

**Lviv State University of Physical Culture named after Ivan Boberskyj**  
**Department of choreography and art history**

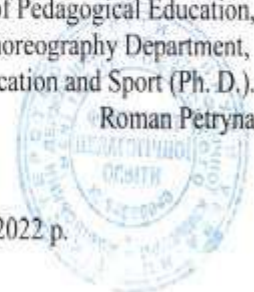


" APPROVED"

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» 09 2022 p.



**WORKING PROGRAM OF EDUCATIONAL DISCIPLINE**

**DUET DANCE PRACTICUM**

**for V-year students of the Faculty of Physical Education**  
**full-time education**

field of knowledge 02 Culture and art

specialty: 024 Choreography

Faculty: Faculty of Pedagogical Education

Level of higher education: Second (Master's)

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Working program "Due dance practicum" for students of the 5th year of the  
Faculty of Physical Education, majoring in 024 Choreography

"31" august, 2022

Developers:

teacher N. Didyk,

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

Protocol of "31" august of 2022 No. 1

Head of the department of choreography and art history

Professor, Ph.D, Sosina V. "31" august 2022 2

### 1. Description of the academic discipline

Name of indicators	Field of knowledge, direction of training, educational and qualification level	Characteristics of the academic discipline	
		<b>full-time studding</b>	
Number of credits – 3	Branch of knowledge 02 Culture and art	Normative	
	Specialty 024 Choreography		
Modules - 1	Specialty (professional direction): choreography	<b>Year</b>	
Content modules – 1		5	
Course work - none		<b>Semester</b>	
The total number of hours is 90 hours.		1	
		<b>Lectures</b>	
Weekly hours for full-time education: classrooms - 1 student's independent work - 1	Level of higher education Second (master's)	6 hours	
		<b>Practical, seminar</b>	
		24 hours	
		<b>Independent work</b>	
		60 hours	
		Individual tasks: h.	
Type of control: survey, practical standards, credit			

Note.

The ratio of the number of hours of classroom classes to independent work is: for full-time education - 1/2

### 1. The purpose and tasks of the educational discipline

The purpose of teaching the academic discipline "Practical in duet dance" is to master the technique of support and skills of stage communication between partners during practical classes in duet dance by students of the "Choreography" specialty.

The task of studying the discipline "Practical in duet dance" is to educate students in a sense of plastic beauty, to understand the aesthetics of choreographic art, to study the technique of performing technical-acrobatic paired movements by students, to master the technique of parterre and aerial support; acquiring stage communication skills with a partner.

As a result of studying the academic discipline, the student must to know:

- technical features of working in a duo;
  - method of performing ground and air support,
  - auxiliary techniques and connecting movements;
  - peculiarities of stage communication;
- be able to:
- distinguish techniques of parterre, aerial and acrobatic support;
  - apply insurance techniques when studying complex elements;
  - use the acquired knowledge during practical classes.

## **1. Program of academic discipline**

### **Content module 1.**

#### **Basics of the theory and methodology of duet dance.**

##### **Topic 1. History of duet dance development.**

The history of duet dance development. Definition of duet dance. Types of duet dance. Musical form of duet dance. Familiarization with the classical heritage of dance duets. Duet dance in the modern art of choreography.

##### **Topic 2. The use of duet form in folk and stage music choreography**

The use of duet forms in folk stage choreography. Stylistic and genre features of dance duets. Duet dance composition. Duet dance as a component of large dance forms. Duet dance as an independent performance.

##### **Topic 3. Techniques of air support**

Study of air support methods. Developing a sense of mutual pacing. Logical sequence of movements when performing aerial support. The need for insurance when learning complex lifts and throws. Coordinated movements of partners. Support in "falling" poses and positions. Jumps with support with two hands behind the waist.

##### **4. Technical features of complex supports.**

Small climbs. Incomplete turns on the hands with tossing in the air. Lifts on the chest and shoulders. Jumps on the chest and shoulders. Big jumps with two hands on the waist. Lifts with fixation of pos. Tossing with a change of poses in the air. Great aerial and acrobatic support. Creation of a duet dance using the studied material.

### **1. The structure of the academic discipline**

Course Title	Total Curriculum Hours	
	Full-time education	
	total	у тому числі

		lecture	practic e	semina r	Independent work
1	2	3	4	5	6
<b>Module 1</b>					
<b>Content module 1. Organization and method of preparation sports and choreographic mass events.</b>					
Topic 1. History of duet dance development.	14	2	4		8
Topic 2. The use of duet form in folk and stage music choreography	22	2	6		14
Topic 3. Techniques of air support.	26	2	8		16
Topic 4. Big jumps, chest and shoulder lifts.	28	0	6		22
Total with module 1	90	6	24		60
<b>Total</b>	<b>90</b>	<b>6</b>	<b>24</b>		<b>60</b>

### 5. Topics of practical classes

№	Title of topic	hour
1	Waist support with two hands. Connecting and auxiliary movements.	2
2	Hand support: turns, strokes, tours.	4
3	Support in "falling" poses and positions.	6
4	Jumps with support with two hands behind the waist.	4
5	Small climbs. Incomplete turns on the hands with tossing in the air.	4
6	Great aerial and acrobatic support. Creating a duet dance using studied material.	4
	<b>Total</b>	<b>24</b>

### 6. Topics of seminar classes

№	Title of topic	hour
1	Use of supports in various types of choreography.	2
2	The main varieties are ground and aerial support	4
	<b>Total</b>	<b>6</b>

## 7. Independent work of the student, its contents and volume

№	Title of topic	hour
1	Techniques of parterre support. Turns and tours.	8
2	Small jumps and small rises to the level of the chest and shoulders.	8
3	Techniques of parterre support in "falling" poses and positions.	10
4	Big jumps, chest and shoulder lifts.	10
5	Basic elements of acrobatic support.	10
6	Creation of a duet dance based on the studied material.	14
	total	60

## 8. Individual tasks

Essays, independent works to make up for missed classes.

## 9. Teaching methods

Verbal, practical, visual.

## 10. Control methods

Testing, surveys at seminars, submission of practical standards, assessment.

## 11. Distribution of points received by students

Current testing and independent work				Sum
Module №1				
T1	T2	T3	T4	
25	25	25	25	100

T1, T2, T3, T4, – topics.

## 12. 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	

82-89	<b>B</b>	Okay	Satisfactorily
74-81	<b>C</b>		
64-73	<b>D</b>	Satisfactorily	Unsatisfactory (with the possibility of re-assembly)
60-63	<b>E</b>		
35-59	<b>FX</b>	Unsatisfactory (with the possibility of re-assembly)	Unsatisfactory (with the possibility of re-assembly)
0-34	<b>F</b>	Unsatisfactory (with obligatory repeated course)	Unsatisfactory (with obligatory repeated course)

## 12. Methodological support

Video materials.

## 13. Recommended literature

### Basic literature

1. Bazarova N. Classical dance. - L.: Art, 1975.
2. Bazarova N., Mei V. ABC of classical dance. - L.: Art, 1983.
3. Vaganova A. Fundamentals of classical dance. - L.: Art, 1980.
4. Zvezdochkin V. Classical dance. – Rostov-on-Don, 2003
5. Kostroytskaya V. One hundred lessons of classical dance - L.: Iskusstvo, 1981.
6. Kostroytskaya V., Pisarev A. School of classical dance - L., 1986.
- Messerer A. Classical dance lessons. - M.: Art, 196
7. Serebrennikov N.N. Support in duet dance: Teaching method. allowance 2nd ed., supplement/ N.N. Serebrennikov - L.: Art, 1979. - 151 p., 12 l. Il.8. Smirnova M. Basic elements of classical dance - M., 1979.
9. Sobynov B. Support in dance / B. Sobynov, N. Suvorov. // – M.: Art, 1962. – 152p.
10. Tarasov N. Classical dance. - M.: Art, 1981.
11. Tsvetkova. L.Yu. Methods of teaching classical dance: Textbook / L.Yu. Tsvetkova. - K.: Alterpress, 2005.

### Other literature

1. Vasylenko K. Ukrainian dance. - M.: Art, 1981.
2. Goldrych O. Choreography: a guide to the basics of choreography art and dance composition/ O. Goldrych. - Lviv: SPOLOM, 2006.
3. E. Zaitsev. Fundamentals of folk stage dance/ E. Zaitsev. - K., 1975 (I and Part II).
4. Lopukhov F. Sixty years in ballet / F. Lopukhov. // – M.: Art, 1966. – 366 p.
5. Lopukhov A. Fundamentals of characteristic dance/ A. Lopukhov, A. Shiryaev, A. Bocharov. - L. - M., 1939.
6. I. Smirnov. Art of ballet master. - Moscow: Enlightenment, 1982.

7. Stukolkina N. Four exercises. Character dance lessons/  
N. Stukolkina. - M., 1972.

#### **14. Information resources**

1. LDUFK library.
2. The reading hall of the LDUFK.
3. Internet