



**Akademia
Humanistyczno
Ekonomiczna
w Łodzi**

2026-2027

ACADEMIC OFFER

DANCE



DANCE

Language: **Polish**
with English support

Winter **2026–2027**

Dance Bachelor

1ST YEAR / 1ST SEMESTER

CLASSICAL DANCE TECHNIQUE (I).	workshops
CONTEMPORARY DANCE TECHNIQUE (I).	workshops
DANCE-CHOREOGRAPHY WORKSHOP (I).	workshops
CHOREOGRAPHY PROJECT (I).	workshops
RHYTHMICS (I).	workshops
ACROBATICS (I).	workshops
STRETCHING	workshops

2ND YEAR / 3RD SEMESTER

CLASSICAL DANCE TECHNIQUE (III).	workshops
CONTEMPORARY DANCE TECHNIQUE (III).	workshops
CHOREOGRAPHY PROJECT (III).	workshops
JAZZ DANCE TECHNIQUE (I).	workshops
CHOREOGRAPHY STRUCTURES	workshops
BASICS OF STAGE PRODUCTION	workshops

3RD YEAR / 5TH SEMESTER

CLASSICAL DANCE TECHNIQUE (V).	workshops
CONTEMPORARY DANCE TECHNIQUE (V).	workshops
DANCE FASHIONS (I).	workshops
DANCE PROJECT (I).	workshops
CHARACTERISTIC DANCE	workshops
STREET ART HIP-HOP	workshops
FOLK DANCE	workshops

Classical Dance Technique (I)

workshops

4 ECTS

Teaching methods

workshop method

Method of verifying education

graded assignment / 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 (I)

workshops

3 ECTS

Teaching methods

workshop method

Method of verifying education

graded assignment / 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 (I)

workshops

3 ECTS

Teaching methods

workshop method

Method of verifying education

graded études / 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 (I)

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 (I)

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 (I)

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.

Stretching

workshops

1 ECTS

Teaching methods

workshop method / physical exercises

Method of verifying education

graded assignment / activity during classes

OBJECTIVES

Course objectives: Developing physical activity skills that stimulate harmonious body development; Acquiring knowledge and skills for independently improving fitness, coordination, and flexibility; Forming the habit of self-improvement and striving for high endurance levels as an expression of good health; Conditioning the body to physical and psychological stimuli (stress resilience); Shaping a pro-health attitude and a sense of responsibility for mental development, proper posture, physical fitness, health, and appearance.

COURSE CONTENT

- physical exercises focused around stretching

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Recognizing habits of a hygienic lifestyle: balanced nutrition and active rest.
- Identifying skills for self-directed physical improvement.
- Distinguishing between utilitarian and recreational abilities, as well as compensatory and corrective skills.
- Determining the knowledge necessary for purposeful engagement in various forms of physical, sports, and recreational activities.

In terms of skills:

- Develops morpho-functional fitness through exercises stimulating the cardiovascular and respiratory systems.
- Strengthens specific muscle groups throughout the body.
- Develops coordination: agility, dexterity, balance, and flexibility.
- Applies recreational and sports-related fitness skills.
- Combines exercises with appropriate load, distance, and use of suitable equipment and tools.
- Develops utilitarian skills

In terms of social competencies:

- Is aware of the threats posed by modern civilization, such as alcoholism, drug addiction, and lifestyle-related diseases, as well as the state of the natural environment.

Classical Dance Technique (III)

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 (III)

workshops

3 ECTS

Teaching methods

workshop method

Method of verifying education

graded assignment / 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

Choreography Project (III)

workshops

3 ECTS

Teaching methods

workshop method

Method of verifying education

project / activity during classes

OBJECTIVES

The aims of the course are: Providing students with practical tools necessary for creating a dance and choreography project; Developing the ability to carry out projects collaboratively in a team

COURSE CONTENT

- Elements of composition in a choreographic project
- Working on the dynamics of all elements of the project
- Improvisation as a component of a choreographic project
- Concept of a choreographic project and its relevance
- Working with performers during the creation of a project

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Knows the elements that can constitute a choreographic project
- Knows various ways of using dynamics in each element of a project, their integration, and their impact on composition
- Knows the principles of organizing work on a choreographic project

In terms of skills:

- Can effectively apply dynamics in a dance composition and in other elements of choreographic structure
- Can use improvisation tools in the creation of a choreographic project
- Can create choreographic projects for different group sizes, organize team work, and utilize performers' skills within the project

In terms of social competencies:

- Is ready to communicate and collaborate with others in the implementation of a project or its components
- Is ready to incorporate current social issues into the creation of a choreographic project

Jazz Dance Technique (I)

workshops

3 ECTS

Teaching methods

workshop method / project method

Method of verifying education

graded assignment / 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

Choreography Structures

workshops

2 ECTS

Teaching methods

workshop method / project method

Method of verifying education

graded final assignment / activity during classes

OBJECTIVES

The aim of the course is for the students to consciously apply diverse creative methods useful in choreography; Independently create a choreographic study (etude)

COURSE CONTENT

- Utilizing music, dance techniques, and text to expand creative inspiration.
- Applying methods for creating choreography.
- Working independently on the artistic concept of the project and consults with the course instructor.
- Presenting the project to the group and engages in discussion about the completed work.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Understands the principles of creating choreography and choreographic structures.
- Recognizes and comprehends the role of dance and choreography.
- Identifies different musical styles and dance techniques, knows the terminology, rules, and possibilities for their use in creative work.

In terms of skills:

- Can create and perform dance-movement etudes.
- Can design the creative process, using diverse methods to support creativity in choreography.
- Applies concepts and methods from contemporary dance forms and can incorporate them into personal choreographic work.

In terms of social competencies:

- Understands the creative process and is ready to inspire and motivate collaborators.
- Is prepared to independently create dance and choreographic works, seek inspiration, and develop self-chosen ideas.
- Accepts and respects diverse working methods and demonstrates flexibility in artistic and creative activities.

Basics of stage production

workshops

1 ECTS

Teaching methods

workshop method / didactic discussion / drama

Method of verifying education

activity during classes

OBJECTIVES

The aims of the course are: Acquisition of knowledge, skills, and social competencies in stage performance and directing; Development of the ability to precisely formulate an artistic vision for the stage; Mastery of selected stage techniques; Acquisition of the skills necessary to create an original stage production.

COURSE CONTENT

- Analysis of the text in relation to stage performance.
- Director and actor: role development; working with props.
- Visual form as a starting point for constructing stage expression.
- Composition of stage space.
- Script development – from theme to etude.
- Performance as an element of the process of working on a production.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Understands and comprehends the principles of stage production and the director's workshop.
- Knows the most important creators and achievements in theatrical and film directing.
- Understands the developmental trends in theatrical directing.
- Knows and comprehends the principles of acting, stage movement, composition and stage narration, working with props, text analysis for stage realization, and role development.

In terms of skills:

- Can creatively execute a stage project, applying knowledge of directing while taking into account the conditions of actors and the performance space.
- Can apply knowledge of various stage techniques in creating a theatrical performance.
- Efficiently organizes the work of the entire team, utilizing modern technologies.
- Initiates and designs their own projects in the field of theatrical directing.

In terms of social competencies:

- Can organize their own learning process and inspire others to learn.
- Demonstrates responsibility and can independently organize work they are motivated for; able to think creatively and solve artistic problems using imagination and emotional awareness.
- Can perform constructive self-assessment and provide critical feedback on the work of others.

Classical Dance Technique (V)

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 en 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

Contemporary Dance Technique (V)

workshops

3 ECTS

Teaching methods

workshop method

Method of verifying education

open demonstration exam / activity during classes

OBJECTIVES

The aims of the course are: Conscious work with the body, taking into account space, flow, time, weight, and breath; Mastery of the basic technique of contemporary dance and terminology in the field of contemporary dance.

COURSE CONTENT

- Movement exercises incorporating changes in tempo, dynamics, planes, levels, and directions of movement.
- Spatial exercises: big jumps using drop and torso twist, arm work with various approaches, rolls, and spatial pathways; contraction in jumps within combinations.
- Contraction–release as a transition from standing to seated positions using selected concepts.
- Shifting body weight combined with contraction and release, with turns in different directions using selected concepts.
- Movement exercises using selected elements of Merce Cunningham technique.
- Performing dance combinations within the mastered material, with attention to character and appropriate artistic expression.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

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

In terms of skills:

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

In terms of social competencies:

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

Dance Fashions (I)

workshops

2 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 Commercial Dance.
- Mastery of selected technical elements, including New Style and Dancehall, and their use in dance tasks.
- Awareness of the importance of artistic expression in choreography within Commercial Dance style.
- Preparation of dance routines in the Commercial Dance style.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Knows selected dance trends in Commercial Dance.
- Knows selected dance techniques, including New Style and Dancehall.
- 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 Commercial Dance trends.
- Combines and consciously applies selected dance styles within Commercial Dance.
- 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 (I)

workshops

2 ECTS

Teaching methods

workshop method / brainstorming

Method of verifying education

graded final assignment / 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.

Characteristic Dance

workshops

2 ECTS

Teaching methods

workshop method

Method of verifying education

demonstration lesson / activity during classes

OBJECTIVES

Familiarization with the dances and cultures of various nations of the world; Comprehensive acquisition of practical and theoretical skills in character dance; Development of skills in folkloric stylization for stage purposes; Preparation for work in dance ensembles, theatres, and film production.

COURSE CONTENT

- Barre and centre exercises incorporating elements of dances from various nations.
- Learning basic steps, elements, and figures of Russian, Ukrainian, Hungarian, and Roma dances.
- Learning character and national dances of selected countries: Spanish, Jewish, Lithuanian, Moldovan, and Georgian.
- Combining elements into combinations and choreographic sequences.
- Musical concepts; selected terminology used in folk dance classes between the instructor and accompanist, influencing the musical character of exercises.
- Adaptation of traditional dances for theatre or dance ensembles.
- Combining classical techniques with elements of character dance (e.g., dancing on pointe).
- Working with props (scarves, tambourine, fan, wreaths, sabres).

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Knows and skillfully applies the principles related to the performed exercises.
- Has the ability to assess own movement achievements, recognize and correct own mistakes.
- Understands the principles of working with an accompanist.

In terms of skills:

- Can correctly perform movement elements, steps, and figures, as well as their combinations within the studied dances.
- Has the ability to present and distinguish figures from various character dances.
- Skillfully and fluently combines individual exercises and demonstrates proper movement coordination.
- Demonstrates appropriate movement aesthetics across different dance styles.

In terms of social competencies:

- Efficiently and rationally organizes their own work and collaborates effectively in a group.
- Has the ability to communicate during teamwork.

Street Art Hip-Hop

workshops

1 ECTS

Teaching methods

workshop method

Method of verifying education

graded assignment / activity during classes

OBJECTIVES

Application of street dance techniques to dance and choreographic tasks carried out during classes.

COURSE CONTENT

- Hip hop: knowledge of basic hip-hop steps.
- Styles: dancehall, house, locking.
- Preparation of choreography based on hip-hop style.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Has knowledge of hip-hop style and its forms.
- Knows steps and dance figures characteristic of hip-hop style.
- Has knowledge of the history and music selection related to street dance techniques.

In terms of skills:

- Can use movement qualities, space, energy, and its flow.
- Can apply hip-hop performance technique to a choreographic task.
- Can conduct dance classes using street dance techniques.

In terms of social competencies:

- Is ready for continuous improvement in hip-hop style.
- Is capable of assessing own achievements, recognizing mistakes, and correcting them in oneself and others.

Folk Dance

workshops

2 ECTS

Teaching methods

workshop method

Method of verifying education

demonstration class / activity during classes

OBJECTIVES

Familiarization with Polish national dances and selected character dances; Familiarization with selected dances from various regions of the world.

COURSE CONTENT

- Barre and centre exercises incorporating elements of selected character and folk dances.
- Learning basic steps, elements, and figures of Polish national dances (Polonaise, Krakowiak, Kujawiak, Mazur, Oberek).
- Learning dances from selected nations.
- Preparation of a demonstration lesson as part of course assessment.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Knows and applies the principles related to the performed exercises.
- Knows Polish national dances and selected character dances.
- Knows dance genres and styles.

In terms of skills:

- Can perform movement elements, steps, and figures combined into sequences.
- Can perform Polish national dances and selected character dances.

In terms of social competencies:

- Is ready for lifelong learning and performing artistic tasks.
- Has the ability to communicate during teamwork.