. Peculiarities of choreographic training in various sports.	32	2	10	-		12						
Topic 6. Methodology of composing sports compositions in various types of sports.	44	2	10	2		20						
Total with module 2	110	8	34	6	-	62						
Total	150	10	44	6	-	90						

4. Topics of seminar classes

№	Course Title	Hours
1	The method of work of a sports choreographer at the stage of preliminary basic training in sports with complex coordination	2
2.	The method of work of a sports choreographer at the stage of preparation for higher achievements in sports with complex coordination	2
3.	Methodology of composing free exercises/compositions in various sports	2
	Total	6

5. Topics of practical classes

№	Course Title	Hours
---	--------------	-------

1	Methodology of choreographic warm-up at the initial stage of preparation	4
2	Musical games with elements of choreography at the initial stage of preparation	4
3	Methodology of parterre choreography with boys at the initial stage of training	2
4	The method of building a lesson and teaching choreography exercises near the support and in the middle of the hall at the initial stage	2
5	Methodology of choreographic warm-up at the stage of preliminary basic training	2
6	Methodology of parterre choreography at the stage of preliminary basic training	4
7	Methodology of teaching athletes elements of stage skills at the stage of preliminary basic training	2
8	The method of building a lesson and teaching choreography exercises near the support and in the middle of the hall at the stage of preliminary basic training	4
9	Methodology of conducting choreographic warm-up at the stage of specialized and preparation for higher achievements	4
10	Methodology of parterre choreography at the stage of specialized and preparation for higher achievements	2
11	Methodology of teaching athletes elements of stage skills at the stage of specialized and preparation for higher achievements	2
12	The methodology of building a lesson and teaching choreography exercises near the support and in the middle of the hall at the stage of specialized and preparation for higher achievements	4
13	Mastering the technique of making connections, combinations, compositions in sports	2
14.	The technique of staging compositions in various types of sports	6
	Total	44

6. Independent work

№	Course Title	Hours
1	Arranging, recording and conducting choreographic warm-up at various stages of sports training. Synopsis of self-training.	20
2	Selection of material, its recording, selection and design of musical accompaniment for practical classes at various stages of sports training Synopsis of self-training, video materials, musical accompaniment.	30
3	Compilation of sports compositions according to the topics being studied. Composition plan, video recording, musical material.	40
	Total	90

8. Individual tasks

(for students who study under the promotion schedule)

- 1) Self-training materials;
- 2) Independent works: Exercises (near the support, in the middle of the hall, parterre, allegro) for various stages of training of athletes, in various sports.
- 3) Plan-scheme of voluntary exercises (compositions), music recording (phonogram), video materials from various sports.

9. Control methods

Current control is carried out during practical and seminar classes in oral and written forms.

- Survey.

- Checking tasks for independent work.
- Checking self-training materials.
- Completion of tasks of practical classes.

Final control: credit (10th semester - full-time study).

10. CONTROL QUESTIONS AND TASKS for assessment

1. Name the features of building and conducting a warm-up with elements of choreography and floor choreography with beginners.
2. Name the ways to conduct a warm-up.
3. Methods of mastering the elementary basics of choreography with beginners-athletes.
4. Methods of musical and rhythmic education with sportsmen at the initial stage of preparation.
5. Methods of preparing and conducting holidays, demonstration performances, and scoring competitions with beginners.
6. Methods of individual and collective choreographic warm-up.
7. The sequence of mastering the elements of choreography at the support and in the middle.
8. Methods of drawing up lessons of different directions for sportsmen of 9-11 years old.
9. Methods of composing and teaching dance etudes of different directions.
10. What is compositional preparedness?
11. Features and types of choreographic warm-up at this stage.
12. Methods of choreography lessons of different directions for sportsmen of 12-15 years old.
13. What are the features of planning of choreographic preparation depending on the calendar of competitions.
14. Give a characteristic of the method of preparation and training of dance etudes of different directions.
15. Name the ways of mastering the basics of stage skills in athletes 12-15 years old.
16. What are the features of education of expressiveness and artistry in sportsmen at this stage.
17. Methods of individual work with sportsmen, improvement of choreographic elements, ways of their complication at the stage of preparation for higher achievements in sports with complex coordination
18. Education of expressiveness, artistry. Pantomime, mimicry, stage skills at the stage of preparation for higher achievements in sports with complex coordination
19. Compositional preparedness and ways of its improvement.
20. The value of choreographic preparation in sports with complex coordination.
21. What are the features of choreographic training in artistic gymnastics?
22. What are the features of choreographic training in rhythmic gymnastics?
23. What are the features of choreographic training in acrobatics
24. What are the features of choreographic training in synchronized swimming?
25. What are the features of choreographic training in acrobatic rock 'n' roll, cheerleading, etc.
26. Describe the laws of composition and their solution in sports compositions.
27. Reveal ways to reproduce the laws of composition in the best sports performances of leading athletes in various sports.
28. What is the role of a sports choreographer in the production work.
29. Methods of composing free exercises in artistic gymnastics (sports, rhythmic gymnastics, acrobatics).
30. Peculiarities of construction of composition in men (artistic gymnastics), men's groups, mixed pairs, triples in acrobatics.
31. Methods of construction and combination of elements in sports ballroom dances.
32. Methods of building compositions in aerobics, fitness, cheerleading.
33. Methods of composing in figure skating.

11. Distribution of points received by students

Module 1

The form of study	Current testing and independent work						Sum
	M 1		M 2				
	T1	T2	T3	T4	T5	T6	
Full-time (total points)	0-20	0-20	0-20	0-10	0-20	0-20	100
Surveys at seminars	0-3	0-3	-	-	0-3	-	
Notes on self-study	0-3	0-3	0-3	0-3	0-3	0-5	
Practical work	-	0-10	0-13	0-7	0-10	0-10	
Independent work	0-4	0-4	0-4	-	0-4	0-5	

Conformity of the final semester rating in points National Scale and ECTS Scale

Score in points	Rating	Score on a national scale	
		for an exam, course project (work), practice	for credit
90 – 100	A	Perfectly	Satisfactorily
82-89	B	Okay	
74-81	C		
64-73	D	Satisfactorily	
60-63	E		
35-59	FX	Unsatisfactory (with the possibility of re-assembly)	Unsatisfactory (with the possibility of re-assembly)

12. Methodological support

Videofilms, educational literature, audio library of the department.

13. Recommended Literature

1. Sosyna V.Yu. Choreography in gymnastics. - study aid for university students / V.Yu. Pine tree - K.: Olympus. L-ra, 2009. – 136 p.
2. Choreographic training in sports / Methodical recommendations. Compiled by E. Biryuk, N. Ovchinnikova - Kyiv: KGIFK, 1990.
3. Sosina V.Yu. Choreography in sports: education. Manual / V.Yu. Sosina - K.: NUFViSU, edition - in "Olympic literature", 2021. - 280 p.

14. Information resources on the Internet

Video materials: choreographic training in rhythmic and artistic gymnastics, acrobatics, figure skating, and synchronized swimming (YouTube materials).