1. **Title of the module**: Gymnastics and methodology of teaching masterly motions
2. **Code of the module**: ННС\_014\_3.1.5
3. **Type of the module :** mandatory
4. **Semester**: 5-8
5. **Volume of the module**: total number of hours - 480 (ECTS credits - 16) contact hours – 244 (practical classes – 244)
6. **Lecturer**: Hroshovyk Iryna Serhiivna – a teacher
7. **Learning Outcomes**:

As a result of the module the student **must:**

**to know:** basic regularities of gymnastic development; theory and methodology of sport abilities training; sport exercises and methodology of its training; system of a many years physical training; methodology of masterly motions carrying out; specific of masterly motions learning; characteristic of a musical material on the character of music, tempo, dynamic coloring; methodology of masterly motions carrying out; specific of masterly motions learning

**able to:** use acquired theoretical knowledge in practice; to carry out gymnastic exercises of a secondary school program; carry out exercises on gymnastic apparatus; characterize a musical material on the character of music, tempo, dynamic coloring; carry out masterly motions methodically faithful; be able to use knowledge of methodology of masterly motions carrying out

1. **Method of training:** classroom lessons.
2. **Required necessity of previous and related modules are:**

Biology, Anatomy of a man, Life Safety, Theory and methodology of a classic dance, Theory and methodology of a modern dance, Theory and methodology of a ball dance, Breathing in choreography

1. **Contents of the module**: Methodology of line exercises training. General and developing exercises without objects. Apllied exercises. Gimnastic exercises as a mean of physical training. Gimnastic terminology of general and developing exercises. Classification of gymnastic exercises. Gimnastic exercises on appliances. Exercises on law horizontal bar. Exercises on skids (men and women). Acrobatics. Supporting jumps. Exercises on terrets and logs. Methodology of learning of masterly motions of modern and classic dance in a solo performance. Methodology of learning of masterly motions of folk, modern and classic dance in a twin performance. Methodology of learning of masterly motions in a mass performance.
2. **Recommended literature:**
3. Ваганова А. Основы классического танца / Агриппина Ваганова. – СПб; М.; Краснодар: Лань, 2007. ‒ 191 с.
4. Василенко К.Ю. Лексика українського народно-сценічного танцю / Василенко К.Ю. – 3-тє вид. – К.: Мистецтво, 1996. – 496 с.
5. Гімнастика: навч.-метод. посібник / уклад. І. С. Грошовик, І. Г. Терешко. – Умань : ФОП Жовтий О. О, 2015. – 149 с.
6. Гімнастична термінологія : навч. посіб. / Ю.М. Салямін, І.А. Терещенко, С.П. Прокопюк, Т.М. Левчук. – К.: Олімп. л-ра, 2010. – 144 с.
7. Зайцев Є.В. Основи народно-сценічного танцю / Зайцев Є.В. – Вінниця: Нова книга, 2009. – 413 с.
8. Лопухов А.В. Основы характерного танца / Лопухов А.В., Ширяев А.В, Бочарев А.И. – СПб; М.; Краснодар: Лань: Планета музики, 2010. – 343 с.
9. Худолій О.М. Основи методи викладання гімнастики: Навч. посібник. В 2-х частинах. – 3-є вид. випра. І доп.. – Харків: «ОВС», 2004.
10. **Forms and teaching methods**: practical classes, independent work.
11. **Methods and criteria for evaluation:**

Current control (90 %): oral interviews, home individual work.

Final control (10 % сredit) teating, test.

1. **Language of training**: Ukrainian.