

Для підвищення рівня фізичної підготовки правоохоронців доцільно створити необхідні умови для занять спортом, розробити персоналізовані програми тренувань і впровадити регулярний контроль за фізичним станом.

Рекомендації щодо покращення фізичної підготовленості: забезпечити спортивні зали сучасним обладнанням; виділяти час у графіку служби для фізичних вправ; запровадити систему заохочень, наприклад, грошові премії чи інші бонуси за досягнення у фізичній підготовці; здійснювати регулярні медичні огляди для своєчасного виявлення можливих проблем зі здоров'ям.

Інвестування у фізичну підготовку працівників поліції є цілком обґрунтованим, оскільки воно сприяє підвищенню ефективності правоохоронної діяльності, зниженню кількості травм на службі та зростанню авторитету професії поліцейського у суспільстві.

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CHOREOGRAPHIC TRAINING IN ARTISTIC GYMNASTICS

The research is aimed at studying the features of choreographic training of gymnasts in artistic gymnastics at different the stages of long-term sports training. It has been established that choreographic training is mandatory and one of the most important components of the system of long-term sports training of gymnasts. It ensures not only technical perfection in the execution of the elements, but also aesthetic expressiveness, artistry and emotional richness of programs. It was found that the features of choreographic training differ significantly depending on the stage of long-term sports training: from a playful and improvisational nature at the stage of initial training to highly artistic, individually developed compositions at the stage of maximum realization of individual capabilities. At the stage of preservation higher sports skills, it is aimed at maintaining the expressiveness and stability of movements; at the stage of gradual decline in achievements, it is aimed at preserving grace and plasticity and at the stage of leaving the sport of higher achievements, it is transformed into recreational and health-improving activities. At each stage of long-term sports training, the tasks, means, volume and intensity of choreographic work change. It has been established that choreographic training in artistic gymnastics must be clearly differentiated, stage-oriented and integrated into the overall system of sports training. Its systematic and competent implementation is a necessary condition for gymnasts to achieve high sports results. Keywords: athletes, sports training, choreographic training, gymnasts, artistic gymnastics, stage of long-term sports training.

Statement of the problem. Analysis of recent research and publications. Improvement sportsmanship depends on the optimal construction of the athlete training system and determining the place and significance of choreographic training. One of the most important factors in achieving high sports results is the constant improvement of exercise mastery technologies and choreographic training technology, which constitutes a subsystem that is progressively developing in the system of integrated training. Modern technologies of integrated training, means and methods of choreographic training, as a rule, are combined with other types of sports training (Todorova, 2017).

In the opinion to Sosina (2020), choreographic training is an integral part of the training process of athletes and it is based on classical exercises, which, together with other means of choreography, must meet the requirements of competition rules, development trends and the specifics of sports activities of each individual sport.

According to the data to Todorova (2017), choreographic training is an independent structural unit, as it requires the intervention of narrow specialists: accompanists, choreographers, choreographer-directors, choreographer-trainers and has specific principles, means and methods.

Choreographic training is an integral and one of the most important components of the system of long-term sports training in artistic gymnastics. It directly affects the quality of the elements performed, expressiveness, technique, level of development of coordination abilities and artistry of gymnasts.

In modern artistic gymnastics, where the level of competition is constantly increasing and the requirements for the complexity and aesthetics of programs are becoming increasingly higher, effective choreographic training is gaining strategic importance for achieving high sports results.

The purpose of the study: to study the features of choreographic training of gymnasts in artistic gymnastics at different stages of long-term of sports training.

Research methods: theoretical analysis and generalization of scientific and methodological literature.

Presentation of the main research material. The goal of choreographic training is to form a culture of movements, cultivate expressiveness and artistry of performance and create highly artistic sports and competitive compositions in athletes (Todorova, Sosina, & Pogorelova, 2018).

Todorova, & Pasichna (2016) defined the criteria for choreographic preparedness according to two components – technical and aesthetic. As the authors note, the technical component is evaluated according to the following criteria: posture, «inside-out» and «tautness» of the legs, stability, coordination of movements with the legs and arms, completeness, ease and fusion of movements; the criteria for the aesthetic component are musicality, danceability, illustrative and emotional expressiveness.

Todorova, Fidirko, Pasichna, & Podgorna (2019) believe that choreographic training is an important component of training athletes from beginner to high-class master. According to experts, the essence of choreographic training lies in the selection of appropriate means and methods of training athletes, the features of their application depending on the specifics of sports activities and differences in the methods of training athletes.

Todorova, Sosina, & Pogorelova (2018) emphasize that the integrality of choreographic training lies in its goal and objectives, the achievement of which ensures timely access to the target model of competitive activity.

In artistic gymnastics, the features of the choreographic training of gymnasts at different stages of long-term of sports training are:

1. The stage of initial preparation. At this stage choreographic training is of a playful and improvisational nature and is aimed at formation basic motor skills, musical ear, aesthetic perception and development of the coordination skills; elements of classical dance, simple dance games, rhythmic gymnastics and improvisation to music are used. The emphasis is on developing natural grace, plasticity of movements and the ability to «hear» music.

At the stage of initial training, the so-called «school of choreographic preparedness of athletes» is formed. The task of choreographic training should be to master the simplest elements of classical and folk stage dance and initial musical and movement training.

Informative indicators of the success of choreographic training at the stage of initial training in technical and aesthetic sports are the number of mastered choreography elements and the quality of their performance, which can be checked using control exercises, assessing the correctness of the placement of arms, legs and torso and exercises to control the level of musicality (Todorova, Sosina, & Pogorelova, 2018).

2. The stage of preliminary basic training. Unlike the stage of initial training, at this stage, choreographic training becomes more systematic, the foundations of classical choreography and specific gymnastic expressiveness are laid; basic elements of classical dance are studied; the first combinations of movements to music appear; musical and rhythmic memory develops; an understanding of the «gymnastic style» is formed – a combination of strength, lightness and elegance; elements of folk and modern dances are introduced for variety. The emphasis is on the elongation of the lines, the correct position of the hands, head and torso.

3. The stage of specialized basic training. At this stage choreographic training acquires a professional focus, becoming an important component of technical and artistic training; complex choreographies are studied; an individual style of expression and emotional presentation of movements are formed; specific gymnastic elements are introduced; mirrors and video recording are used for self-control. Great attention is paid to synchronizing movements with music, dynamics, tempo and emphasis.

4. The stage of preparation for higher achievements. At this stage choreographic training reaches maximum complexity and artistic expressiveness; individual compositions of free exercises and exercises on the beam are developed, taking into account the gymnast's strengths; elements of modern choreography, contemporary and jazz are used to create a unique style; work is carried out on facial expressions, gaze and hand and head positions; must be used video recording and working with a choreographer. Great attention is paid to originality, complexity of choreography, accuracy of positions and emotional delivery.

5. The stage of maximum realization of individual capabilities. At this stage choreographic training is aimed at maintaining a high level of expressiveness and improving individual style; work is being done on the «readability» of the composition for judges; new elements are being introduced to update the programs and maintaining motivation for classes of artistic gymnastics. The main emphasis is on the stability of the performance of complex choreographic elements, economy of energy and accuracy of positions.

6. The stage of preservation higher sportsmanship. At this stage the choreographic training of gymnasts is aimed at preserving the aesthetic appearance of the performances; slower ones are used, plastic elements, fewer jumps and turns. Great attention is paid to emotional delivery and artistry. The emphasis is on economical, expressive movements and using the athlete's strengths.

7. The stage of gradual decline in achievements. At this stage choreographic training is supportive; simpler but expressive combinations, more plasticity and positions are used; work is continuing on emotional delivery and musicality. The emphasis is on preservation posture, grace and the aesthetic appearance of movements.

8. The stage of leaving the sport of higher achievements. At this stage the athletes' choreographic training is transformed into recreational and health-improving activities; simple choreographic combinations to favorite music are used; classes are aimed at maintaining muscle tone, the level of flexibility development and a positive emotional state. The emphasis is on maintaining posture, grace and plasticity of movements.

In order to successfully master technical elements, perform individual connections and combinations and solve related tasks of sports training, choreographic training should be carried out in the following volume: classical ballet exercise near the support – 30-40 minutes daily (duration depends on the training period); choreographic «water» from the competitive combination and free exercises – up to 10 times daily. At the same time, the conditions and volume of training in technical and aesthetic sports require finding the optimal ratio of time allocated to increasing the level of choreographic preparedness (Todorova, 2017).

Todorova, Fidirko, Pasichna, & Podgorna (2019) emphasize that the integrated use of various choreographic means and sports elements will be effective only when choreographic training becomes clearly structured, corresponds to the specifics of the sport and takes into account the age, gender, level of physical development and fitness of the athlete.

Conclusions. Choreographic training is mandatory and one of the most important components of the system of long-term sports training of gymnasts. It ensures not only technical perfection in the execution of the elements, but also aesthetic expressiveness, artistry and emotional richness of programs.

The features of choreographic training differ significantly depending on the stage of long-term sports training: from a playful and improvisational nature at the stage of initial training to highly artistic, individually developed compositions at the stage of maximum realization of individual capabilities. At the stage of preservation higher sports skills, it is aimed at maintaining the expressiveness and stability of movements; at the stage of gradual decline in achievements, it is aimed at preserving grace and plasticity and at the stage of leaving the sport of higher achievements, it is transformed into recreational and health-improving activities.

At each stage of long-term of sports training, the tasks, means, volume and intensity of choreographic work change.

Choreographic training in artistic gymnastics must be clearly differentiated, stage-oriented and integrated into the overall system of athletic training. Its systematic and competent implementation is a necessary condition for gymnasts to achieve high sports results.

Prospects for further research: to study the influence of various means and methods of choreographic training (elements of acrobatics, rhythm, modern choreography, classical dance, etc.) on the technical skill, expressiveness of performing exercises and artistry of gymnasts.

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