

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

Rud
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WORKING PROGRAM OF EDUCATIONAL DISCIPLINE

REHABILITATION IN CHOREOGRAPHY

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 for the discipline "REHABILITATION IN CHOREOGRAPHY" for students of the 6th year of the FPE, specialty 024 Choreography

3 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

(signature)  (Sosina V.)
(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 – 4	Branch of knowledge 02 Culture and art	Normative	
	Specialty 024 Choreography		
Modules - 2	Specialty (professional direction): choreography	Year	
Content modules – 2		6	
Course work - none		Semester	
The total number of hours is 90 hours.		3	
		Lectures	
Weekly hours for full-time education: classrooms - 2 student's independent work – 1:2	Level of higher education Second (master's)	6 hours	
		Practical, seminar	
		20 hours+4	
		Independent work	
		60 hours	
		Individual tasks: h.	
		Type of control: survey, performance of independent work, assessment	

2. The purpose and tasks of the educational discipline

The goal is the formation of knowledge, abilities and skills of preventive and restorative measures in choreography.

The main tasks of the discipline:

1. To acquaint students with the method of conducting preventive measures in choreography.
2. To acquaint students with recovery methods during choreography classes.
3. To equip students with knowledge about the necessity and expediency of carrying out rehabilitation and restorative measures during classes with dancers.

The program is designed for one semester and includes theoretical (lecture) and practical classes and independent work of students.

The lectures provide information on the meaning and types of rehabilitation and restorative training, its importance in the training system of artists of the choreographic genre, the causes of injuries and disorders of the musculoskeletal system and preventive measures that prevent them are considered. In addition, students study the main means of recovery and rehabilitation, which can be used in the system of choreographic education.

In practical classes, students master the technique of carrying out rehabilitation and restorative measures, assembling complexes for various purposes.

Independent work of students is carried out throughout the course of study and involves independent study by students of recommended literature, preparation for practical and seminar classes, writing, essays and sets of exercises.

Success is recorded in the form of passing grades for topics passed, as well as semester grades in the terms provided for in the curriculum.

In the process of mastering the program material from the discipline "Rehabilitation and restorative training in choreography", students must:

1. To acquire knowledge and skills of theoretical and practical material.
2. Master the basic methods of conducting rehabilitation training.
4. To be able to select means of correction, prevention and recovery depending on the tasks.

3. Program of educational discipline

Content module 1. Purpose, tasks, meaning and types of rehabilitation training

Topic 1. Meaning and types of rehabilitation in choreography.

Definition of the concept of "rehabilitative and restorative training and its importance for the prevention and correction of disorders of the locomotor system of dancers, reduction of negative consequences associated with heavy loads on the locomotor system. Types of rehabilitation training: pedagogical, hygienic, psychological and physiotherapeutic; their characteristics.

Topic 2. Types of injuries and disorders of the musculoskeletal system in choreography and methods of their prevention.

Characterization of the main types of injuries and violations musculoskeletal system in choreography: injuries of the spine, knee, ankle and hip joints and measures to prevent injuries during choreography classes. Types of posture disorders and methods of their correction. "Fatigue fractures" - causes, consequences, prevention.

Content module 2. Methodology of rehabilitation and restorative training

Topic 1. Methodology of conducting corrective gymnastics.

The concept of "correct posture", types of posture disorders, causes of posture disorders. Determination of correct posture and its deviations. Prevention of posture

violations during choreography classes. Correction of postural disorders in various types of postural disorders. Flat feet, types, prevention, correction, contraindications and indications for choreography. Methodology of conducting choreography classes as a preventive measure for posture disorders and flat feet.

Topic 2. Techniques for carrying out complexes of exercises according to the system of Pilates, Alexander, etc.

Brief historical reference to the emergence of the systems of Joseph Pilates and Alexander. Knyazev's floor gymnastics. The principles of the J. Pilates system and their significance for choreography classes. Peculiarities and methods of carrying out sets of Pilates exercises for correcting posture disorders, eliminating pain sensations in various areas of the spine. Exercises with footballs and fitballs for unloading the spine and correcting posture.

4. CONTENT OF EDUCATIONAL DISCIPLINE

Course Title	Total Curriculum Hours											
	Full-time studding						part-time education					
	total	le	practic	se	ind	ind	total	le	practic	se	ind	ind
1	2	3	4	5	6	7	8	9	10	11	12	13
Module 1. Methodology of rehabilitation												
Content module 1. Purpose, tasks, meaning and types of rehabilitation												
Topic 1. Meaning and types of rehabilitation training in choreography.	2	2										
Topic 2. Types of injuries and disorders of the musculoskeletal system in choreography and methods of their prevention.	34	2	10	2		20						
Total with module 1	36	4	10	2		20						
Content module 2. Methodology of rehabilitation and restorative training												
Topic 1. Methodology of conducting corrective	30	2	6	2		20						

gymnastics.												
Topic 2. Techniques for carrying out complexes of exercises according to the system of Pilates, Alexander, etc.	24	-	4			20						
Total with module 2	54	2	10	2		40						
Total	90	6	20	4		60						

3. Topics of practical classes

Content module 1.

Topic 2. Types of injuries and disorders of the musculoskeletal system in choreography and methods of their prevention.

1. Scoliosis and scoliotic posture, definition. Types depending on localization, degree of distortion. The importance of symmetrical loading.
2. Stooping, round back. Determination method. Peculiarities of exercise selection. The value of stretching exercises.
3. Increased lordosis. Determination method. Reasons. Special exercises. Meaning and types of relaxation exercises.

Content module 2. Methodology of rehabilitation and restorative training.

Topic 1. Methodology of conducting corrective gymnastics.

1. Methodology of exercises for scoliotic posture and scoliosis: selection of individual exercises, method of building complexes, meaning of symmetric and asymmetric exercises, torsion (2 hours).
2. Techniques for carrying out exercises for stooping and round back: selection of individual exercises, technique for building complexes, meaning of symmetrical and asymmetrical exercises.
3. Techniques for assembling a complex and conducting exercises for dancers with increased lordosis of the lumbar spine.
4. Techniques for carrying out sets of exercises for correcting various posture defects; exercises for the development of static and dynamic strength, exercises for the

development of flexibility, for a sense of correct posture, for balance, coordination, endurance.

Topic 2. Techniques for carrying out complexes of exercises according to the system of Pilates, Alexander, etc.

1. Practical introduction to the principles of Pilates.
2. Learning the basic Pilates complex.
3. Modifications of Pilates and Alexander exercises to relieve the spine, develop balance, etc.
4. Pilates exercises with body bars, fitballs, etc.

4. Topics of seminar classes

№	Course Title	Hours
1.	Methodology of carrying out exercises for unloading and correction of apparatus violations	2
2.	Методика проведення корегувальної гімнастики.	2
	total	4

5. Independent work

№	Course Title	Hours
1	Review the article "Injuries in Artistic Gymnastics", "Injuries in Gymnastics", "Injuries in Choreography" (YouTube)	6
2	Learn ways to assess posture and its disorders. Do research.	8
3	Compile extended summaries of sets of exercises for 1) formation of correct posture; 2) correction of scoliotic posture and scoliosis; 3) stooping; 4) increased lordosis; 5) flat feet, using the means of choreography. Conduct them with a group.	16
4	Familiarize yourself with Alexander's sets of exercises, perform them with a group.	20
5	Compile a set of Pilates exercises (basic), perform it with a group.	10
	total	60

8. Individual work

(for students who study under the promotion schedule)

1. Write an essay about the types of injuries and violations that are most common in dancers.
2. Make a set of Pilates exercises to relieve the spine
3. Compile complexes of corrective gymnastics exercises for dancers (as instructed by the teacher).

9. Teaching methods

Verbal, visual, practical.

10. Control methods

- Survey at seminar classes (average) – 0-15 points
- Performance of independent work (abstract) – 0-20 points
- Self-training materials - 0-20
- Current score – 0-45 points

11. Distribution of points received by students

An example for credit

Current testing and independent work								Total
Module №1,2				Module № 3,4				100
T1	T2	T3		T4	T5	T6	T..	
15	15	15		15	20	20		

T1, T2 ... – 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	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)
0-34	F	Unsatisfactory (with obligatory repeated course)	Unsatisfactory (with obligatory repeated course)

13. Methodological support

Video materials, books, methodological recommendations developed at the department.

14. Recommended literature

1. Egorov G. I. Spine and sport [Electronic resource] / Egorov G. I., Solyarova V. A. – Access mode: <http://aandd.com.ua/>
2. V. A. Kashuba Biomechanics of posture / V. A. Kashuba – K.: Olympiiskaya literatura, 2003 – 279 p.
3. Brennan R. Alexander's method. - Kyiv: Sofia, 1997. - 109 p.

15. Information resources

1. Egorov G. I. Spine and sport [Electronic resource] / Egorov G. I., Solyarova V. A.
- Access mode: <http://aandd.com.ua/>
2. Injuries in artistic gymnastics, Injuries in gymnastics, injuries in ballet. // www.sportmedicine.ru/books_eng.php).