



Akademia
Humanistyczno
Ekonomiczna
w Łodzi



Erasmus+

**ERASMUS + INCOMING STUDENTS
ACADEMIC OFFER - DANCE FACULTY – B.A.
DANCE FACULTY
SPRING SEMESTER 2023/2024**

**DANCE
BACHELOR**

1st year, 2nd semester

ZDW: DANCE THEORY / PRINCIPLES OF MUSIC – LECTURE

1 ECTS

Objectives of the subjects

The aim of subject is to familiarize students with selected terms and concepts in choreology. During classes students will gain knowledge about basic issues in the history of dance.

The learning achievements

- **in terms of knowledge**

- Knows and understands selected developmental lines in the history of dance.
- Knows the terms and concepts of choreology.

- **in terms of abilities**

- Can apply knowledge of dance history and choreology
- Can name and describe the role of dance and choreography.

- **in terms of social competence**

- Is ready to be a lifelong learner
- Is ready to fulfill the social role of a graduate majoring in dance

Program content

- The origins of dance
- Dance in primitive societies and in Antiquity

- Specifics of dance in different regions of the world
- Development of modern forms of dance (classical dance, ethnic dance, social, jazz, modern, stage, dance theater)
- The concept of dance composition
- Choreographic drawing
- Choreology
- Kinetography
- Analysis of selected works

Educational methods

(To choose: lecture, conversational lecture, classical problem method, didactic discussion, individual case analysis, project method, workshop method, seminar, brainstorming, drama techniques, problem solving, situation simulation, group work, individual work):

Full-time studies / part-time studies:

- lecture
- didactic discussion

Individual student work

(elective: Familiarization with the subject literature and/or additional materials; preparation of credit work; preparation, implementation and evaluation of projects; Preparation for credit and/or examination; Other forms of own work in the course, which?):

- familiarization with the subject literature
- preparation for the credit and exam

KNOWLEDGE OF DANCE AND BALLET – LECTURE

2 ECTS

Objectives of the subjects

The aim of class is to familiarize students with selected historical periods in the development of dance and ballet from the 18th century to the present. Additionally students will be acquainted with the characteristics of dance art of the 19th, 20th, 21st centuries. Students will gain knowledge about with the most outstanding artists of Polish and world ballet and their works

The learning achievements

- **in terms of knowledge**

- Knows and understands the role of dance and choreography in shows scenic
- Knows and classifies selected periods from the history of dance and ballet and recognizes the most important dancers, choreographers, and reformers from the 18th century to the the present day.

-Is familiar with selected ballet works from both the classical and contemporary

- **in terms of abilities**

-Can name and describe the role of dance and choreography in stage performances

-Is able to apply knowledge of the history of dance and ballet

-Analyzes selected works from the repertoires of theaters ballet and dance theaters

- **in terms of social competence**

- Appreciates and respects the achievements of well-known artists and creators of dance

-The student is ready for lifelong learning

Program content

- European dance in the 18th century
- Jean Georges Noverre and his reform
- Creators of ballets of the Romantic era, outstanding European dancers of the Romantic era
- Analysis of the ballet "Giselle"
- Ballets to the music of Peter Tchaikovsky
- Analysis of the ballets Lake Swans, The Nutcracker, The Sleeping Beauty
- European ballet theater at the turn of the 19th-20th century
- Sergei Diaghilev's Russian Ballets, Swedish Ballets
- Precursors of modern dance of the beginning of the first half of the 20th century
- Discuss the activities of the most important choreographers of the second half of the 20th and 21st centuries
- Analysis of selected choreographies of artists of the second half of the 20th and 21st centuries
- Ballet libretto

Educational methods

(To choose: lecture, conversational lecture, classical problem method, didactic discussion, individual case analysis, project method, workshop method, seminar, brainstorming, drama techniques, problem solving, situation simulation, group work, individual work):

Full-time studies / part-time studies:

- lecture

- didactic discussion

Individual student work

(elective: Familiarization with the subject literature and/or additional materials; preparation of credit work; preparation, implementation and evaluation of projects; Preparation for credit and/or examination; Other forms of own work in the course, which?):

- familiarization with the subject literature

- preparation for the credit and exam

Objectives of the subjects

During workshops students will learn how to create movement compositions. They will develop the ability to create their own dance compositions: solo, duet, trio, ensemble. Students will learn creative use of various dance techniques, develop the ability to work creatively both individually and in a group. Classes will show them how to use imagination as a way to realize a dance composition.

The learning achievements

- **in terms of knowledge**

- He knows and understands the rules for the implementation of artistic works related to the field of study
- Knows, identifies stage means and principles used in dance composition
- Knows the steps, poses, dance figures belonging to selected dance styles

- **in terms of abilities**

- Can creatively execute dance arrangements (solo, duet, trio, ensemble) and has the skills to express them
- Can use kinesthetic skills in choreographic tasks based on facts of movement
- Uses imagination, intuition and expression for the realization of arrangements of dance

- **in terms of social competence**

- Is ready to make independent choices
- He is ready to use effectively: imagination, intuition, emotions, creative thinking abilities, adapt to new and changing circumstances based on the assumptions of composition dance

Program content

- Creating short movement phrases with an eye to particular movement qualities and composition elements
- Creating a dance composition (solo, duet, trio, ensemble)
- Preparation of a movement composition based on space, time and movement actions
- Creating dance arrangements in any dance techniques
- Dance styles and forms
- Using improvisation as one of the creative methods

Educational methods

(To choose: lecture, conversational lecture, classical problem method, didactic discussion, individual case analysis, project method, workshop method, seminar, brainstorming, drama techniques, problem solving, situation simulation, group work, individual work):

Full-time studies / part-time studies:

- workshop method
- project

Individual student work

(elective: Familiarization with the subject literature and/or additional materials; preparation of credit work; preparation, implementation and evaluation of projects; Preparation for credit and/or examination; Other forms of own work in the course, which?):

- familiarization with the subject literature and additional materials
- preparation of credit works

REHABILITATION AFTER MUSCULOSKELETAL INJURIES-LECTURE 2ECTS**Objectives of the subjects**

The aim of the subject is to familiarize the student with the knowledge of pathophysiology and pathobiomechanics of connective tissue. To prepare the student for the practical application of knowledge and skills in the functional assessment of the musculoskeletal organ. To prepare the student to use knowledge to eliminate the risks of abnormal motor control. To make the student aware of the need to cooperate with other specialists in human movement analysis. To familiarize the student with techniques and tools for taking corrective measures, prophylactic and preventive measures in relation to the safe development of the professional dancer.

The learning achievements

- **in terms of knowledge**

- Uses knowledge of tissue pathophysiology and pathobiomechanics
- Is familiar with selected global and segmental functional tests allowing to determine the level of adaptation of the musculoskeletal organ
- Knows the causes of abnormal movement patterns

- **in terms of abilities**

- Is able to recognize the symptoms indicative of damage to the of a given tissue structure
- Is able to identify the functional deficits present and implement appropriate corrective tasks

- **in terms of social competence**

- Systematically enriches professional knowledge and develops movement skills, striving for professionalism dance activities
- Is able to define the scope of his/her own professional competence and shows responsibility for own work and in the team

Program content

- Motor control, movement pattern
- The concept of dysfunction, compensation, factors that disrupt motor function
- The hip joint in functional terms
- Assessment of central stabilization and hip joint
- Trendelenburg sign, Codmann effect
- Global functional assessment
- Determination of the level of adaptation of the musculoskeletal system to functional requirements
- Safe stretching techniques
- The role of warm-ups in the injury prevention
- Fatigue and muscle damage
- The dangers of overtraining and undertraining

Educational methods

(To choose: lecture, conversational lecture, classical problem method, didactic discussion, individual case analysis, project method, workshop method, seminar, brainstorming, drama techniques, problem solving, situation simulation, group work, individual work):

Full-time studies / part-time studies:

- lecture
- individual case study

Individual student work

(elective: Familiarization with the subject literature and/or additional materials; preparation of credit work; preparation, implementation and evaluation of projects; Preparation for credit and/or examination; Other forms of own work in the course, which?):

- familiarization with the subject literature and additional materials
- preparation of credit works

CONTEMPORARY CULTURE - SELECTED ISSUES – LECTURE	1 ECTS
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Objectives of the subjects

During this lecture students will gain knowledge and understanding of basic concepts related to the functioning of culture in modern society, basic categories of culture such as: time, space, myth, own-foreigner. Classes are to inspire students' interest in the analysis of selected processes in contemporary culture, enable training practical skills to perform activities related to the ability to follow and interpret selected cultural processes in their proper context.

The learning achievements

- **in terms of knowledge**

- Has a general knowledge of the humanities related to the field of study
- He knows the fundamental dilemmas of modern civilization
- Has knowledge of the marketing aspects of the profession of dancer-choreographer and dance educator

- **in terms of abilities**

- He/she is able to interact with others in the teamwork (also of an interdisciplinary nature)
- Is able to prepare written works and oral speeches, on specific issues related to course of study and specialization, using basic theoretical approaches, as well as interpret them

- **in terms of social competence**

- Is ready for lifelong learning and is able to organize and inspire the learning process of others people
- Is able to effectively use his/her intuition and imagination
- He is ready to undertake reflection on social, scientific and ethical aspects related to one's own work

Program content

- Cultural canon
- Closed and open type canon
- Time and space versus culture
- Circular and linear experience of time
- Space in traditional and modern cultures
- Media and popular culture
- Homo ludens in audiovisual space
- Archaic myth and modern myth
- Globalization and multiculturalism
- Cultural relativism, eurocentrism, anthropocentrism, the problem of one's own-foreigner
- Consumption and consumerism in modern society
- Visual culture - iconosphere vs. sociosphere
- Memory as a cultural category

Educational methods

(To choose: lecture, conversational lecture, classical problem method, didactic discussion, individual case analysis, project method, workshop method, seminar, brainstorming, drama techniques, problem solving, situation simulation, group work, individual work):

Full-time studies / part-time studies:

- lecture
- classic problem method
- brainstorming

- didactic discussion
- individual case analysis

Individual student work

(elective: Familiarization with the subject literature and/or additional materials; preparation of credit work; preparation, implementation and evaluation of projects; Preparation for credit and/or examination; Other forms of own work in the course, which?):

- familiarization with the subject literature and additional materials
- preparation of credit works
- preparation for the exam

SUPPLEMENTARY TECHNIQUES-ACROBATICS-WORKSHOP

1 ECTS

Objectives of the subjects

Acquisition of knowledge and skills in the field of acrobatic and gymnastic techniques to support the workshop of a professional dancer, including: side and front flips, forward and backward transitions, mach flips, standing on the hands, forward and backward flips, roundabout, gymnastic combinations and arrangements, belays, etc. Getting to know and learning gymnastic elements that support the development of a person's strength, physical fitness and human coordination in terms of their usefulness in dance, the course of motor development, self-assessment and self-control.

The learning achievements

- **in terms of knowledge**

- The student knows the types of gymnastic silhouettes and the principles of static stretching, dynamic stretching and warm-up techniques
- Knows the methods of perfecting the various elements of acrobatic and belaying
- Knows techniques for strengthening the human figure

- **in terms of abilities**

- Is able to perform correctly exercises to improve individual acrobatic elements in terms of their usefulness in dance
- Has good habits regarding technique and posture, enabling one to operate the body in the most efficient and safe

- **in terms of social competence**

- Rozumie potrzebę doskonalenia się przez całe życie

Program content

- Gymnastic silhouettes, principles and types of stretching techniques and warm-ups - selected examples of methods of developing individual characteristics of the general human development in terms of usefulness in dance

- Acrobatic and gymnastic techniques - strengthening exercises, stretching and improving the posture required to perform improving acrobatic elements
- Acrobatics - learning selected acrobatic elements such as: mach flips, forward and backward transitions, forward and side flips, etc.
- Belaying techniques - the ability and awareness to assist in the performing acrobatic and gymnastic elements.
- Increase awareness of guarding against injury
- Knowledge of one's own body, level of fitness and correct performance of exercises

Educational methods

(To choose: lecture, conversational lecture, classical problem method, didactic discussion, individual case analysis, project method, workshop method, seminar, brainstorming, drama techniques, problem solving, situation simulation, group work, individual work):

Full-time studies / part-time studies:

-workshop method

Individual student work

(elective: Familiarization with the subject literature and/or additional materials; preparation of credit work; preparation, implementation and evaluation of projects; Preparation for credit and/or examination; Other forms of own work in the course, which?):

- preparation for the credit

- individual work within the scope of the course

PROTECTION OF INTELLECTUAL PROPERTY-LECTURE

1 ECTS

Objectives of the subjects

The objective of the subject is to acquire knowledge about intellectual property and its protection in Poland and abroad.

The learning achievements

- **in terms of knowledge**

-Knows and understands the concepts of intellectual property, including. including copyright law

Knows the relationship between intellectual property protection and fair competition, innovation and economic growth. economic growth.

Knows the principles of intellectual property protection

- **in terms of abilities**

-Can correctly define a work and other objects of intellectual property in legal and economic

-Can evaluate which works are not protected by copyright and justify why not
-Can select information, statistical data for the analysis of the impact on the economy of the area of intellectual property rights

- **in terms of social competence**

-He is aware of his social and economic knowledge
-Proceeds in a professional manner with respect for intellectual property.
-Is able to create scientific texts and simple information without violating copyright law

Program content

- Development of the protection of non-material property in historical perspective
- International and domestic aspects of intellectual property protection
- The origin and place of modern copyright and related rights
- The relationship of intellectual property protection to competition policy, combating unemployment, innovation and economic growth
- Subject and subjects of copyright law, basic definitions
- Personal rights of creators to protected works
- The concept and basic catalog of property rights and fields of exploitation of the work
- Selected issues of licensing
- Forms of infringement of author's personal and property rights - the concept of plagiarism, piracy, database
- The role of collective management organizations
- Copyright

Educational methods

(To choose: lecture, conversational lecture, classical problem method, didactic discussion, individual case analysis, project method, workshop method, seminar, brainstorming, drama techniques, problem solving, situation simulation, group work, individual work):

Full-time studies / part-time studies:

- conversation lecture
- case study

Individual student work

(elective: Familiarization with the subject literature and/or additional materials; preparation of credit work; preparation, implementation and evaluation of projects; Preparation for credit and/or examination; Other forms of own work in the course, which?):

- own work with the subject literature,
- preparation for the credit (colloquium).

CREATIVITY IN PRACTICE I- LECTURE

1 ECTS

Objectives of the subjects

The aim of the subjects is to familiarize students with the concepts of creativity. To equip students with knowledge of the language of deliberate creativity. To familiarize students with the subjective concept of man. To develop fluency, flexibility and originality of thinking. To develop the ability to perceive and give new meanings and meanings to reality. To prepare students for creative problem solving

The learning achievements

- **in terms of knowledge**

- Lists the differences between the heteronomistic and reductionist and subjectivist view of man
- Distinguishes between creative and standard behaviors
- Explains the concepts of human creative development
- Defines creative, intentionally creative and standard
- Describes the evolution of the meaning and scope of applicability of the concept of creativity
- Describes how to solve problems according to the method of techne

Program content

- History of the concept of creativity
- Understanding the concept of creativity - different concepts of creativity
- Techne method and scientism
- Subjective vision of man
- Conscious development of subjective dispositions

Educational methods

(To choose: lecture, conversational lecture, classical problem method, didactic discussion, individual case analysis, project method, workshop method, seminar, brainstorming, drama techniques, problem solving, situation simulation, group work, individual work):

Full-time studies / part-time studies:

- lecture
- didactic discussion

Individual student work

(elective: Familiarization with the subject literature and/or additional materials; preparation of credit work; preparation, implementation and evaluation of projects; Preparation for credit and/or examination; Other forms of own work in the course, which?):

- familiarization with the subject literature
- preparation for assessment

Objectives of the subjects

The aim of the course is to developing imagination. Developing fluency, flexibility and originality of thinking. Developing the ability to perceive and give new meaning and significance to reality. Preparing students for creative problem solving.

The learning achievements

- **in terms of knowledge**

- Distinguishes between creative and standard behavior Identifies what fluency, flexibility, originality are of thinking
- Explains selected methods of creative solution problems

- **in terms of abilities**

- Modifies his perception of reality
- Combines different ideas, concepts and ideas
- Argues his attitude and views
- Demonstrates a willingness to break patterns in thinking and action

- **in terms of social competence**

- Takes care of own autonomy in thinking and acting
- Organizes own activities in an innovative way
- Demonstrates flexibility in thinking and acting

Program content

- Thinking by analogy, metaphor, abstracting
- Selected methods of creative problem solving
- Conscious development of creative dispositions
- Features of creative thinking - fluency, flexibility, originality
- The specifics of the creative act, deliberately creative

Educational methods

(To choose: lecture, conversational lecture, classical problem method, didactic discussion, individual case analysis, project method, workshop method, seminar, brainstorming, drama techniques, problem solving, situation simulation, group work, individual work):

Full-time studies / part-time studies:

- didactic discussion
- brainstorming
- workshop method
- problem-solving tasks
- group/individual work

Individual student work

(elective: Familiarization with the subject literature and/or additional materials; preparation of credit work; preparation, implementation and evaluation of projects; Preparation for credit and/or examination; Other forms of own work in the course, which?):

- familiarization with the subject literature
 - preparation for the credit
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CHOREOGRAPHIC PROJECT – WORKSHOPS
Specialization subject - Dancer-choreographer

3 ECTS

Objectives of the subjects

The aim of workshops is to develop the ability to create students' own movement phrases, teach them how to compose choreography and derive variations from it. Students will also learn about tools for creating forms such as: duets, trios, quartets and develop the ability to work in a group.

The learning achievements

- **in terms of knowledge**

- He knows and understands the rules for the implementation of artistic works related to the field of study
- Knows the principles concerning the selection of means of expression and use them in various dance techniques for the purposes of realization of choreographic miniatures
- Knows and understands the role of dance and choreography
- Knows dance genres and styles and the traditions associated with them performance, as well as the elements of a musical work

- **in terms of abilities**

- Is able to carry out original choreographic projects
- Using imagination, intuition and emotionality, as well as the skills acquired during the course of study
- Is able to interact with others in the framework of teamwork and perform in public
- Is able to apply knowledge to choreographic activities of dance, music and related fields of arts

- **in terms of social competence**

- He is ready to independently undertake independent, consistent with the studied specialty choices by demonstrating the ability to collect, analyze, interpret information, develop ideas and formulate critical argumentation
- He understands, respects the copyrights of other creators

Program content

-
- Creating choreography inspired by paintings and photographs
 - Building a variation based on a common choreography
 - Creative tasks leading to the creation of a solo, duet, trio, quartet
 - Creating a dance arrangement inspired by a pre-assigned

Educational methods

(To choose: lecture, conversational lecture, classical problem method, didactic discussion, individual case analysis, project method, workshop method, seminar, brainstorming, drama techniques, problem solving, situation simulation, group work, individual work):

Full-time studies / part-time studies:

- workshop method
- project
- brainstorming

Individual student work

(elective: Familiarization with the subject literature and/or additional materials; preparation of credit work; preparation, implementation and evaluation of projects; Preparation for credit and/or examination; Other forms of own work in the course, which?):

- familiarization with the subject literature and/or additional materials
- preparing for a credit and/or exam

CONTEMPORARY DANCE TECHNIQUE – WORKSHOPS **specialization subject - dancer-choreographer**

3 ECTS

Objectives of the subjects

The aim of the subject is to provide students with knowledge of the functioning of the body as a tool of the dancer. Students will gain knowledge and skills in classical dance.

The learning achievements

- **in terms of knowledge**

- Knows the qualities of movement used in the techniques of dance contemporary dance.
- Knows the terminology of contemporary dance
- Defines contemporary dance

- **in terms of abilities**

- Can handle qualities of movement and consciously operate breath, weight, space, energy and its flow
- Can use the terminology of modern dance. Able to perform combinations from individual techniques contemporary dance

- **in terms of social competence**

- He is ready for continuous improvement in the field of contemporary dance

Program content

-
- Performing exercises involving the conscious use of breath
 - Using body weight and gravity
 - Contraction - release - introductory exercises to the technique
 - ABC of the body (tilt, curve, arch)
 - Swings in lying, sitting, standing positions
 - Base rolls using correct foot and hand work
 - Performing dance combinations within the scope of the material mastered

Educational methods

(To choose: lecture, conversational lecture, classical problem method, didactic discussion, individual case analysis, project method, workshop method, seminar, brainstorming, drama techniques, problem solving, situation simulation, group work, individual work):

Full-time studies / part-time studies:

- workshop method

Individual student work

(elective: Familiarization with the subject literature and/or additional materials; preparation of credit work; preparation, implementation and evaluation of projects; Preparation for credit and/or examination; Other forms of own work in the course, which?):

- Preparation for credit and exam.

RHYTHMIC II – WORKSHOPS

Specialization subject - Dancer-choreographer

2 ECTS

Objectives of the subjects

The aim of workshops is developing skills of concentration, self-control and quick reaction in the field of music-motor activities, developing a conscious and creative attitude in solving music-movement tasks, developing imagination and creativity in interpreting music with movement and improving and expanding theoretical knowledge in the field of musical art.

The learning achievements

- **in terms of knowledge**

- Knows the principles of Emil Jaques-Dalcroze's method of rhythmics
- Knows the elements of a musical work and can characterize them
- Knows musical terminology in the area under discussion

- **in terms of abilities**

- Has the ability to react quickly in movement to changes in music Knows how to realize rhythmic themes with movement and is able to record them graphically
- Has coordination auditory-motor coordination, musical memory, divisibility of attention
- Is able to create simple improvised movement etudes in the form of canon, AB, ABA, rondo, variations

- **in terms of social competence**

-
- He is ready to carry out music and movement tasks independently
 - Demonstrates the ability for self-assessment and constructive criticism in relation to the actions of others
 - Is ready to cooperate in a group

Program content

- Metre with quarter note and eighth note units of measure
- Rhythmic values of notes and pauses and their time interrelationships
- Different ways of implementing musical rhythm
- Movement improvisations
- Polyrythm - different forms of movement tasks
- Chain of realization of themes rhythmic themes
- Polyrythmia resulting from the realization of 3 and 2, 4 and 3, 5 and 3 equal rhythmic values at the same time
- Complementary rhythms to themes with a quarter note unit of measure
- Double speed of the rhythmic theme
- Movement structures equivalent to musical structures: motif-phrase-sentence
- Movement tasks in the form of canon, ab, aba, rondo, variation

Educational methods

(To choose: lecture, conversational lecture, classical problem method, didactic discussion, individual case analysis, project method, workshop method, seminar, brainstorming, drama techniques, problem solving, situation simulation, group work, individual work):

Full-time studies / part-time studies:

- workshop method
- didactic discussion

Individual student work

(elective: Familiarization with the subject literature and/or additional materials; preparation of credit work; preparation, implementation and evaluation of projects; Preparation for credit and/or examination; Other forms of own work in the course, which?):

- active participation in classes
- independent implementation of individual or group musical tasks
- preparation for a credit

CLASSICAL DANCE TECHNIQUE AND MUSICAL INTERPRETATION II – WORKSHOPS 4 ECTS

Specialization subject - Dancer-choreographer

Objectives of the subjects

During classes students will train the skills of concentration, self-control and quick. Workshops will impart to students the knowledge of the functioning of the body as a tool of the dancer. The other aim of classes is master knowledge and skills in classical dance.

The learning achievements

- **in terms of knowledge**

- He knows the concepts of French terminology in the field of dance
- Classical dance in the area under discussion
- Knows the principles of performing allegro
- Knows the application of one's own movement achievements and is able to perceive and correct his/her own mistakes

- **in terms of abilities**

- Can correctly position the body, legs, arms and head in classical dance exercises at the bar and in the middle of the room
- Can control the required positioning en dehors and en dedans during performed exercises
- Can use classical dance terminology in the discussed scope

- **in terms of social competence**

- He is ready for continuous improvement in classical dance technique
- He has the ability to evaluate his own performance, recognize mistakes, correct them in himself and others

Program content

- French terminology used in the field of classical dance and its proper pronunciation in the field under discussion
- Leg positions: I, II, III, IV, V and hand positions: preparatory, I, II, III.
- Exercises at the bar: Battement tendu from position one, Demi plie, demi rond de jambe par terre, Passe par terre, Battement tendu from position five, Leg position on cou de pied, Rond de jambe par terre an dehors and en dedans, Battement tendu jete, Battement tendu pour le pied, Battement frappe, Releve, Petit Battement, Grand plie, Battement fondu, Battement tendu jete pique, Temps releve par terre, Battement double frappe, Battement releve lent at 45°, Rond de jambe en l'air en dehors et en dedans at 45°, Grand battement jete, Battement developpe, Grand battement jete pique, Rond de jambe par terre na plie en dehor i en dedans, Port de bras I, III

Educational methods

(To choose: lecture, conversational lecture, classical problem method, didactic discussion, individual case analysis, project method, workshop method, seminar, brainstorming, drama techniques, problem solving, situation simulation, group work, individual work):

- workshop method

Full-time studies / part-time studies:

Individual student work

(elective: Familiarization with the subject literature and/or additional materials; preparation of credit work; preparation, implementation and evaluation of projects; Preparation for credit and/or examination; Other forms of own work in the course, which?):

- preparation for the credit and practical exam
-

MUSIC KNOWLEDGE AND MUSIC LITERATURE II – LECTURE

Objectives of the subjects

Lectures will allow students to gain knowledge about musical nomenclature, the periodization of music, styles and the main musical forms in each era, representatives and their works. Students will learn about the musical literature in the discussed area and they will gain the ability to determine the historical style of the works listened to.

The learning achievements

- **in terms of knowledge**

- Knows and understands the developmental lines in the history of music
- Knows musical styles and the traditions associated with them performance
- Knows the musical literature in the field under discussion and its creators

- **in terms of abilities**

- Can prepare typical written work and oral speeches, on specific issues related to the subject

- **in terms of social competence**

- Understands the continuity of the tradition of music

2 ECTS

Program content

- Origins of music; music of ancient cultures
 - Music of the Middle Ages; Gregorian chant; church music, secular music; Polish music in the Middle Ages
 - Music of the Renaissance; church music, secular music; Polish music
 - Renaissance music
 - Music of the Baroque; forms of Baroque music and its creators; Polish music in the Baroque
 - Music in the classical era; forms of classical music and its creators
 - Romanticism; program music; creators of national schools; Polish Romantic music
 - Neoromantic music and the turn of the 19th and 20th centuries
 - Polish music 20th century
 - Polish music of the turn of the XIX/XX century, opera of the XVIII and XIX century
 - Composer's silhouette, features of individual style and most important works
-

Educational methods

(To choose: lecture, conversational lecture, classical problem method, didactic discussion, individual case analysis, project method, workshop method, seminar, brainstorming, drama techniques, problem solving, situation simulation, group work, individual work):

- lecture
- illustrated lecture (presentation of recordings of musical works)

Full-time studies / part-time studies:**Individual student work**

(elective: Familiarization with the subject literature and/or additional materials; preparation of credit work; preparation, implementation and evaluation of projects; Preparation for credit and/or examination; Other forms of own work in the course, which?):

- familiarization with the subject literature
 - preparation for the colloquium and written work
-

MUSIC ANALYSIS FOR DANCE PERFORMANCES – LECTURE**Objectives of the subjects**

During lecture students will learn about selected musical forms in the context of the overall structure of a musical work. Students will have ability to develop the skill of aural analysis in the interaction of musical elements and learn about selected compositional techniques in the context of means of realizing emotional expression. What's more they will acquire basic skills of analyzing music for dance performances.

The learning achievements

- **in terms of knowledge**

- Knows the concepts and musical terms in the area under discussion
- Knows and understands the concept of musical form
- Knows the elements of a musical work and the patterns of formal structure formal structure of musical works

1 ECTS

- **in terms of abilities**

- Can consciously listen to selected works of music representative of classical music, entertainment, film, jazz
- Has the ability to analyze musical works in terms of terms of their movement and dance realization
- Is able to list the discussed musical forms and analyze them in terms of structure and emotional expression

- **in terms of social competence**

- He is capable of collecting, analyzing and consciously interpret the necessary information
-

Program content

- The means of performance in music - the cast of performance
- Elements of a musical work
- Types of texture of a musical work
- Periodic structure of a musical work
- Selected musical forms (AB, ABA, ABA1, rondo, variation, canon, fugue, sonata allegro)
- Auditory analysis of musical compositions - familiarization with recordings, discussions of technical issues and variety of interpretations course of energy tensions, dramaturgy of works, comments interpretive remarks
- The phenomenon of similarities and contrasts
- Analysis of selected musical material for implemented arrangements movement, dance and choreographic arrangements

Educational methods

(To choose: lecture, conversational lecture, classical problem method, didactic discussion, individual case analysis, project method, workshop method, seminar, brainstorming, drama techniques, problem solving, situation simulation, group work, individual work):

Full-time studies / part-time studies:

- conversation lecture
- didactic discussion

Individual student work

(elective: Familiarization with the subject literature and/or additional materials; preparation of credit work; preparation, implementation and evaluation of projects; Preparation for credit and/or examination; Other forms of own work in the course, which?):

- independent analysis of musical examples indicated by the teacher or analysis of pieces from the student's own repertoire

KNOWLEDGE OF THEATRE AND CONTEMPORARY DRAMA – LECTURE

Objectives of the subjects

Students will learn about contemporary theories on theater art and contemporary artistic trends. They will be acquainted with historical outline of the birth of modern theatrical art. Students will acquire knowledge about the development of Polish drama after World War II.

1 ECTS

The learning achievements

- in terms of knowledge

- Understands and characterizes the sources of contemporary theatrical thought
 - Knows the concepts and terminology appearing in contemporary theatrical thought
-

-Defines artistic currents and phenomena, and knows the most important performances of the last seventy years in Polish theater

- **in terms of abilities**

- Classifies theatrical events
- Identifies artworks from the borderline of different directions of art, performance, act, artistic, street performance etc.
- Names, characterizes and subjects to judgment events artistic and theatrical

- **in terms of social competence**

- Accepts and appreciates the complexity of contemporary life artistic
- Recognizes the interdependence between the various branches of art
- Is capable of analyzing and discussing topics related to contemporary dramatic literature

Program content

- The postwar decade-theatrical theories and stage practice
- The 1960s and 1970s-theatrical theories and the new generation of playwrights
- Eighties and nineties- political and repertoire changes in Polish theaters
- The birth of postmodernism
- Contemporary playwriting and dramaturgical techniques
- Opera as an evolving genre
- Contemporary theories of acting. From Grotowski to Mamet

Educational methods

(To choose: lecture, conversational lecture, classical problem method, didactic discussion, individual case analysis, project method, workshop method, seminar, brainstorming, drama techniques, problem solving, situation simulation, group work, individual work):

- lecture
- conversation lecture

Full-time studies / part-time studies:

Individual student work

(elective: Familiarization with the subject literature and/or additional materials; preparation of credit work; preparation, implementation and evaluation of projects; Preparation for credit and/or examination; Other forms of own work in the course, which?):

- familiarization with the subject literature
- preparation for the credit

CHOREOGRAPHY AND STAGE MOVEMENT – WORKSHOPS

Objectives of the subjects

The aim of the course is to create choreographic creations by students. The classes will allow them to acquire the skills of movement interpretation of a cultural text and creative approach to a movement stage task developed on the basis of text and music.

2 ECTS

The learning achievements

- **in terms of knowledge**

- Knows concepts related to stage movement work
- Recognizes styles and techniques of stage composition
- Has knowledge of the analysis of cultural texts and their creative movement interpretation

- **in terms of abilities**

- Able to use knowledge of a piece of music for creative movement interpretation
- Is able to interact in a team, including interdisciplinary, uses language understandable to other performative fields

- **in terms of social competence**

- He is ready to independently analyze and interpret cultural texts, is able to effectively use his intuition and imagination in the course of solving problems
- He accepts criticism and is able to constructively criticize the actions of others
- Is willing to direct a dance project, inspiring and moderating the work of the team

Program content

- Creative use of any dance styles for the creation of choreographic creations
- Elements of movement tasks - practice and analysis
- Creative exercises in the movement interpretation of a cultural piece
- Creative exercises in the movement interpretation of a piece of music
- Own work - creating a movement interpretation of a given cultural text
- Discussion and joint evaluation of the presented works

Educational methods

(To choose: lecture, conversational lecture, classical problem method, didactic discussion, individual case analysis, project method, workshop method, seminar, brainstorming, drama techniques, problem solving, situation simulation, group work, individual work):

Full-time studies / part-time studies:

- workshop method
- individual case analysis

Individual student work

(elective: Familiarization with the subject literature and/or additional materials; preparation of credit work; preparation, implementation and evaluation of projects; Preparation for credit and/or examination; Other forms of own work in the course, which?):

- preparing to pass
- preparation of projects
- familiarization with the subject literature and/or additional materials

CLASSICAL DANCE TECHNIQUE – WORKSHOPS

specialization subject - dancer-choreographer

Objectives of the subjects

During the course, knowledge of the functioning of the body as a tool of the dancer will be imparted to the students. Students will gain knowledge and skills in classical dance.

The learning achievements

- **in terms of knowledge**

-He knows the concepts of French terminology in the field of classical dance in the field under discussion

- **in terms of abilities**

-Can correctly position the body, legs, arms and head in classical dance exercises at the bar and in the middle of the room

- **in terms of social competence**

-Is ready to continuously improve in the technique of classical dance

Program content

6 ECTS

- French terminology used in the field of classical dance and its proper pronunciation in the area discussed in class
- Development of coordination of movements through greater complexity of exercises
- implemented at the bar and in the middle of the room
- Exercises at the bar - continuation of exercises and introduction of new exercises:
 - Petit battement sur le cou-de-pied on half-fingers
 - Battement fondu with entry on half-fingers
 - Battement frappe and double frappe with elevation on half-fingers
 - Rond de jambe en l'air en dehors and en dedans at 45° with elevation on the half-fingers
- Exercises in the middle of the room:
 - Battements tendus in small and large poses
 - Battements tendus jetes, jetes piques and balançoire en face and in poses
 - Demi-rond and whole rond de jambe en dehors and en dedans on the whole foot

Educational methods

(To choose: lecture, conversational lecture, classical problem method, didactic discussion, individual case analysis, project method, workshop method, seminar, brainstorming, drama techniques, problem solving, situation simulation, group work, individual work):

- workshop method
-

TECHNIQUE OF MODERN DANCE – WORKSHOPS

Specialization subject - dancer-choreographer

Objectives of the subjects

Students will learn to apply modern dance techniques to the dance and choreography tasks performed in class.

The learning achievements

- **in terms of knowledge**

- Knows the qualities of movement used in the techniques of contemporary dance
- Knows the terminology of modern dance

- **in terms of abilities**

- Can handle qualities of movement and consciously operate breath, weight, space, energy and its flow

- **in terms of social competence**

- He is ready for continuous improvement in the field of contemporary dance
- Is capable of diagnosing his own achievements, recognize mistakes, correct them in oneself and others

2 ECTS

Program content

- Movement exercises incorporating changes in tempo, dynamics, planes, levels and directions of movement
- Performing rolling - continued
- Movement exercises using selected elements of the technique of M. Graham
- Movement exercises using selected elements of the technique of J. Limon
- Exercises based on the release technique
- Gravity and interaction in contact with the floor in set movement sequences
- Movement combinations using exercises in the range of mastered material

Educational methods

(To choose: lecture, conversational lecture, classical problem method, didactic discussion, individual case analysis, project method, workshop method, seminar, brainstorming, drama techniques, problem solving, situation simulation, group work, individual work):

- workshop method
-

TECHNIQUE OF CONTEMPORARY DANCE – WORKSHOPS

specialization subject - dancer-choreographer

Objectives of the subjects

During the class, students will learn how to consciously work with the body taking into account space, flow, time and gravity, breath. They will master the basics of contemporary dance technique and contemporary dance terminology.

The learning achievements

- **in terms of knowledge**

- Knows the basics of modern dance and its forms
- Knows the steps and dance figures characteristic of modern dance

- **in terms of abilities**

- Is able to use qualities of movement and consciously
- Can consciously operate with breath, weight, space, energy and its flow

- **in terms of social competence**

- Is ready for continuous improvement in the field of modern dance.
- He is capable of evaluating his own achievements, noticing mistakes, correcting them in oneself and others

3 ECTS

Program content

- Hip Hop: power moves, baby swipes, air baby, bicycle pumps
- Break dance: footwork, freeze, drop, toprock
- Locking
- Popping
- Preparation of choreography based on modern dance techniques

Educational methods

(To choose: lecture, conversational lecture, classical problem method, didactic discussion, individual case analysis, project method, workshop method, seminar, brainstorming, drama techniques, problem solving, situation simulation, group work, individual work):

- workshop method

Full-time studies / part-time studies:

Individual student work

(elective: Familiarization with the subject literature and/or additional materials; preparation of credit work; preparation, implementation and evaluation of projects; Preparation for credit and/or examination; Other forms of own work in the course, which?):

- preparation for credit
-

MOVEMENT IMPROVISATION WITH ELEMENTS OF PARTNERING – WORKSHOPS

specialization subject - dancer-choreographer

Objectives of the subjects

During the course, students will learn methods of improvisation and partnering. They will acquire the skills of using the rules related to organizing the stage space, communication and cooperation with a partner. They will learn how to initiate artistic activities combining the moment of creation and spontaneous movement, and how to use their imagination to perform improvisational activities on selected topics.

The learning achievements

- **in terms of knowledge**

- Knows ways to seek movement through improvisation
- Knows the principles and elements of partnering; has knowledge of body weight and working with it

- **in terms of abilities**

- Is able to creatively seek a variety of means of movement
- Can use body weight and elements of gravity
- During improvisations and partnering

- **in terms of social competence**

2 ECTS

- Is able to cooperate during team activities artistic activities

Program content

- Exchanging body weight between partners and maintaining a common
- Center of gravity by means of moving away from and closer to each other
- Carrying and lifting using dynamic force
- Transferring motor impulses from peripheral areas of the body to its center
- Types of contact with the partner: sight, touch, feeling the nearest, partner's space
- Tasks that develop imagination and movement expression
- Improvisation based
- On following in space, pauses, acceleration and canon and specific movement qualities

Full-time studies / part-time studies:

Individual student work

(elective: Familiarization with the subject literature and/or additional materials; preparation of credit work; preparation, implementation and evaluation of projects; Preparation for credit and/or examination; Other forms of own work in the course, which?):

- familiarization with the subject literature and additional materials
 - preparation for the credit
-

JAZZ DANCE TECHNIQUE – WORKSHOPS

Specialization subject - Dancer-choreographer

Objectives of the subjects

The purpose of the course is to teach students jazz dance technique.

The learning achievements

- **in terms of knowledge**

- Knows selected technical elements of jazz dance
- Knows the terminology of jazz dance as discussed

- **in terms of abilities**

- Can demonstrate the technical elements of jazz dance
- jazz

- **in terms of social competence**

- Is ready for lifelong learning
- Is capable of effective use of imagination, intuition, emotionality, ability to think creatively

3 ECTS

Program content

- Jazz dance styles
- Warm-up and training in jazz dance technique: posture, stability and trunk strength, stretching exercises
- Breathing techniques, coordination and balance exercises
- Realize the importance of emotions and the ability to convey them in jazz dance
- Selected exercises on the floor, at the bar and in the center of the room: roll down, roll up, bend, bounce, pulls, contractions, release, table top, swings, side split, back fall, front fall, isolation and others
- Diagonal exercises: cat steps, walking with contraction, walking sideways with rotation, rotations and others
- Combinations based on jazz dance technique

Educational methods

(To choose: lecture, conversational lecture, classical problem method, didactic discussion, individual case analysis, project method, workshop method, seminar, brainstorming, drama techniques, problem solving, situation simulation, group work, individual work):

- workshop method
 - project
-

Full-time studies / part-time studies:**Individual student work**

(elective: Familiarization with the subject literature and/or additional materials; preparation of credit work; preparation, implementation and evaluation of projects; Preparation for credit and/or examination; Other forms of own work in the course, which?):

- preparation for a credit/examination
- individual work on jazz dance technique

3rd year, 6th semester

DANCE FASHIONS – WORKSHOPS**Objectives of the subjects**

The purpose of the course is for students to acquire skills in current dance trends. Students will learn selected Commercial Dance trends and selected dance techniques including: New Style, Dancehall. In addition, he/she will learn modern technologies used in commercial dance and music events. He will be able to use movement expression, artistic expression in dance arrangements.

The learning achievements

- **in terms of knowledge**

- Knows selected dance trends in the field of Revue
- Is familiar with selected jazz styles including :Broadway Jazz, Musical
- Is familiar with modern technologies used in commercial dance and music events and high-budget productions

- **in terms of abilities**

- He is able to present himself both individual and team arrangements based on selected revue dance trends
- Combines and consciously uses selected styles of dance within the Revue
- Has good habits regarding technique and posture, enabling one to operate the body in the most efficient and safe
- Is able to use movement and artistic expression in dance arrangements

3 ECTS

- **in terms of social competence**

- Understands the need for lifelong improvement

Program content

- Familiarization with the dance trends of Revue
 - Mastering selected elements of jazz dance technique, especially Broadway jazz, musical and pop jazz styles
 - To realize the importance of artistic expression in dance arrangement relating to Revue
-

Educational methods

(To choose: lecture, conversational lecture, classical problem method, didactic discussion, individual case analysis, project method, workshop method, seminar, brainstorming, drama techniques, problem solving, situation simulation, group work, individual work):

- workshop method
- brainstorming

Full-time studies / part-time studies:

Individual student work

(elective: Familiarization with the subject literature and/or additional materials; preparation of credit work; preparation, implementation and evaluation of projects; Preparation for credit and/or examination; Other forms of own work in the course, which?):

- preparing for the exam
 - individual work on technique
-

CLASSICAL DANCE TECHNIQUE – WORKSHOPS

specialization subject - dancer-choreographer

Objectives of the subjects

The purpose of the course is to provide students with knowledge of the functioning of the body as a tool of the dancer. Students will master knowledge and skills in classical dance after the class. They will learn the concepts of French terminology in the field of classical dance Classical dance in the scope discussed.

The learning achievements

- **in terms of knowledge**

- He knows the concepts of French terminology in the field of dance
- Classical dance in the area under discussion
- Knows the principles of performing allegro
- Knows the application of one's own movement achievements and
- Is able to perceive and correct his/her own mistakes

6 ECTS

- **in terms of abilities**

- Can correctly position the body, legs, arms and head in
- Classical dance exercises at the bar and in the middle of the room
- Can control the required positioning en dehors and en dedans during performed exercises
- Can use the terminology of classical dance in the the scope discussed.

- **in terms of social competence**

- He is ready for continuous improvement in classical dance technique
 - Has the ability to evaluate his own performance, noticing mistakes, correcting them in oneself and others
-

Program content

- Exercises at the bar - continuation of exercises and introduction of new exercises: Demi and grands pliés with port de bras; Battements tendus pour batterie; Demi and grand rond de jambe at 90°, at half-fingers, at demi-plié en face and from pose to pose; Battements fondus with tombé and at 90°; Battements frappés and doubles frappés in poses; Flic-flac entourrant on half-fingers ½ turn and full turn; Battements soutenus at 90° in all directions and poses, port de bras
- Exercises in the middle of the Hall - continuation of exercises and introduction of new exercises: Battements tendus en tournant en dehors and en dedans ½ turn, Battements tendus jetés in small and large poses and with en tournant, Rond de jambe par terre en tournant en dehors and en dedans, Pas jete fondu en tournant with movement to the side - ½ turn, Grand temps lié at 90° en dehors and en dedans, Grand fouettes en tournant en dedans in III arabesque, Grand fouettes from efface pose forward ending in efface pose backward, Grands pirouettes a la seconde en dehors
- Jumping - continuation of exercises and introduction of new exercises: Entrechat, Pas assemble en tournant - ¼ turn, Sissonne tombee en tournant, Pas brise forward and backward, Pas ballonnes sideways and with displacement, Pas failli forward, Grand echappe en tournant with ½ turn, Grande sissonne ouverte with displacement, Grand pas assemble sideways and forward with glissade and with step
- Finger exercises continuation of exercises and introduction of new exercises: Relevés to IV position en face, croise, effacee, Pas échappé to IV position croise, effacee, Pas echappe en tournant to position II - ½ turn, Pas assemblé soutenu completed in small pose and en tournant - ½ turn and full turn, Pas jete fondu forward diagonally, Pas de bourrée with change of legs started and finished in epaulement, Pas couru forward and backward diagonally

Educational methods

(To choose: lecture, conversational lecture, classical problem method, didactic discussion, individual case analysis, project method, workshop method, seminar, brainstorming, drama techniques, problem solving, situation simulation, group work, individual work):

- workshop method

Full-time studies / part-time studies:

Individual student work

(elective: Familiarization with the subject literature and/or additional materials; preparation of credit work; preparation, implementation and evaluation of projects; Preparation for credit and/or examination; Other forms of own work in the course, which?):

- Prepare for the credit and practical exam

DANCE PROJECT – WORKSHOPS
Specialization subject - Dancer-choreographer

Objectives of the subjects

3 ECTS

The purpose of the course is to unleash creative movement imagination finalized with a dance project.

The learning achievements

- **in terms of knowledge**

- He is familiar with a variety of dance techniques within the scope of the program studies
- Is familiar with issues in dance composition
- Knows and understands the role of music and dance in dance projects

- **in terms of abilities**

- Able to cooperate with those participating in the dance project
- Able to realize one's own artistic concepts as a creator as well as re-creator
- Can perform a choreographic arrangement in a variety of dance techniques from the study program

- **in terms of social competence**

- He is ready to use imagination, intuition and creative thinking during dance tasks
- Is ready to work creatively and collaboratively in class

Program content

- Learning the figures, steps and rules used in the presentation of a completed dance project
- Work on the interpretation of a musical work translated into movement
- Creating a dance project
- Presentation of a dance project based on dance techniques contemporary dance

Educational methods

(To choose: lecture, conversational lecture, classical problem method, didactic discussion, individual case analysis, project method, workshop method, seminar, brainstorming, drama techniques, problem solving, situation simulation, group work, individual work):

- brainstorming
 - workshop method
-

CHOREOGRAPHY PROJECT (DIPLOMA CHOREOGRAPHIES) – WORKSHOPS 4 ECTS

Specialization subject - Dancer-choreographer

Objectives of the subjects

The purpose of this class is to familiarize students with the topic of dance composition and choreography. Students will learn various dance techniques and learn how to collaborate creatively in a group.

The learning achievements

- **in terms of knowledge**

-He knows and understands the rules for the implementation of artistic works related to the field of study

-Knows the principles concerning the selection of means of expression and use them in various dance techniques for the realization of choreographic miniatures

-Knows and understands the role of dance and choreography in performances stage

- **in terms of abilities**

- Able to carry out original choreographic projects

- Using imagination, intuition and emotionality, as well as the skills acquired during the course of study

-Is able to interact with others in the framework of teamwork and perform in public

- Can apply knowledge of dance, music and related arts.

- **in terms of social competence**

-He is ready to make independent consistent with the studied specialty by demonstrating the ability to collect, analyze, interpret information, develop ideas and formulate critical argumentation

-He understands and respects the copyrights of other creators.

Program content

- Choosing a choreography theme and musical material
- Preparation of the script of the choreographic miniature
- Creative activities leading to the realization of the choreography: solo, duet, trio, ensemble using a variety of dance techniques and improvisation
- Working with performers during the creation of the project
- Consultation with the artistic supervisor
- Public performance of prepared choreographic miniatures

Educational methods

(To choose: lecture, conversational lecture, classical problem method, didactic discussion, individual case analysis, project method, workshop method, seminar, brainstorming, drama techniques, problem solving, situation simulation, group work, individual work):

Full-time studies / part-time studies:

- project
- workshop method
- brainstorming

Individual student work

(elective: Familiarization with the subject literature and/or additional materials; preparation of credit work; preparation, implementation and evaluation of projects;

Preparation for credit and/or examination; Other forms of own work in the course, which?):

- preparation of original choreography
- own work as part of the course