Barkova Vladislava, correspondence course management, 1 course

Essay "**Innovative Approach to BALLET EDUCATION: building on HUMAN PHYSIOLOGY"**

The aim of my work is to investigate opportunities, provided by the science, to improve the educational process in ballet and choreographic schools by integrating scientific discoveries into the methods of preparation of a future ballet dancer.

The history and theory of classical ballet pedagogy is depicted in a large number of documents, literature and other sources, supplemented by publications of new historical and archival research. However, when studying this discipline ballet students of dance and Choreographic Schools often have a desire to change the further development of classical choreography. The time for innovation has come.

Boris Eifman spoke about the need for a dancer of a new formation, about the creation of a "universal artist": "For us, the school of classical dance is an indisputable basis <...>, but a tradition unable to effectively respond to the challenges of the time is unproductive. Therefore, today, more than ever before, the issue of innovations in ballet education is urgent".

The future of classical dance is impossible without the emergence of teaching methods that take into account the combination of traditions with the widest modern repertoire of academic theaters, requiring a high level of performing technique and elements of acrobatics.

The introduction of innovations in ballet education can help preserve the overall aesthetics of the Russian Ballet School on the one hand, as well as produce high-quality dancers with the technical skills required today.

Classical dance by its origin as a is defined as a mixed system, consisting of two parts: natural (human physiology) and artificial (choreography). The scientific development of classical dance takes into accounts these two components.

The study of the human musculoskeletal system, its functions and capabilities is the basis of many sciences. Now it is being applied in the ballet education.

Meanwhile, physiology, as a science, continues to develop. It has already led to the emergence of new directions, such as posturology (a branch of medicine that studies the balance of the human body in space), as well as active progress in myology (the study of muscles, a scientific discipline, studying the structure, development, properties and functions of muscles in health and disease), kinesiology (the science of human movement, scientific and practical discipline that studies muscle movement in all its manifestations), etc.

By combining choreography with the up-to-date knowledge of physiology, we can get a complete "science of dance" that will help maintain its classical forms as well as assimilate allprogressive changes in the classical ballet.

Thus, the concept of a new, modernized ballet educationcombines the well – established Vaganova method with the improved technical skills of the ballet dancers and their mastery of elements of acrobatics and gymnastics.