

**IMPROVE POSTURE CORRECT STEPS IN DANCE
CHOREOGRAPHY BY USE OF SCHOOLGIRLS IN PALATUL
COPILOR**

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Abstract: This paper aims, through development and implementation of a training program to obtain choreographic perfection correct posture and dancing steps of schoolgirls in the Palatul Copiilor. Improve posture correct execution of dance elements contribute significantly to county dance competitions held during the school year. For our study we used the following research methods : analysis of relevant literature; pedagogic observation ; test method ; teaching experiment ; the comparative method; mathematical and statistical methods of processing and interpretation of data .The experiment was conducted with a group of eight students 10-11 years at the Palatul Copiilor in Suceava. Initial testing and final evaluation of correct posture and aesthetic schoolgirls were performed at the contest organized by the School Inspectorate Suceava county May 2014 May 2015 respectively. Schoolgirls testing was done by checking full execution of the two schoolgirls dancing contest, check which was appreciated by the jury of the contest , correct posture dance steps of the dances prepared for the competition .In the period May 2014 - May 2015 schoolgirls from Palatul Copiilor Suceava and have worked preparatory artistic training under a special program of artistic training , which included a number of means (exercises with support from bar wall drills choreographed to carpet center , dance steps) , planned judiciously in every stage of preparation.

The training program was held permanent choreography with musical accompaniment music is a methodical process and having through their specific role in forming a correct posture and expressive movements.

Introduction

According to the authors (Stroescu 1962 Dungaciu 1982 Vieru 1997) dance is an aesthetic sport. Elements and movements must be performed

very precisely, clearly and beautifully, easily, elegance, safety and expressiveness, with correct posture and aesthetics. They have two components, a mechanical component responsible for rational balance of forces in time and space and an aesthetic component reflected by plasticity, expressiveness and harmony of movement.

In dance as in ballet performers must constantly prove the art of combining their technical exercises with the beauty of execution. Both claim requirements harmonious development of body, a right held, controlled, great precision in execution, safety and expressive movements from the simplest to the most complex. Attire ballet dancers and clarity of technique, mastery and expressiveness of their movements are superior, often perfect. Anyone can learn to draw, to sing, to shape, to dance, but few are those who arrive at the true craftsmanship. So in dancing, anyone can learn certain exercises, but not everyone is gifted with the ability to execute them naturally, not only correct, but also beautiful. "

The artistic form of execution of movements is the first goal to be pursued in preparing choreography of the dancers. Through artistic execution we understand all aspects: artistic poise, harmony in motion, maximum amplitude, rhythm and musicality, expressiveness [Jipa 1972 Levieux 1985].

Execution of any element requires a permanent control over the outfit. It is not enough to be learned item, it must be executed beautifully and expressively, only then can therefore talk about craftsmanship. Only this can create a style of dance class. (Dungaciu 1967 : 12).

By the same author (p.61), by creating choreographic training schoolgirls kept gaining in expressiveness and grace. The character of each movement is expressed more femininity; its enforcement body not only participate fully, but every segment, from rung to the hands and legs from the first to the last vertebra of the spine. Only then get thorough finishing each part of the body, competitors being able to display great wealth and diversity of body movements with the same segment; dancers give character movements, plastics and most appropriate expression.

Correct posture and execution aesthetic executions are basic requirements of every movement of the dancers dance. Lack of proper attire is penalized 0.10 - 0.30 to 0.50 points each movement separately, depending on the extent of error; thereby kept inadequate body in the execution of schoolgirls, as well as errors of execution of dance steps (jumps, pirouettes, artistic movements) in the two dances accumulate a considerable number of points, which lowers the grade band dance. From

his first dance lessons will be given to the formation of a properly kept, aesthetic and skills to execute dance steps in a form as beautiful and expressive. Proper attire for training exercises are indicated in classical dance and rhythmic gymnastics, which educates their content in particular aesthetic and artistic execution (Dungaciu 1982 : 41) .

Judicious use of exercises with bar wall support makes an important contribution to the orientation of body segments and moving, according to certain plans and directions; largely develops large muscle groups strength, joint mobility, sense of balance, correct posture and form an expressive, develops the overall expressiveness of movement (Baiasu et al . 1972 : 299) .Some authors (Dungaciu 1982 Ukran et al . 1965) considers that besides the means used to achieve choreographic training , every workout must contain various combinations of dance steps . This is achieved by judicious selection of the system exercise methods and they are made and the stream group .

Musical accompaniment, due to its characteristics (rhythm , tempo , character etc.) plays an important role in the execution of movements easily and increase their expressiveness .

Specific requirements regarding the manner of scoring, appreciation and outs of schoolgirls executions are set periodically by a jury of specialists . The code provides clear requirements and scoring on correct posture and expressive execution contestants .

Material and methods

This paper aims, through development and implementation of a training program to obtain choreographic correct posture increase the quality of the two schoolgirls dancing contest. Improve posture correct execution of dance steps contribute significantly to raising the grade of the competition dances .

For our study we used the following research methods: analysis of relevant literature; pedagogic observation; test method; teaching experiment; the comparative method; mathematical and statistical methods of processing and interpretation of data .

The experiment was conducted with a group of eight students 10-11 years at the Palatul Copiilor Suceava. Initial testing on the assessment of correct posture and aesthetic gymnasts were made to the County Dance contest in May 2014 and the final testing County Dance contest in May 2015 .

Testing was performed schoolgirls dance steps by checking the two dancing contest, check which was appreciated by the jury , properly kept

all the dance steps from dances of schoolgirls . Thus obtained were collected penalties from the mistakes of proper attire , their score is low in grade 10 .

Penalties for incorrect kept running :

- ♣ Knee bend - 0.10 to 0.30 - 0.50 / dance steps. Jumping on the jumping phases : flight
- ♣ tips folded - 0.10 / steps dance / jump .
- ♣ Held incorrect body - 0,10- 0,30 / steps dance / jump

In the period May 2014 - May 2015 schoolgirls have worked preparatory artistic training under a special program of training. The training program included a series of artistic means aimed at improving the level of correct posture and expression of schoolgirls . These provisions are: exercises with support from wall bar (exercises of classical ballet) ; choreographic exercises at the center of the carpet ; dance steps . For each category of funds were set driving actions that contribute to the improvement of female students correct posture (proper attire to the upper body , lower- level , correct posture in executing dance steps) .

The exercises with the bar wall support were adapted to the particularities of age schoolgirls . Thus was formed a program of eight combination exercises with support from bar wall , medium difficulty , including plie , reveal , battment Tendu, Indre , developpe , round the legs , grand battment , Adaggio , Cambre , some being executed simultaneously movements in the arms and the other arm supported in certain positions.

Exercises choreography performed at the center of the carpet included shares driving the arms (Up, down , downs , bending , stretching , balancing the planes , made symmetric, asymmetric , successively or alternately) and actions driving the trunk or rocking, waves bending , bending , twisting , wheelwrights .

Combinations of steps away were the execution of the dance floor , comprising combinations of artistic movements . These combinations were made using : Chase away by foot is elevated to passe , drive developpe , walking with grand battment , return to passe 180 -degree pirouette passe , jump Sisson , passages from positions lower in high positions , artistic pictures .

The means used in the training program were planned judiciously choreographic training female students in each group means being used at each stage of preparation with a different weight . Choreographic exercise program with support from wall bar was run twice on each side

in the preparatory period and once during pre-competitive . In its realization they were permanently corrected positions of classical ballet legs , posture legs, trunk and arms .

Choreographic exercises were conducted at the center of eight times each during competitive , and four times in the pre-competitive , and combinations of dance steps were performed only preparatory period of four times each.

The training program was held permanent choreography with musical accompaniment , respecting the peculiarities of rhythm and tempo music is a methodical process with an important role in the formation of correct posture and expressive movements .

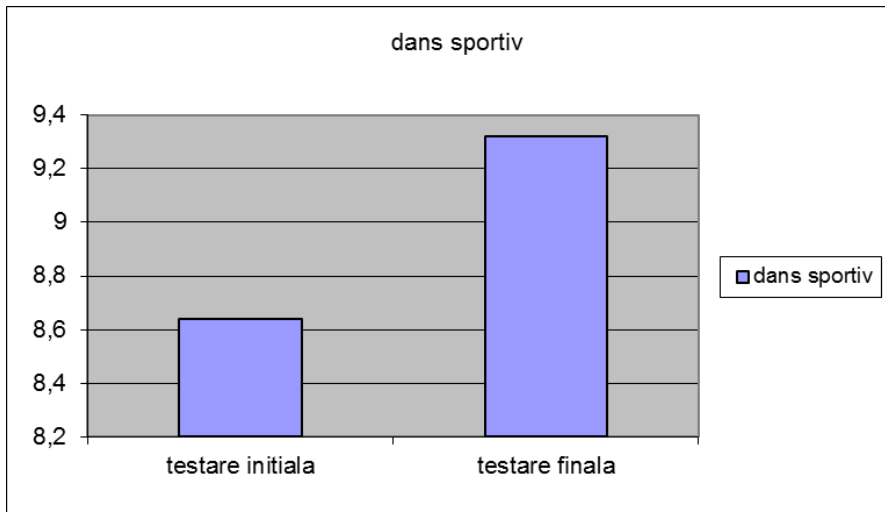
Results and discussion

Analysis of the results obtained to verify the correct posture executions

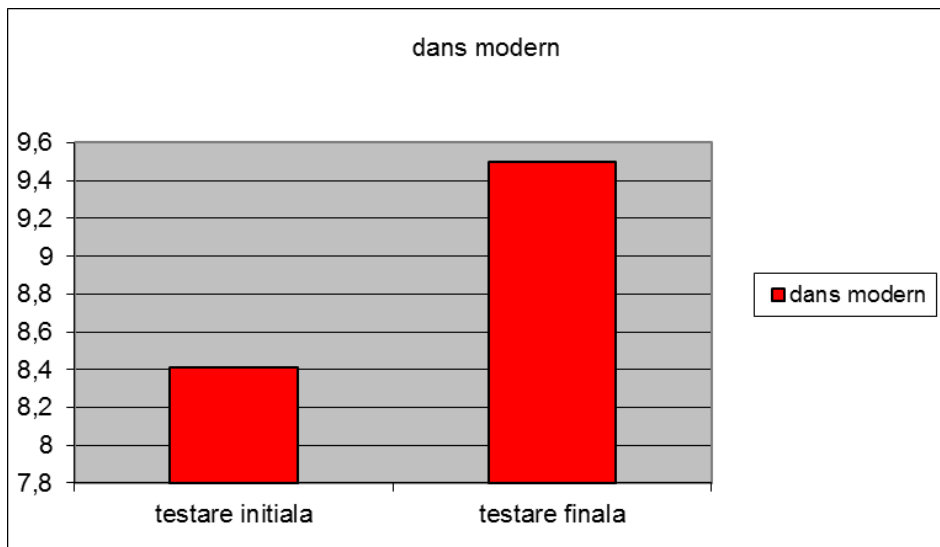
Nr. Crt.	Test	Group experiment (arithmetic average)	
		Initial test	Final test
1	Dance Sport	8,64	9,32
2	Modern Dance	8,41	9,20

Analyzing the results obtained from initial tests at the end we find the following:

Sportive dance. Comparative analysis of the results from this dance show considerable progress over the implementation of schoolgirls. Thus, the testing of the final, students have accumulated fewer penalties for correct posture , respectively, only 0.10 points for each standing apart and only two pupils, just 0.10 points knee bend, in two of the three phases in which penalizes this. Also schoolgirls have accumulated fewer penalties for body posture and bent tips. Thus, initial testing showed a group of students average rating of 8.64, and at the final test group showed an arithmetic mean of 9.32.



Modern dance. Analysing the arithmetic mean in this dance group note that initial testing shows an average value of 8.41 and the final testing shows an average value of 9.20 , the progress being 0.79 points. At the final testing schoolgirls executed elements of the dance with good control of posture , receiving lower penalties (0.10 points) for legs apart and knees bent elements executed (to 0.30-0.50 points) . One of eight students was penalized only three elements of the dance , receiving 9.50 mark for correct posture . How many other students lost 0.10 points to spikes bent and body posture only a few dance steps .



Conclusions

Execution of dance steps in the dance contest held blooper body is penalized at every dance and every item, which lowers the note, thus lowering the value of the final grade . Therefore the concern to improve the correct posture should be considered from the outset of the dance. Proper attire appearance is visible at the two dances competitively high levels of it which leads to a better control of movements and elements. Preparing choreography (exercises with support from bar wall, choreographic exercises performed at the center of the carpet, dance steps) constitute the primary means contributing to improving posture correct and expressive schoolgirls .

The exercises with the bar wall support improves posture correct lower- level, but also contribute to the formation of correct posture and upper body aesthetic level. Compliance standing position of classical ballet, necessary for the execution of the financial year shall contribute to the movement with proper attire legs and hence the formation of correct posture of the lower limbs. Exercises performed artistic center that educates carpet are the main means and improves the proper attire on the torso and arms. Combinations of steps contribute to correct posture and expressive under equilibrium conditions. So, with correct posture improvement in the implementation of elements of dance is performed maintaining a rational balance pupil. All these means must be used judiciously in dance classes simultaneously with the physical and technical preparation, with adequate planning preparation stage . Musical accompaniment presence is mandatory , it is one that requires rhythm, tempo and kept some of the body during the execution of movements . Music also creates that feeling of elation for artistic work. Preparation should not be neglected in the choreographic dance classes since no responsible use of its resources , can not be achieved very good results in competitions.

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