



**Akademia
Humanistyczno
Ekonomiczna
w Łodzi**

2026-2027

ACADEMIC OFFER

DANCE



DANCE

Language: **Polish**
with English support

Spring **2026-2027**

Dance Bachelor

1ST YEAR / 2ND SEMESTER

CLASSICAL DANCE TECHNIQUE (II)	workshops
CONTEMPORARY DANCE TECHNIQUE (II)	workshops
DANCE-CHOREOGRAPHY WORKSHOP (II)	workshops
CHOREOGRAPHY PROJECT (II)	workshops
RHYTHMICS (II)	workshops
ACROBATICS (II)	workshops
DANCE COMPOSITION	workshops

2ND YEAR / 4TH SEMESTER

CLASSICAL DANCE TECHNIQUE (IV)	workshops
CONTEMPORARY DANCE TECHNIQUE (IV)	workshops
JAZZ DANCE TECHNIQUE (II)	workshops
MODERN DANCE TECHNIQUE	workshops
IMPROVISATION WITH ELEMENTS OF PARTNERING	workshops
CHOREOGRAPHY AND STAGE MOVEMENT	workshops
ACTING TECHNIQUES IN DANCE	workshops

3RD YEAR / 6TH SEMESTER

CLASSICAL DANCE TECHNIQUE (VI)	workshops
DANCE FASHIONS (II)	workshops
DANCE PROJECT (II)	workshops

Classical Dance Technique (II)

workshops

4 ECTS

Teaching methods

workshop method

Method of verifying education

exam / activity during classes

OBJECTIVES

Providing students with knowledge about the functioning of the body as a dancer's instrument. Developing knowledge and skills in classical dance. Stimulating students' creative activity.

COURSE CONTENT

- French terminology used in classical dance and its proper pronunciation within the discussed scope.
- Positions of the legs: I, II, III, IV, V; and arms: preparatory, I, II, III.
- Barre exercises: battement tendu from first position, demi plié, demi rond de jambe par terre, passé par terre, battement tendu from fifth position, position of the foot at cou-de-pied, rond de jambe par terre en dehors and en dedans, battement tendu jeté, battement tendu pour le pied, battement frappé, relevé, petit battement, grand plié, battement fondu, battement tendu jeté piqué, temps relevé par terre, battement double frappé, battement relevé lent at 45°, rond de jambe en l'air en dehors and en dedans at 45°, grand battement jeté, battement développé, grand battement jeté piqué, rond de jambe par terre on plié en dehors and en dedans, port de bras I, III.
- Centre exercises: épaulement croisé, effacé, en face; preparatory port de bras (I, III, IV, V), temps lié, pas de bourrée with change of feet, IV arabesque position with toes on the floor and at 45°.
- Allegro (jumps): temps sauté in positions I, II, V, IV; changement de pied, pas échappé to positions II and IV, pas assemblé, pas balancé, sissonne simple, pas jeté, pas glissade.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Knows the French terminology used in classical dance within the discussed scope.
- Knows the principles of performing allegro.
- Is able to apply their own movement skills and perceive and correct their own mistakes.

In terms of skills:

- Is able to correctly position the torso, legs, arms, and head in classical dance exercises at the barre and in the center.
- Is able to control the required en dehors and en dedans positioning during exercises.
- Is able to use classical dance terminology within the discussed scope.

In terms of social competencies:

- Is ready to continuously improve in classical dance technique.
- Has the ability to evaluate their own achievements, identify mistakes, and correct them in themselves and others.

Contemporary Dance Technique (II)

workshops

3 ECTS

Teaching methods

workshop method

Method of verifying education

exam / activity during classes

OBJECTIVES

Mastering the basic techniques of contemporary dance and the terminology related to contemporary dance.

COURSE CONTENT

- Exercises involving the conscious use of breath.
- Use of body weight and gravity.
- Contraction–release – introductory exercises to the technique.
- Core basics (tilt, curve, arch).
- Swings in lying, sitting, and standing positions.
- Basic rolls using proper work of the feet and arms.
- Slides in space.
- Performing dance combinations based on the acquired material.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

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

In terms of skills:

- Is able to use movement qualities and consciously work with breath, weight, space, energy, and its flow.
- Is able to use contemporary dance terminology.
- Is able to perform combinations from various contemporary dance techniques.
- Is able to cooperate with others during group tasks.

In terms of social competencies:

- Is ready to continuously improve in contemporary dance.
- Is able to assess their own achievements, identify mistakes, and correct them in themselves and others.
- Draws inspiration from the surrounding environment while maintaining healthy ambition during classes.

Dance-Choreography Workshop (II)

workshops

3 ECTS

Teaching methods

workshop method

Method of verifying education

exam / activity during classes

OBJECTIVES

The course develops body awareness and control, enhancing coordination and physical skills. It cultivates improvisational and creative thinking, allowing students to apply creativity in movement and physical activities. It also improves technical proficiency, progressively increasing the complexity and precision of performed tasks.

COURSE CONTENT

- Familiarity with selected dance steps, positions, and movements from contemporary and modern dance
- Execution of movement exercises across different planes and levels of space
- Application of imagination in movement and dance activities
- Preparation of dance études on topics assigned by the instructor
- Presentation of choreographic sequences in selected dance techniques

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Knows various dance techniques
- Knows expressive means used in different dance techniques
- Knows how to create movement through improvisation

In terms of skills:

- Can cooperate with participants in dance-choreography workshops
- Can perform choreographic sequences in selected dance techniques
- Can be creative in the process of exploring movement

In terms of social competencies:

- Is ready for creative thinking during dance tasks
- Is ready to work collaboratively in dance-choreography sessions

Choreography Project (II)

workshops

3 ECTS

Teaching methods

workshop method / brainstorming / project method

Method of verifying education

graded assignment / activity during classes

OBJECTIVES

Course objectives: Developing skills in creating own movement phrases; Learning methods of composing choreography and deriving variations from it; Learning tools for creating forms such as duets, trios, quartets; Developing group work abilities

COURSE CONTENT

- Creating choreography inspired by images and photographs
- Building variations based on a shared choreography
- Creative tasks leading to the creation of a solo, duet, trio, or quartet
- Developing a dance piece inspired by a pre-assigned theme

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Understands the principles related to the execution of artistic work within the field of study
- Knows the principles for selecting means of expression and applying them in various dance techniques for creating choreographic miniatures
- Understands the role of dance and choreography
- Knows dance genres and styles, their associated performance traditions, and elements of musical works

In terms of skills:

- Can execute original choreographic projects using imagination, intuition, emotionality, and skills acquired during studies
- Can collaborate with others in team projects and perform publicly
- Can apply knowledge of dance, music, and related art fields in choreographic activities

In terms of social competencies:

- Is ready to make independent decisions aligned with their field of study, demonstrating the ability to gather, analyze, and interpret information, develop ideas, and formulate critical arguments
- Understands and respects the intellectual property rights of other creators

Rhythmics (II)

workshops

2 ECTS

Teaching methods

workshop method / didactic discussion

Method of verifying education

graded assignment / activity during classes

OBJECTIVES

Course objectives: Developing concentration, self-control, and quick reaction skills in music-movement activities; Fostering a conscious and creative approach to solving music-movement tasks; Enhancing imagination and creativity in interpreting music through movement; Improving and expanding theoretical knowledge in the field of musical arts

COURSE CONTENT

- Meter with quarter-note and eighth-note pulse
- Rhythmic values of notes and rests and their temporal relationships
- Various ways of performing musical rhythm; movement improvisation
- Polyrhythm – diverse movement exercises; sequences of rhythmic themes
- Polyrhythms derived from simultaneous execution of 3 and 2, 4 and 3, 5 and 3 identical rhythmic values
- Complementary rhythms for themes with quarter-note pulse
- Double tempo of a rhythmic theme
- Movement structures corresponding to musical structures: motif–phrase–sentence
- Movement tasks in forms such as canon, AB, ABA, rondo, and variations

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Understands the principles of Émile Jaques-Dalcroze's eurhythmics method.
- Knows the elements of a musical work and can characterize them.
- Is familiar with musical terminology within the studied scope.

In terms of skills:

- Has the ability to react quickly to changes in music.
- Can express rhythmic themes through movement and represent them graphically.
- Possesses auditory-motor coordination, musical memory, and divided attention.
- Can create simple improvised movement etudes in the forms of canon, AB, ABA, rondo, and variations.

In terms of social competencies:

- Is ready to independently perform music-movement tasks.
- Demonstrates the ability for self-assessment and constructive critique of others' work.
- Is ready to collaborate effectively in a group.

Acrobatics (II)

workshops

1 ECTS

Teaching methods

workshop method

Method of verifying education

graded assignment / activity during classes / student's own work

OBJECTIVES

Course objectives: Acquisition of knowledge and skills in acrobatic and gymnastic techniques supporting the professional practice of a dancer, including: side and front rolls, forward and backward transitions, cartwheels, handstands, forward and backward somersaults, rundak, combinations and gymnastic sequences, spotting and safety techniques; Learning gymnastic elements that support the development of strength, physical endurance, and coordination with regard to their applicability in dance; Developing personal skills, self-assessment of physical fitness, monitoring motor development, self-evaluation, and self-control.

COURSE CONTENT

- Gymnastic postures, principles, and types of stretching and warm-up techniques – selected methods for developing general physical abilities relevant to dance.
- Acrobatic and gymnastic techniques – exercises for strengthening, stretching, and improving posture necessary for correct execution of acrobatic elements.
- Acrobatics – learning selected acrobatic elements such as cartwheels, forward and backward transitions, front and side rolls, etc.
- Spotting techniques – skills and awareness in assisting others during acrobatic and gymnastic exercises.
- Increasing awareness of injury prevention, body knowledge, skill level, and correct execution of exercises.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Knows the types of gymnastic postures and the principles and kinds of static and dynamic stretching, as well as warm-up techniques.
- Knows methods for improving specific acrobatic elements and spotting techniques.
- Knows techniques for strengthening the human body.

In terms of skills:

- Can correctly perform exercises improving specific acrobatic elements for their applicability in dance.
- Possesses good habits regarding technique and posture, enabling efficient and safe body movement.
- Can assess their own physical fitness and track the progress of physical development.

In terms of social competencies:

- Understands the need for lifelong self-improvement.

Dance Composition

workshops

2 ECTS

Teaching methods

workshop method / project method

Method of verifying education

project / activity during classes

OBJECTIVES

Learning methods of creating movement compositions. Developing the ability to create original dance compositions: solo, duet, trio, and group pieces. Creatively using various dance techniques. Developing the ability to engage in creative work both individually and in groups. Using imagination as a tool for creating dance compositions.

COURSE CONTENT

- Creating short movement phrases with a focus on specific movement qualities and elements of composition.
- Creating dance compositions (solo, duet, trio, group).
- Preparing movement compositions based on space, time, and movement actions.
- Creating dance routines in various dance techniques; styles and dance forms.
- Using improvisation as one of the creative methods.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Knows and understands the principles related to the creation of artistic works associated with the field of study.
- Knows and identifies stage elements and principles used in dance composition.
- Knows dance steps, positions, and figures characteristic of selected dance styles.

In terms of skills:

- Is able to creatively perform dance compositions (solo, duet, trio, group) and possesses the skills necessary to express them.
- Is able to use kinesthetic abilities in choreographic tasks based on movement factors. Uses imagination, intuition, and psychomotor expression in the creation of dance compositions.

In terms of social competencies:

- Is ready to make independent decisions.
- Is prepared to effectively use imagination, intuition, emotions, and creative thinking skills, and to adapt to new and changing circumstances based on the principles of dance composition.
- Is ready for self-assessment and constructive criticism of others' work.

Classical Dance Technique (IV)

workshops

6 ECTS

Teaching methods

workshop method

Method of verifying education

exam / activity during classes

OBJECTIVES

Providing students with knowledge about the functioning of the body as a dancer's instrument. Developing knowledge and skills in classical dance. Stimulating students' creative activity.

COURSE CONTENT

- French terminology used in classical dance and its proper pronunciation within the scope covered in class.
- Development of movement coordination through increased complexity of exercises performed at the barre and in the center.
- Barre exercises – continuation of exercises from semesters I and II and introduction of new elements: petit battement sur le cou-de-pied on demi-pointe, battement fondu rising to demi-pointe, battement frappé and double frappé with rise to demi-pointe, rond de jambe en l'air en dehors and en dedans at 45° with rise to demi-pointe, battement soutenu at 45°, half-turn in fifth position on demi-pointe, rond de jambe par terre en dehors and en dedans on demi-plié, preparation for ronds de jambe par terre en dehors (temps relevé par terre), temps relevé at 45°, the concept of retiré, battement développés passés in all directions, demi-rond de jambe and grand rond de jambe at 90° en dehors and en dedans, pas coupé on flat foot and demi-pointe (front and back), grands battements jetés and grands battements jetés pointé in large poses in all directions.
- Centre exercises: battements tendus in small and large poses, battements tendus jetés, jetés piqués and balançoire en face and in poses, demi-rond and full rond de jambe en dehors and en dedans on flat foot, battements fondus in small poses and at 45°, battements relevés lents and battements développés at 90° in all directions, preparation for pirouettes sur le cou-de-pied en dehors and en dedans from fifth and fourth positions (including one pirouette), glissade en tournant on demi-pointe en dehors and en dedans with half-turn travel.
- Allegro (jumps): grand changement de pieds, temps sauté in fourth position, grand pas échappé to second and fourth positions, pas échappé to second position ending on one leg with the other in sur le cou-de-pied position; pas glissade forward, side, and back; pas chassé in all directions, pas de chat (stage form of sissonne in first arabesque), double assemblé, pas de basque, sissonne ouverte in poses at 45°, sissonne fermée in poses.
- Pointe work: relevé in positions I, II, V, IV; pas échappé to positions II and IV, pas assemblé soutenu, pas de bourrée with change of feet, pas de bourrée suivi in place, traveling sideways and en tournant; pas couru forward and backward, pas glissade with traveling.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Knows the French terminology used in classical dance within the discussed scope.
- Knows the principles of performing allegro.
- Is able to apply their own movement skills and perceive and correct their own mistakes.

In terms of skills:

- Is able to correctly position the torso, legs, arms, and head in classical dance exercises at the barre and in the center.
- Is able to control the required en dehors and en dedans positioning during exercises.
- Is able to use classical dance terminology within the discussed scope.

In terms of social competencies:

- Is ready to continuously improve in classical dance technique.
- Has the ability to evaluate their own achievements, identify mistakes, and correct them in themselves and others.

Contemporary Dance Technique (IV)

workshops

3 ECTS

Teaching methods

workshop method

Method of verifying education

exam / activity during classes

OBJECTIVES

Deepening practical skills in selected contemporary dance techniques. Developing conscious control and use of the body.

COURSE CONTENT

- Movement exercises incorporating changes in tempo, dynamics, planes, levels, and directions of motion
- Performing rolls – continuation
- Movement exercises using selected elements of the M. Graham technique
- Movement exercises using selected elements of the J. Limon technique
- Exercises based on the release technique
- Gravity and interaction with the floor in assigned movement sequences
- Movement combinations using exercises based on mastered material

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

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

In terms of skills:

- Can use movement qualities and consciously manage breath, weight, space, energy, and its flow
- Can use contemporary dance terminology
- Can perform combinations from various contemporary dance techniques
- Can collaborate with others during group tasks

In terms of social competencies:

- Is ready for continuous improvement in contemporary dance
- Is able to assess personal achievements, identify mistakes, and correct them in self and others
- Draws inspiration from the environment while maintaining healthy ambition during classes

Jazz Dance Technique (II)

workshops

3 ECTS

Teaching methods

workshop method / project method

Method of verifying education

exam / activity during classes

OBJECTIVES

The aim of the course is for the students to acquire skills in jazz dance technique

COURSE CONTENT

- Styles of jazz dance
- Warm-up and training in jazz dance technique: posture, stability and core strength, flexibility exercises
- Breathing techniques, coordination, and balance exercises
- Awareness of the role of emotions and the ability to express them in jazz dance
- Selected floor, barre, and center exercises: roll down, roll up, bend, bounce, pulls, contractions, release, table top, swings, side split, back fall, front fall, isolations, and others
- Across-the-floor exercises: cat walks, walking with contraction, side walking with rotation, turns, and others
- Combinations based on jazz dance technique

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Knows selected technical elements of jazz dance
- Knows jazz dance terminology within the studied scope

In terms of skills:

- Can demonstrate technical elements of jazz dance
- Can express emotions and feelings in dance routines based on jazz dance technique

In terms of social competencies:

- Is ready for lifelong learning
- Is capable of effectively using imagination, intuition, emotionality, and creative thinking skills
- Has the ability to communicate during collaborative creative work

Modern Dance Technique

workshops

2 ECTS

Teaching methods

workshop method

Method of verifying education

assignment / activity during classes

OBJECTIVES

The aim of the course is for the students to apply modern dance techniques to choreographic and dance tasks carried out during classes.

COURSE 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

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

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

In terms of skills:

- Can use movement qualities and consciously manage breathing, weight, space, energy, and its flow.
- Can apply modern dance performance techniques to execute a choreographic task.

In terms of social competencies:

- Is ready for continuous improvement in modern dance.
- Is capable of evaluating own achievements, recognizing mistakes, and correcting them in oneself and others.
- Draws inspiration from the surroundings while maintaining healthy ambition during classes.

Improvisation with elements of partnering

workshops

2 ECTS

Teaching methods

workshop method

Method of verifying education

assignment / activity during classes

OBJECTIVES

The aim of the course are: Learning methods of improvisation and partnering; Ability to apply rules related to organizing stage space; Ability to communicate and collaborate effectively with a partner; Initiating artistic actions that combine moments of creation and spontaneous movement; Using imagination to perform improvisational tasks on selected themes.

COURSE CONTENT

- Transferring body weight between partners and maintaining a shared center of gravity through distancing and approaching.
- Lifting and carrying using dynamic force.
- Transferring movement impulses from peripheral areas of the body to its center.
- Types of contact with a partner: eye contact, touch, sensing the partner's immediate space.
- Exercises developing imagination and movement expression. Improvisation based on following in space, pauses, acceleration, canon, and specific movement qualities.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Understands methods of exploring movement through improvisation.
- Knows the principles and elements of partnering; has knowledge of body weight and working with it.
- Possesses anatomical knowledge about the functioning of the body as a dancer's tool.

In terms of skills:

- Can creatively explore a variety of movement possibilities.
- Can use body weight and elements of gravity during improvisation and partnering.
- Can employ imagination for thematic improvisation.

In terms of social competencies:

- Is capable of collaborating effectively during group artistic activities.
- Is prepared to independently make creative decisions.

Choreography and stage movement

workshops

2 ECTS

Teaching methods

workshop method / case study

Method of verifying education

project / activity during classes

OBJECTIVES

The aim of the course are: Creating choreographic works; Developing the ability to interpret cultural texts through movement; Demonstrating a creative approach to stage movement tasks based on text and music.

COURSE CONTENT

- Creative use of various dance styles for choreographic creation.
- Elements of movement tasks – practice and analysis.
- Creative exercises in movement interpretation of a cultural work.
- Creative exercises in movement interpretation of a musical piece.
- Independent work – creating a movement interpretation of a selected cultural text.
- Discussion and collective evaluation of the presented works.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Knows the concepts related to working with stage movement.
- Recognizes styles and techniques of stage composition.
- Has knowledge of analyzing cultural texts and their creative movement interpretation.

In terms of skills:

- Is able to use knowledge about a given work to create a creative movement interpretation.
- Is able to collaborate within a team, including interdisciplinary teams, and uses language understandable to other performing arts disciplines.
- Is able to apply workshop, dance, and choreographic skills in an original interpretation of a work.

In terms of social competencies:

- Is ready to independently analyze and interpret cultural texts and can effectively use intuition and imagination in problem-solving.
- Accepts criticism and is able to provide constructive feedback on the work of others.
- Is prepared to lead a dance project, inspiring and coordinating the work of a team.

Acting techniques in dance

workshops

1 ECTS

Teaching methods

workshop method / case study

Method of verifying education

project / activity during classes

OBJECTIVES

Learning the basic acting techniques used in stage work. Understanding the importance of emotional expression and narrative in dance performance. Developing interpretative and communication skills through elements of acting. Gaining practical tools that support body awareness, movement intention, and the creation of a stage character.

COURSE CONTENT

- Introduction to basic acting techniques used in stage work and their importance for dancers.
- Emotion and intention in movement – how to consciously build stage expression based on acting techniques.
- The psychological gesture method by Michael Chekhov – developing imagination and symbolism in stage movement.
- Working with a stage partner – techniques of listening and responding to stimuli in movement (according to Sanford Meisner).
- Improvisation and creation – developing creativity and expression through acting tasks.
- Physicality, tension, and organicity in stage expression – techniques of Jerzy Grotowski and Tadashi Suzuki.
- Designing and performing a short dance-acting étude based on a selected emotion or narrative.
- Reflection on one's own style of expression – developing awareness of stage presence and its growth.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Knows acting techniques and methods used in stage work and their application in dance.
- Knows the concept of stage expression and understands the importance of intention and emotion in building a stage performance.
- Knows concepts related to an actor's work with movement, space, a stage partner, and character creation

In terms of skills:

- Is able to apply selected acting techniques to deepen dance expression.
- Is able to analyze and interpret movement in terms of its emotional and narrative meaning.
- Creates short movement-acting études based on a specific emotion, intention, or stage situation.

In terms of social competencies:

- Demonstrates openness and readiness to experiment with expression and improvisation.
- Is able to collaborate within a creative group, sharing ideas and responding to partners' proposals.
- Pays attention to the conscious development of their stage presence and personal expression.

Classical Dance Technique (VI)

workshops

6 ECTS

Teaching methods

workshop method

Method of verifying education

open demonstration / activity during classes

OBJECTIVES

The aims of the course are to: Provide students with knowledge about the functioning of the body as a dancer's working tool; Master the knowledge and skills in classical ballet technique; Stimulate students' creative activity.

COURSE CONTENT

- Barre exercises – continuation of previous semesters and introduction of new exercises: demi and grand pliés with port de bras; battements tendus pour batterie; demi and grand rond de jambe at 90°, on half-toe, in 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 en tournant on half-toe (½ and full turn); battements soutenus at 90° in all directions and poses – V, VI port de bras; battements relevés lents, développés and soutenus at 90° in all directions and poses with rise onto half-toe and with plié-relevé; grand rond de jambe jetés en dehors and en dedans; rond de jambe en l'air at 90°; pirouettes en dehors and en dedans with temps relevé; grand battements jetés and développés on full foot and half-toe; battements développés fouettés; battements développés tombés at 90° in all directions; body inclinations and lifts in I and III arabesque (penché); fouetté turns en dehors and en dedans – ¼ and ½ turn from pose to pose with fingertips on the floor; préparation and pirouettes from V position; battements développés ballottés in all directions.
- Centre exercises – continuation of previous semesters 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 en tournant; rond de jambe par terre en tournant en dehors and en dedans; pas jeté fondu en tournant with side travel – ½ turn; grand temps lié at 90° en dehors and en dedans; grand fouettés en tournant en dedans in III arabesque; grand fouettés from effacé forward ending in effacé back; grand pirouettes à la seconde en dehors; tours en dehors and en dedans in all directions and large poses from IV and II positions; tour lent en dehors and en dedans in large poses and from pose to pose through passé at 90°; preparation for turns in large poses en dehors and en dedans from II and IV positions; fouetté turns en dehors and en dedans (¼ and ½ turn) with leg at 45° and 90°; chaînés turns; tour tire-bouchon from V position.
- Jumps – continuation of previous semesters and introduction of new exercises: entrechat; pas assemblé en tournant (¼ turn); sissonne tombée en tournant; pas brisé forward and backward; pas ballonné to the side and with travel; pas failli forward; grand échappé en tournant (½ turn); grande sissonne ouverte with travel; grand pas assemblé to the side and forward with glissade and step; pas ballotté with foot brushing the floor then at 45°; grand pas jeté forward in poses: attitude croisée and effacée, I and II arabesque; grand pas de chat; pas emboîtés en tournant with side and diagonal travel; sissonne with pas couru (stage form); tour en l'air – 1 and 2 turns (male dancers).
- Pointe work – continuation of previous semesters and introduction of new exercises: relevés in IV position en face, croisé, effacé; pas échappé to IV position croisé, effacé; pas échappé en tournant to position II (½ turn); pas assemblé soutenu ending in small pose and en tournant (½ and full turn); pas jeté fondu forward on diagonal; pas de bourrée with leg change starting and ending in épaulement; pas couru forward and backward on diagonal; pas de bourrée suivi; pas glissade with forward, side, and backward travel; temps lié par terre forward and backward; sissonne simple en face and in épaulement; half and full turns in V position; sus-sous forward and to the side; pas jeté with travel (second leg in sur le cou-de-pied); pas coupé – ballonné with leg lifted to the side; preparation for pirouettes sur le cou-de-pied en dehors and en dedans from V and IV positions; chaînés turns.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

The expected learning results are consistent with those of previous Classical Dance Techniques semesters

Dance Fashions (II)

workshops

3 ECTS

Teaching methods

workshop method / brainstorming

Method of verifying education

demonstration class / activity during classes

OBJECTIVES

The aim of the course is acquisition of knowledge and skills regarding current trends in dance.

COURSE CONTENT

- Familiarization with dance trends in the field of revue.
- Mastery of selected elements of jazz dance technique, especially Broadway jazz, musical, and pop jazz styles.
- Awareness of the importance of artistic expression in choreographies related to revue.
- Preparation of dance routines in the revue style.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Knows selected dance trends in dance.
- Knows selected dance techniques, including Broadway, Jazz, Musical.
- Knows modern technologies used in commercial dance and music events.

In terms of skills:

- Can perform in both solo and group choreographies based on selected trends.
- Combines and consciously applies selected dance styles.
- Demonstrates good technical and postural habits, enabling efficient and safe body control.
- Can use movement expression and artistic expression in dance routines.

In terms of social competencies:

- Understands the need for lifelong learning and continuous self-improvement.
- Can cooperate in a group during artistic activities.
- Is able to effectively use imagination, intuition, emotionality, and creative thinking skills.
- Can adapt to new circumstances.

Dance Project (II)

workshops

3 ECTS

Teaching methods

workshop method / brainstorming

Method of verifying education

exam / activity during classes

OBJECTIVES

Stimulating creative movement imagination culminating in a dance project.

COURSE CONTENT

- Learning figures, steps, and principles used in the presentation of the completed dance project.
- Working on the interpretation of a musical piece translated into movement.
- Creating a dance project.
- Presenting a dance project based on contemporary dance techniques.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Knows various dance techniques included in the study program.
- Knows concepts related to dance composition.
- Knows and understands the role of music and dance in dance projects.

In terms of skills:

- Is able to collaborate with participants involved in a dance project.
- Is able to realize their own artistic concepts both as a creator and as a performer.
- Is able to perform a choreographic composition in various dance techniques included in the study program.

In terms of social competencies:

- Is ready to use imagination, intuition, and creative thinking during dance tasks.
- Is prepared for both creative and collaborative work during classes.
- Is ready to receive and provide constructive criticism within team-based creative work.