University of Humanities and Economics in Lodz

DANCE BACHELOR
1ˢᵗ year, 1ˢᵗ semester

Subject	ECTS
Dance composition – workshops The aim of the course is to provide students with knowledge of how to create movement compositions. They will develop the ability to design their own choreographies—solo, duo, trio, and ensemble—and explore the creative use of various dance techniques. Students will also strengthen their ability to work both independently and collaboratively, using imagination as a key tool in the choreographic process.	**2**
Choreographic project I – workshops The aim of the course is to develop students' ability to create their own movement phrases. They will gain knowledge of choreographic composition and how to derive variations from it. The course also introduces tools for creating forms such as duets, trios, and quartets, while fostering the ability to work collaboratively in a	**3**

group.	
Contemporary dance technique – workshops The course aims to enhance practical skills in contemporary dance techniques, enabling students to develop conscious and intentional body movement.	**3**
Rhythmic I – workshops The aim of the course is to cultivate skills in concentration, self-control, and quick responsiveness within the realms of music and movement; to foster a conscious and creative approach to solving musical and movement challenges; to stimulate imagination and creativity in interpreting music through movement; and to enhance and broaden theoretical knowledge in the field of musical arts.	**2**
Classical dance technique – workshops The aim of the course is to equip students with a comprehensive understanding of the body as an essential tool for a dancer's work. Students will acquire knowledge and skills in classical dance techniques while also nurturing their own creative abilities.	**4**
Dance and choreography workshop II The aim of the course is to develop students' ability to control their own bodies. It focuses on enhancing improvisational skills, fostering creative thinking, and improving technical proficiency.	**3**

2nd year, 3rd semester

Classical dance technique – workshops The aim of the course is to provide students with an understanding of the body as a dancer's primary instrument. Students will master knowledge and skills in classical dance while also nurturing their creative abilities.	6
Technique of modern dance – workshops The aim of the course is to develop the ability to apply modern dance techniques in dance and choreography tasks performed during class.	3

Technique of contemporary dance – workshops The aim of the course is to develop knowledge of conscious bodywork, with particular attention to space, flow, time, weight, and breath. Students will acquire the fundamentals of contemporary dance techniques and become familiar with the terminology used in this field.	**3**
Jazz dance technique – workshops The aim of the course is to acquire skills in the field of jazz dance techniques.	**3**

3rd year, 5th semester

Dance fashions – workshops The aim of the course is to develop practical skills related to current trends in dance.	**3**
Classical dance technique – workshops The aim of the course is to provide students with knowledge about the functioning of the body as a dancer's work tool. Students will master know	**6**
Dance project – workshops The aim of the course is to unleash creative motor imagination, culminating in the realization of a dance project.	**3**
Technique of contemporary dance – workshops The aim of the course is to develop an understanding of conscious bodywork, with particular focus on space, flow, time, weight, and breath. Students will acquire the fundamentals of contemporary dance techniques and become familiar with the relevant terminology in this field.	**3**
Folk and characteristic dance The aim of the course is to familiarize students with Polish national dances and selected character dances, as well as to introduce them to traditional dances from various regions of the world.	**2**