

Complex coordination sports

(dance aerobics)

Working program of the discipline (Syllabus)

Details of the discipline

The level of higher education	<i>The First(Bachelor degree)</i>
Branch of knowledge	<i>All</i>
Specialty	<i>All</i>
Educational program	<i>All</i>
Discipline status	<i>Selective</i>
Form of studying	<i>Full – time (daily)</i>
Year of preparation, semester	<i>2 – nd year, autumn/ spring semester</i>
The scope of the discipline	<i>2 credits (60 hours) classroom classes: lectures - 0 hours, practical - 36 hours, self- studying -24 hours</i>
Semester control / control measures	<i>Credit, modular test, calendar control</i>
Lessons schedule	<i>2 hours per week</i>
Language of instruction	<i>Ukrainian</i>
Information about the course leader / teachers	<i>fv.fbmi.kpi.ua</i>
Course placement	<u>Educational department of dance aerobics</u> <u>https://do.ipk.kpi.ua/course/view.php?id=1905</u>

Curriculum of the discipline

1. Description of the discipline, its purpose, subject of study and learning outcomes

The main purpose of the discipline "Complex coordination sports (dance aerobics)" is the formation of students' ability to maintain a sufficient level of physical health, physical and mental capacity; to develop the basic vital professional-applied motor skills; to form motivation to engage in physical activity and sports as a component of a healthy lifestyle;

The discipline "Complex coordination sports (dance aerobics)" is interdisciplinary. It integrates, according to its subject, knowledge of medical-biological, psychological-pedagogical and other sciences, which contribute to the level of physical development, functional improvement of body systems, acquisition of basic vital motor skills, skills for further professional activity. As a result of studying the discipline "Complex coordination sports (dance aerobics)" students will be able to:

- 1) use the means of table tennis to improve physical and mental performance, development of physical qualities, recovery and health;
- 2) to exercise control and self-control over the functional state of the organism;
- 3) to ensure the preservation and strengthening of individual health in order to maintain an appropriate level of physical condition.

The content of the discipline

- Topic 1. Information support for dance aerobics classes.
- Topic 2. Methods of determining the individual physical condition. Analysis and assessment of the level of individual physical fitness.
- Topic 3. Improving physical fitness by means of dance aerobics
- Topic 4. Improving the technique of performing dance aerobics exercises.
- Topic 5. Monitoring and assessing the level own physical fitness.
- Topic 6. Improving physical qualities by means of dance aerobics
- Topic 7. Testing the level of the physical fitness

4. Educational materials and resources

Basic educational literature:

Educational manuals:

1. Tolmacheva S.E, Ivanyuta N. V Methodical recommendations on Pilates for students of I-II courses for independent classes of students of the department of educational aerobics. - Electronic version: www.library.kpi.ua, 2014 - 66 pp.

2. Physical Education. Aerobics [Electronic resource]: textbook / KPI. Igor Sikorsky; structure. S.E Tolmachova, N.V Kuzmenko, A. Yu. Chekhovskaya, I. Yu. Zakharova. - Electronic text data (1 file: 4.04 MB). - Kyiv: KPI named after Igor Sikorsky, 2019. - 151 p. - Name from the screen. URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/32204>

3. Methodical recommendations for performing a set of exercises on the Pilates system [Electronic resource] / NTUU "KPI"; structure. S.E. Tolmacheva, N.V . Ivanyuta. - Electronic text data (1 file: 17.1 MB). - Kyiv: NTUU "KPI", 2014. - 66 p. - Name from the screen. Description: The full text of the document is available only in the local network of the university URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/8148>

4. Methodical recommendations for students "Basic principles and methods of choreographic construction of aerobics lessons" [Electronic resource] / KPI. Igor Sikorsky; structure. S.E. Tolmachev. - Electronic text data (1 file: 159.02 KB). - Kyiv: KPI named after Igor Sikorsky, 2017. - 42 p. - Name from the screen. URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/19558>

5. Basic aerobics in the structure of health fitness [Electronic resource]: methodical recommendations for practical classes in the discipline "Physical Education" for students of all specialties / NTUU "KPI"; structure. NV Gradusova, N.V. Kuzmenko. - Electronic text data (1 file: 187 KB). - Kyiv: NTUU "KPI", 2011. - Title from the screen. Description: The full text of the document is available only in the local network of the university URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/1780>

6. Physical education [Electronic resource]: methodical recommendations for independent physical education classes for students of the educational department of aerobics of NTUU "KPI". Methodical recommendations for students engaged in aerobics / NTUU "KPI"; structure. N.V Ivanyuta, S.E. Tolmachova, N.V. Kuzmenko, N.V. Gradusova [etc.]. - Electronic text data (1 file: 32.4 KB). - Kyiv: NTUU "KPI", 2015. - 137 p. - Name from the screen. URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/15480>

Additional literature:

1. Physical education: Course of lectures on the discipline for students of all specialties / Uklad. Vykhlyayev Yu M., Davydenko V. Yu., Boyko H.L., Karpyuk I. Yu. - K. : NTUU "KPI", 2007, p. 6 - 13.

2. Physical Education. Athletic gymnastics for beginners (back muscles) [Electronic resource]: methodical recommendations for independent work of students / KPI. Igor Sikorsky; structure. OF Tverdokhlib, MG Masalkin, Yu. O. Martinov. - Electronic text data (1 file: 2.67 MB). - Kyiv: KPI named after Igor Sikorsky, 2017. - 43 p. - Name from the screen.

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/20607>

3. Physical Education. Athletic gymnastics for beginners (muscles of the upper extremities) [Electronic resource]: methodical recommendations for independent work of students / KPI. Igor Sikorsky; O.F. Tverdokhlib, A.I. Sobolenko, M.M. Koryukaev. - Electronic text data (1 file: 1.47 MB). - Kyiv: KPI named after Igor Sikorsky, 2017. - 36 p. - Name from the screen.

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/20606>

4. Physical education [Electronic resource]: methodical recommendations for independent physical education classes for students of the educational department of aerobics of NTUU "KPI". Methodical recommendations for students engaged in aerobics / NTUU "KPI"; structure. N.V. Ivanyuta, S.E. Tolmachova, N.V. Kuzmenko, N.V. Gradusova [etc.]. - Electronic text data (1 file: 32.4 KB). - Kyiv: NTUU "KPI", 2015. - 137 p. - Name from the screen.

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/15480>

5. Physical Education. Methodical recommendations for performing a set of exercises with fitball for students of the aerobics department of NTUU "KPI" [Electronic resource] / NTUU "KPI"; structure. N.V. Ivanyuta, S.E. Tolmacheva. - Electronic text data (1 file: 906 KB). - Kyiv: NTUU "KPI", 2015. - 42 p. - Name from the screen.

Description: The full text of the document is available only in the local network of the university

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/11742> {{ 1}} 6. Methodical recommendations for performing a set of exercises on the Pilates system [Electronic resource] / NTUU "KPI"; structure. S.E. Tolmacheva, N.V. Ivanyuta. - Electronic text data (1 file: 17.1 MB). - Kyiv: NTUU "KPI", 2014. - 66 p. - Name from the screen.

Description: The full text of the document is available only in the local network of the university

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/8148> {{ 1}} 7. Basic aerobics in the structure of health fitness [Electronic resource]: methodical recommendations for practical classes in the discipline "Physical Education" for students of all specialties / NTUU "KPI"; structure. N.V. Gradusova, N.V. Kuzmenko. - Electronic text data (1 file: 187 KB). - Kyiv: NTUU "KPI", 2011. - Name from the screen.

Description: The full text of the document is available only in the local network of the university

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Educational content

1. Methods of mastering the discipline (educational component)

Practical lesson № 1. Tasks: 1. To provide theoretical knowledge on the organization of the system of physical education in KPI. Igor Sikorsky.

2. Get acquainted with safety precautions and basic rules for performing practical tasks.

Tools: interactive materials.

Conducting an express survey.

Practical lesson № 2. Tasks: 1. Determine the individual level of the functional state of the cardiovascular system (CVS).

2. To acquaint with features of conducting "Diary of self-control of the student".

3. To get acquainted with the technique of performing basic aerobic steps, exercises on the spot, in movement with a list of prohibited elements. student ", basic steps of aerobics, forbidden elements.

Conducting an express survey

Practical lesson № 3. Tasks: 1. To teach the technique of performing the basic steps of aerobic complexes with a change of pace.

2. Get acquainted with the technique of hand work.

Tools: interactive materials, basic steps of the aerobic complex, basic hand movements and their terminology.

Conducting an express survey.

Practical lesson № 4. Tasks:

1. Improve hand technique in coordination with basic steps, exercises on the spot and in movement.

2. Promote the development of physical quality of endurance.

Tools: interactive materials, basic aerobic exercises for the hands, basic steps of the aerobic complex, jumping rope on time.

Conducting an express survey.

Practical lesson № 5. Tasks: 1. To improve the technique of aerobic complex in coordination with the work of the hands.

2. Promote the development of physical quality of dexterity with the help of relay races. Strangeflex relay, jumping and jumping rope exercises.

Conducting an express survey.

Practical lesson № 6. Tasks: 1. To determine the individual level of the functional state of the cardiovascular system (CVS).

2. Improve the technique of performing an aerobic set of exercises.

3. Contribute to the development of dexterity through relay races.

Means: interactive materials, tests to assess the individual level of functional state of the cardiovascular system (CVS), aerobic exercise of low and medium intensity, exercises that promote dexterity.

Conducting an express survey.

Practical lesson № 7. Tasks: 1. To acquaint with the technique of performing a set of exercises for the preparatory part of the lesson.

2. Promote the development of the physical quality of strength.

Means: interactive materials, aerobic exercises of medium intensity of the preparatory part of the practical lesson, exercises that promote the development of physical quality of strength (with weights, isotonic rings).

Conducting an express survey

Practical lesson № 8. Tasks: 1. To acquaint with the technique of performing a set of exercises for the main part of the lesson.

2. To promote the development of speed and strength qualities.

Means: interactive materials, aerobic exercises of the main part of the practical lesson, exercises that promote the development of speed and strength qualities (performing exercises with a load on time).

Conducting an express survey

Practical lesson № 9. Tasks: 1. Get acquainted with the technique of performing a set of exercises according to the system of J. Pilates.

2. Promote the development of the physical quality of flexibility.

Means: interactive materials, exercises of the complex according to the system of J. Pilates on gymnastic carpets, with gymnastic balls (fitball), near the choreographic machine.

Conducting an express survey.

Practical lesson № 10. Tasks: 1. To determine the individual level of the functional state of the cardiovascular system (CCC).

2. Teach the technique of performing gymnastic exercises according to the system of J. Pilates.

3. Promote the development of the physical quality of strength endurance. fitball), near the choreographic machine. Exercises that promote the development of strength endurance.

Conducting an express survey.

Practical lesson № 11. Tasks: 1. To teach the technique of performing a set of exercises of the main part of the lesson.

2. Promote the development of the physical quality of flexibility.

Means: interactive materials, aerobic exercises of the main part of the practical lesson, exercises that promote the development of flexibility.

Conducting an express survey.

Practical lesson № 12. Tasks: 1. To teach the technique of performing a set of exercises with a skipping rope.

2. Promote the development of physical quality of speed.

Tools: interactive materials, exercises with skipping ropes, exercises that promote the development of physical quality of speed. Jump rope for time, relay.

Conducting an express survey.

Practical lesson № 13. Tasks: 1. To acquaint with the technique of performing a set of exercises of the final part of the lesson.

2. Promote the development of physical quality of strength.

Means: interactive materials, aerobic exercises of the final part of the practical lesson, exercises that promote the development of physical quality of strength, exercises with a rubber expander, exercises with an isotonic ring -poll.

Practical lesson № 14. Tasks: 1. To determine the individual level of functional state of the cardiovascular system (CVS).

2. Get acquainted with the technique of performing exercises with a gymnastic stick.

3. Contribute to the development of physical quality of strength endurance.

Means: interactive materials, tests to assess the individual level of functional state of the cardiovascular system (CVS), exercises with a gymnastic stick, exercises that promote the development of physical quality of strength endurance. 1Conducting an express survey.

Practical lesson № 15. Tasks: 1. To acquaint with the technique of performing exercises with weights.

2. Promote the development of speed endurance.

Tools: interactive materials, exercises with dumbbells, isotonic rings, exercises that promote the development of speed endurance.

Conducting an express survey

Practical lesson № 16. Tasks: 1. To promote the manifestation of basic physical qualities.

Means: control standards - jumping up, shuttle run 4x9 m from a high start, torso tilt from a sitting position, flexion-extension of the arms in a supine position (girls) pull-ups on the crossbar (people);

Conducting an express survey

Practical lesson № 17

Performing a modular test

Practical lesson № 18.

Conducting a credit.

6. Independent work of the student

Preparation for practical classes, calculations based on primary data obtained during and after functional tests (at the beginning of each month), performance of modular control work (17-th week), keeping a diary of self-control.

Policy and control

7. Discipline policy (educational component)

Class attendance rules: students who are late for classes are not allowed; students are admitted to classes if they have sportswear and sports shoes, and a certificate of their medical group for health reasons.

Rules of conduct in the classroom: turn off the phones, comply with safety requirements. Rules for the protection of individual tasks: compliance with the principle of academic integrity

Rules for awarding incentive points: incentive points are awarded for participation in competitions, sports and recreation activities according to the plan of the department, faculty, university (5... + 7 points); participation in city, national or international competitions (5... + 7 points), positive dynamics of physical condition in the diary of self-control (5... + 7 points).

The amount of incentive points may not exceed 10 points.

policy of deadlines and rescheduling: classes that are missed without good reason, are completed in the allotted time at the end of the semester. Students have the possibility of two reshuffles in the presence of the commission.

- other requirements that do not contradict the legislation of Ukraine and regulations of the University: when taking the test students must follow safety rules.
- policy on academic integrity : policy, principles of academic integrity and norms of ethical behavior of students and employees of the University are defined in the code of honor of KPI named after Igor Sikorsky (see: [https // kpi.ua / code](https://kpi.ua/code)).

Types of control and rating system for evaluation of learning outcomes (RSO)

1. Performing test tasks in practical classes

In practical classes №1-16 test tasks are evaluated in 1 point.

The maximum number of points for test tasks - 16 points.

2. Modular test

Conducted on the 17th practical lesson in the form of a test containing 30 test tasks, each correct answer is evaluated in 1 point.

Maximum score - 30 points.

3 . Keeping a Diary of Self-Monitoring

Keeping a diary is kept monthly.

Maximum score is 4 points.

tests on physical fitness - 50 points.

Jump up from a place (cm);

Men	55	51	48	43	40	≤39
Women	45	42	38	35	30	≤29
Points	10	9	8	7	6	5

Shuttle run 4 x 9 m, (sec)

Men	9,0	9,4	9,8	10,3	10,8	11,0	>11,0
Women	10,4	10,7	11,2	11,6	12,0	12,3	>12,3
Points	10	9	8	7	6	5	0

Strength exercise: men - pull-ups on the crossbar; women - flexion-extension of the arms lying down (times);

Men	10	9	8	7	6	5	<5
Women.	20	15	12	10	8	7	<7
Points	10	9	8	7	6	5	0

Flexibility exercise (cm);

Men	13	11	9	7	5	3	<3
Women	16	14	12	10	8	6	<6
Points	10	9	8	7	6	5	0

According to a separate schedule during the semester: freestyle swimming without taking into account time (m);

Men.	100	75	50	25	<25
Women	100	75	50	25	<25
Points	10	8	6	4	0

Calendar control is carried out during the semester as a monitoring of the current state of compliance with the requirements of the syllabus. A student receives a positive result from the QC when his current rating score is at least 50% of the maximum possible at the time of the QC.

The final assessment of the student's mastery of the educational component is assessed by the result of his work for the semester with the transfer of his rating points to the university assessment scale (Table 1).

The final student's rating cannot exceed 100 points!

(Semester control - credit. Week 18), it is given the opportunity to perform an integrated test, and his previous rating is revoked

Table 1

Student Score University Score	Student rating points University grade
95 – 100	Excellent
85 – 94	Very Good
75 – 84	Good
65 – 74	Satisfactory
60 – 64	Sufficient
< 60	Unsatisfactory

9. Additional information on the discipline (educational component)

During the passage of educational material on the discipline provides for the use of modern technologies in the educational process. During the academic period, students are expected to use the means and methods of self-control over the state of health, their compliance with the requirements for the prevention of injuries and diseases, keeping diaries of self-control over the state of the body.

Practical tasks are given to students depending on the current state of functional readiness of their body and the degree of their mastery of the technique of performing sports and physical exercises.

The method of realization of tasks is regulated by safety rules and realization by students of independent control over a condition of the basic functional systems.

The practical classes solve problems to increase the level of development of physical and mental qualities, use analytical approaches to the choice of methods for developing the strength of individual muscles and their groups, as well as methods and means of active recreation and recovery.

During classes, in accordance with the requirements and forms of organization of table tennis lessons, educational equipment and sports facilities are used.

The program material for groups of initial physical training includes:

- physical training, the main purpose of which is to create a base for improving the level of skill with the help of general physical means of training
- technical training, the main purpose of which is to improve individual technique, expand the range of motor skills;

Working program of the discipline (syllabus):

Compiled by: Acting Head of the Department of Physical Education, Ph.D., Associate Professor, Boyko Hanna Leonidivna

Approved by the Department of Physical Education _____ (Minutes № 3 from 26. 11 2020 _____)

Approved by the Methodical Council of the University _____ (Minutes № 5 from 14.01.2021 _____)