



**Akademia
Humanistyczno
Ekonomiczna
w Łodzi**

2026-2027

ACADEMIC OFFER

DANCE MASTER



DANCE MASTER

Language: **Polish**
with English support

Winter **2026–2027**

Dance Master

1ST YEAR / 1ST SEMESTER

Classical Dance Technique and Musical Interpretation (I).	workshops
Contemporary Dance Techniques (I).	workshops
Polish National Dances (I).	workshops
Rhythmics – Musical Movement Expression (I).	workshops
Kinesiology with elements of physioprophyllaxis (I).	workshops
Choreography Structures (I).	workshops
Choreography Project (I).	workshops
Dance Project	workshops
Dance-Choreography Workshop	workshops
Historical Dances	workshops
Tap Dancing	workshops

2ND YEAR / 3RD SEMESTER

Classical Dance Technique and Musical Interpretation (III).	workshops
Contemporary Dance Techniques (III).	workshops
Characteristic Dance and Musical Interpretation (I).	workshops
Choreography Laboratory (I).	workshops
Movement Improvisations (I).	workshops
Jazz Dance Technique	workshops
Choreographic work in large performing ensembles	workshops

Classical Dance Technique and Musical Interpretation (I)

workshops

2 ECTS

Teaching methods

workshop method / group work

Method of verifying education

demonstration class / activity during classes

OBJECTIVES

Improvement of movement quality, increasing individual mobility and body flexibility; Developing sensitivity to music and to changes in tempo, character, and rhythm; Increasing muscular strength and endurance of the whole body; Preparing students for independent work in classical dance.

COURSE CONTENT

- Flic-flac en tournant en dehors and en dedans from position to position at 45° and 90° at the barre.
- Battement développé with quick demi-rond en dehors and en dedans at 90° at the barre.
- Port de bras (with torso work) with the leg raised at 90°, en face, in poses and on demi-pointe at the barre.
- Pirouettes en dehors and en dedans sur le cou-de-pied, finishing with the toes touching the floor, at 45° and 90° at the barre.
- Pirouettes tire-bouchon en dehors and en dedans, starting from 90° positions and finishing in a large pose.
- Pirouettes en dehors and en dedans sur le cou-de-pied, finishing with the toes on the floor, at 45° and 90° in the center.
- Tour fouetté at 90° from position to position at the barre and in the center.
- Grand fouetté en tournant en dedans in third arabesque and en dehors in a croisé forward pose.
- Tour fouetté at 45°, increasing the number of rotations.
- Grand temps lié with pirouette sur le cou-de-pied, tire-bouchon from fifth position
- Tours en dehors and en dedans in all directions and large poses from fourth and second positions.
- Sissonne tombée en tournant en dehors and en dedans in all directions and small jump poses.
- Temps lié en tournant en dehors and en dedans with the leg in sur le cou-de-pied.
- Pas ballotté at 90° in jumps.
- Pas jeté passé at 45° and 90° forward and backward; pas de poisson with a jump and flight.
- Pas de bourrée – all types on pointe.
- Sissonne ouverte at 45° in poses on pointe.
- Relevé on one leg in poses with the other leg raised at 45° and 90° on pointe.
- Preparation for pirouettes from fifth and fourth positions en dehors and en dedans on pointe (one turn at the discretion of the instructor).
- Pas ballonné with traveling in effacé and croisé poses forward and backward.
- Grand sissonne ouverte in all directions and poses without travel on pointe.
- Temps sauté in fifth position and changement de pieds on pointe.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge: Possesses in-depth knowledge of the subject area, which can be developed and applied in their own artistic exploration; Possesses a developed artistic personality enabling the realization and expression of their own artistic concepts; Possesses extended knowledge of classical dance.

In terms of skills: Has skills related to the theoretical and practical application of classical dance; Can independently correct mistakes in themselves and others; Can select appropriate methods for their own development and improvement.

In terms of social competencies: Is ready to continuously improve professional skills in artistic work. Demonstrates professionalism in dance practice. Is ready to continuously improve professional skills in artistic work.

Contemporary Dance Techniques (I)

workshops

2 ECTS

Teaching methods

workshop method / exercises / discussions

Method of verifying education

exam / practical exam / activity during classes

OBJECTIVES

The aim of the course is to introduce students to the world of contemporary dance and to techniques that emerged in the 20th century and currently form the core of performance practices on the world's stages of dance theatres and contemporary dance companies.

COURSE CONTENT

- Discussion of principles concerning body awareness, space, and time. Execution of tasks related to movement analysis according to Rudolf von Laban's concept.
- Discussion of the history of the technique, the biography of its creator, and principles of execution based on Martha Graham's technique.
- Discussion of the history of the technique, the biography of its creator, and principles of execution based on José Limón's technique.
- Discussion of the history of the technique, the biography of its creator, and principles of execution based on Merce Cunningham's technique.
- Discussion of principles of execution based on release technique and floorwork methods.
- Execution of exercises based on elements of Graham, Limón, Cunningham, and release techniques, combined into dance combinations. Creation and presentation by the student of their own dance combinations.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Has knowledge of various dance techniques, styles, and forms.
- Knows professional terminology related to the art of dance.

In terms of skills:

- Can realize creative dance projects and possesses the skills needed to express them using different dance techniques.
- Uses their own kinesthetic and anatomical abilities in dance tasks in combination with knowledge of practical choreology.

In terms of social competencies:

- Demonstrates the ability to collect, analyze, and interpret information and to develop ideas.

Polish National Dances (I)

workshops

1 ECTS

Teaching methods

workshop method / individual and group work

Method of verifying education

exam / practical exam / activity during classes

OBJECTIVES

Providing students with knowledge of the history of Polish national dances; Familiarizing students with the costume and tradition of each dance.

COURSE CONTENT

- Polonaise (Polonez) – origin and characteristic musical and dance features. Explanation of musical terminology related to meter, measures, musical phrasing, and tempo. Discussion of differences in performing specific elements, holds, and bows depending on costume. Introduction to basic steps, figures, and spatial patterns typical of the Polonaise: forward, backward, and turning basic step; partner crossing to the other side; changing places via croisé; “herringbone” pattern, gates, couple circle. Work on combining elements while maintaining proper character and correct technique.
- Krakowiak – characteristics of music, costume, and dance. Focus on the syncopated rhythm of the Krakowiak and explanation of “syncopé.” Partner work principles, basic steps, embellishments, and spatial patterns: side gallop, “horse-like” steps, gallop with accent, hops; female turning jumps, male fancy step, Kraków-style finishes; directional changes through half turns; krzesane steps, heel beats (stage and square variations), traditional regional figures. Combining steps into dance compositions.
- Oberek – characteristics of music, costume, and dance. Explanation of “fermata” in music. Basic step, partner holds, figures, and spatial patterns: forward, backward, stationary, and turning steps ($\frac{1}{4}$, $\frac{1}{2}$, full rotation); spinning in four directions; male embellishments (krzesany, heel beat, knee strike, kneeling variations, turns behind back, accented steps); female jumps, male kneeling steps, rhythmic accents; figures such as partner exchanges and lifts. Combining elements into coherent choreographic forms with correct stylistic execution.
- Mazur – characteristic musical and dance features, including differences in execution depending on costume. Explanation of musical dynamics. Basic step (forward, backward, stationary with turn – “kontusz step”), accented male steps; gliding steps in various combinations (changes through passé par terre, cou-de-pied, krzesany steps); rond variations; heel beats (female and male variants); small and large mazurka endings. Construction of dance compositions with emphasis on precision and stylistic authenticity.
- Kujawiak – musical and dance characteristics. Similarities and differences between Kujawiak and Oberek in execution of steps and embellishments. Explanation of musical concepts “rubato” and “ritenuto.” Basic and turning steps, stylized steps with “obłoczek,” rond variations forward and backward; embellishments and lifts compared with Oberek; figures such as flirtatious, rocking, carried, resting, and partner exchange figures. Combining elements into dance compositions.
- Highland dances from the Podhale region and other selected Polish folk dances – historical background of the region, customs and traditions, music, costume, choreotechnics, and stylized forms of folk dances (selected by the academic teacher).

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Has knowledge of the history of dance in the 20th and 21st centuries and general knowledge of dance styles, forms, and genres.
- Knows and applies principles relevant to the dances being studied.
- Knows Polish national dances within the discussed scope.

In terms of skills:

- Uses professional terminology.
- Can perform movement elements, steps, and figures combined into sequences of Polish national dances.
- Can analyze, interpret, and anticipate various interactions and situations occurring during national dance classes.

In terms of social competencies:

- Knows and can perform steps of Polish national dances with particular attention to style, manner, and form.
- Is ready to engage in artistic work throughout life and is capable of self-evaluation and constructive criticism.

Rhythmics: Musical Movement Expression (I)

workshops

1 ECTS

Teaching methods

workshop method / individual and group work

Method of verifying education

exam / practical exam / activity during classes

OBJECTIVES

Developing listening analysis skills in terms of the interaction of musical elements; Developing sensitivity to musical elements; Training quick reactions in music–movement activities; Developing a conscious and creative attitude in the execution of music–movement tasks; Developing imagination and creativity in interpreting music through movement; Improving and expanding theoretical knowledge in the field of music; Developing the ability to express meanings contained in music through movement; Developing the ability to spontaneously externalize emotions through movement arising from musical expression.

COURSE CONTENT

- Elements of a musical work, including musical means of artistic expression.
- Movement-based interpretations of musical elements based on selected excerpts of musical works – improvisations.
- Selected musical forms: AB, ABA, rondo, variations, canon, fugue, sonata-allegro form, and developmental forms – listening analysis of recordings and exploration of movement means corresponding to musical expression.
- Movement structures corresponding to musical structures: motif–phrase–sentence–period.
- Listening analysis of musical compositions selected by students, discussion of metrical and rhythmic issues, diversity of interpretation, energetic tension within melodic phrases, and dramaturgy of works – proposals for movement interpretations. The phenomenon of similarity and contrast in music and movement.
- Dance projects (movement compositions) based on selected musical material according to Émile Jaques-Dalcroze's method of eurhythmics (musical expression through movement).

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Knows musical concepts and terminology within the discussed scope.
- Knows the principles of Émile Jaques-Dalcroze's eurhythmics method, including movement plasticity as a form of musical expression through movement.
- Knows the elements of a musical work and structural models of musical forms.

In terms of skills:

- Can express musical elements through movement, including emotions contained in musical works.
- Can aurally analyze the artistic expression of a musical piece and translate musical expression into movement.
- Can interpret music through movement in various styles, improvising its structure as well as creating choreographies based on music.

In terms of social competencies:

- Is ready for independent analysis and execution of music–movement tasks.
- Is ready to cooperate in a group and provide constructive criticism towards others' work when working with musical material.

Kinesiology with elements of physioprophyllaxis (I)

workshops

2 ECTS

Teaching methods

workshop method / individual and group work

Method of verifying education

exam / practical exam / activity during classes

OBJECTIVES

Introducing students to knowledge in kinesiology; Preparing students for the practical application of knowledge about neuropsychological determinants of human motor performance; Preparing students to use this knowledge to analyze and describe simple and complex human movements under normal conditions; Preparing students to cooperate with other specialists in the field of human movement analysis in order to optimize the professional development of dancers, including broadly understood injury prevention.

COURSE CONTENT

- Concepts and definitions in kinesiology. Structural and functional foundations of motor operations. Components of the musculoskeletal system and their interrelations.
- Postural control. Concept of uncontrolled movement. Axiality and postural reactions. Concept of motor error.
- Mechanisms of balance maintenance. Dynamic control.
- Somatosensory systems. Concepts of kinesthesia and synesthesia.
- Function and physiology of muscles in the context of motor control. Functional efficiency. Movement symmetry.
- Characteristics of stabilizers and mobilizers. Recruitment patterns of muscle groups.
- Movement management and control. Regulation and coordination.
- Teaching motor operations. Development of motor skills.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Knows concepts from kinesiology and human motor function, as well as kinesiology terminology within the discussed scope.
- Knows principles of kinesiology and functional relationships within the human musculoskeletal system.
- Knows concepts of human kinesiology and functional dependencies.
- Knows main concepts of movement efficiency and safety.

In terms of skills:

- Can apply kinesiology concepts, terminology, and knowledge in practice.
- Can apply principles of kinesiology in designing safe and efficient movement tasks.
- Constructs frameworks for applying kinesiology knowledge in movement control and motor skill development.
- Can identify functional deficits and implement appropriate corrective tasks that enhance motor potential.

In terms of social competencies:

- Is ready to develop motor skills while striving for professionalism in dance practice.
- Is ready to take a comprehensive approach to professional practice in terms of ergonomics and injury prevention.

Choreography Structures (I)

workshops

1 ECTS

Teaching methods

workshop method / case study

Method of verifying education

assignments / activity during classes

OBJECTIVES

Conscious application of various creative methods useful in choreographic work; Independent creation of a choreographic etude.

COURSE CONTENT

- Use of music, dance techniques, text, and other visual staging elements to expand creative inspiration.
- Methods of choreography creation and their correlation with other visual staging means.
- Independent work on the artistic concept of a project and consultations with the course instructor.
- Presentation of the project in front of the group and discussion of the completed work in relation to other available visual staging elements.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Knows and understands the principles of choreographic creation, choreographic structures, and their integration with other visual staging elements.
- Knows and understands the role of dance and choreography and the possibilities of combining movement with other visual means of stage expression.
- Recognizes different musical styles and dance techniques, situating them in relation to other visual staging elements; knows terminology, principles, and possibilities of their use in creative work.

In terms of skills:

- Can create and realize dance–movement etudes and correlate them with other visual staging elements.
- Can design a creative process and use various methods of enhancing creativity in choreography and its integration with visual staging means.
- Uses concepts and methods of contemporary dance forms and applies them in choreographic work, integrating them with other visual staging elements.

In terms of social competencies:

- Understands the creative process and is able to inspire and motivate collaborators in integrating movement with other visual staging elements.
- Is ready to independently create choreographic works, seek inspiration, and develop chosen artistic ideas based on choreography and other visual means of staging.
- Accepts and respects different working methods and is capable of a flexible approach to artistic and choreographic creation in relation to other visual staging elements.

Choreography Project (I)

workshops

2 ECTS

Teaching methods

workshop method / exercises

Method of verifying education

practical exam / assignments / activity during classes

OBJECTIVES

The aim of the course is to deepen knowledge of choreographic works, to understand the principles of creation in the context of dance composition, and the selection of sound and visual elements of a performance. It also prepares students for professional creative and performing work in dance through the independent realization of dance etudes and micro-performances. The course develops responsibility for the overall artistic work, including creative decisions made in collaboration with co-performers and co-creators.

COURSE CONTENT

- Types of dance composition – theory and performance practice (creating examples through individual creative work).
- Types of choreographic methods – theory and performance practice (creating examples through individual creative work).
- Types of creative processes in directing – theory and performance practice (creating examples through individual creative work).
- Types of dramaturgical materials – theory and performance practice (creating examples through individual creative work).
- Types of relationships between music and dance – theory and performance practice (creating examples through individual creative work).
- Types and possibilities of using visual stage elements such as lighting, costumes, props, and multimedia – theory and performance practice (creating examples through individual creative work).

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Has knowledge of the structure of a choreographic etude and the selection of non-movement elements that are integral to choreographic content.
- Knows the principles of stage expression in dance.
- Knows the principles of dance composition and choreography, as well as directing, staging, and dramaturgy of dance performances.

In terms of skills:

- Can create and realize creative dance-choreographic projects.
- Can carry out original artistic activities and dance classes based on the free and independent use of imagination, intuition, and emotionality.
- Can cooperate with others in teamwork settings.

In terms of social competencies:

- Is ready to assume the role of a creative artist and leader in various artistic projects.
- Demonstrates readiness for creative work with respect for the copyrights of other creators.

Dance Project

workshops

1 ECTS

Teaching methods

workshop method / project method / individual and group work

Method of verifying education

project / assignments / activity during classes

OBJECTIVES

The dance project is a practical course that serves as a summary of specialized subjects. As part of the course, students are required to prepare individual dance miniatures which, when combined, form a complete dance performance.

COURSE CONTENT

- Selection of the musical layer.
- Selection of cast for solo, duet, or group dance.
- Work on spatial arrangement, including directing, lighting, set design, and costume.
- Creative tasks carried out in practice.
- Problem-based discussions.
- Movement activities in planes, different levels, and spaces within a given material.
- Use of imagination in movement and dance activities.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Has extended knowledge of terminology related to the performing arts.
- In choreographic tasks, possesses knowledge of dance theory and other art disciplines.
- Knows principles of dance composition at an advanced level, allowing for choreographic freedom.
- Knows various dance techniques at an advanced level.
- Knows methods of creating movement through improvisation.

In terms of skills:

- Can coordinate group work in the realization of dance projects.
- Can independently carry out an artistic project.
- Possesses a developed artistic personality enabling the creation and expression of original choreographic concepts.
- Is capable of creativity in searching for original movement.

In terms of social competencies:

- Critically evaluates their own work and that of others.
- Can initiate collaboration with others in joint projects.
- Can present complex choreographic tasks and select appropriate musical accompaniment.

Dance-Choreography Workshop

workshops

2 ECTS

Teaching methods

workshop method / exercises

Method of verifying education

practical exam / assignments / activity during classes

OBJECTIVES

Preparing students for creative activity in the dance and choreographic process; Developing the ability to refine technical skills and perform original artistic projects.

COURSE CONTENT

- Use of musical knowledge in creating dance compositions, solos, and group choreography.
- Use of visual components of a dance performance (set design, lighting, costume, multimedia elements).
- Improving the technical quality of dance performance and adjusting its components.
- Combining elements of contemporary dance techniques with elements of other dance forms and techniques.
- Creating and analyzing one's own dance and movement combinations.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Has knowledge of improvisation and contact improvisation.
- Possesses the knowledge necessary to create original choreographic miniatures and artistic projects.
- Knows the principles of cooperation with a choreographer and a composer.

In terms of skills:

- Uses correct terminology related to the field of study and choreographic specialization.
- Possesses a developed artistic personality enabling the creation and realization of original artistic concepts.
- Can consciously apply knowledge and experience gained from various dance techniques.

In terms of social competencies:

- Is ready to correct mistakes and critically evaluate their own technical skills and artistic projects.
- Is ready to present complex choreographic tasks in an accessible form.
- Is ready to consciously initiate collaboration with others in joint dance activities and choreographic projects.

Historical Dances

workshops

1 ECTS

Teaching methods

workshop method / didactic discussion / group work

Method of verifying education

graded assignment / activity during classes

OBJECTIVES

Mastery of material related to historical dances from the 15th, 16th, 17th, 18th, and 19th centuries – including social, court, and ballroom forms; Acquisition of knowledge of costume history, manners, and a sense of aesthetics.

COURSE CONTENT

- History of early dance with elements of reconstructing historical choreography.
- Miniatures of Renaissance and Baroque dances, including court and theatrical forms.
- Familiarization with costumes of specific historical periods.
- History of early Baroque dances (17th century), French sources, and the first ballets.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Has extended subject knowledge, both theoretical and practical.
- Possesses knowledge of historical dances, including their steps and figures.
- Has knowledge of costume history.

In terms of skills:

- Can present steps and figures of historical dances.
- Can create and realize original artistic concepts using historical dances.
- Can match appropriate costumes to specific historical periods.

In terms of social competencies:

- Is aware of their level of knowledge and skills.
- Is ready for self-evaluation and constructive criticism.
- Is ready to engage in both individual and group work in the realization of shared tasks

Tap Dancing

workshops

1 ECTS

Teaching methods

workshop method / group work

Method of verifying education

project / assignments / activity during classes

OBJECTIVES

The Advanced Beginners course aims to introduce fundamental steps and rhythms of tap dance technique at this level, as well as their progressive development (Time Steps, including triples and breaks, Pick Ups, Shuffle combinations, Cramrolls, Susie-Qs, Shuffle Pick-Up Changes). It also focuses on further mastery of international tap dance terminology. The course develops musicality through the ability to accent and emphasize the source of sound, dynamics, tempo, and articulation. It enhances movement skills, the ability to convey musical style and mood, and to express the essence of choreography through the body and rhythm. Additionally, it provides basic historical and cultural education, including the evolution of tap dance.

COURSE CONTENT

- Assessment of acquired basic skills in proper sound articulation (HL, HLDP, ST, TT, TC, TD, B/C, etc.), correct body alignment (balance, smooth weight transfer), and foot and ankle technique – exercises, warm-up, notation.
- CD: Assessment of basic sound articulation (HL, HLDP, ST, TT, TC, TD, B/C, etc.), correct body alignment (balance, smooth weight transfer) using arm coordination, diagonal travelling steps, foot and ankle technique – exercises, warm-up, notation.
- Step technique: Shuffles – correct rhythm and posture with upper body engagement, directional variety in combinations. Combinations with Ball Change & Hop Step. Understanding movement and notation of combinations.
- Step technique: Time Steps (single, double), Pick Ups, and Brush Steps. Introduction to rhythm and syncopation in combinations. Understanding and notation of combinations.
- CD step technique: Time Step (single, double & triple), Pick Ups, and Brush Step. Introduction of &8 rhythm and syncopation in combinations. Understanding and notation of combinations.
- Step technique: Transition from Brush Steps to Tap Springs. Understanding movement and notation of combinations.
- Step technique: Tap Springs – combinations with Ball Change. Understanding movement and notation of combinations.
- Summary of acquired theoretical knowledge, steps, and combinations. Task: group choreography/composition based on course material, using correct terminology, maintaining proper technique and sound articulation.
- Performance of the task for assessment or final evaluation.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Understands the historical and cultural context of tap dance, including knowledge of pioneers of the form, its evolution, and landmark theatrical and film productions.
- Understands the perspective and origins of tap dance in relation to other dance and music forms, including musical theatre aspects and references to dance theory and music principles.
- Understands appropriate rhythms, counting structures (&8), and musical phrasing (combinations), including basic notation and rhythm counting.
- Acquires and uses specialized terminology learned during classes.

In terms of skills:

- Masters proper tap dance technique, including expanded warm-up exercises and combinations.
- Demonstrates basic combinations using correct terminology.
- Creates combinations based on terminology or rhythms provided by the instructor.
- Demonstrates proper body alignment (smooth weight transfer, balance, coordination), rhythmic accuracy, and clarity of sound in performance with musical accompaniment.

In terms of social competencies:

- Is ready to collaborate effectively and contribute within a team, group, or partnership.
- Is ready to accept constructive criticism and make appropriate adjustments; is capable of reflection and self-analysis.
- Is confident, appropriately evaluates their competencies, and is willing to reflect on authentic self-expression

Classical Dance Technique and Musical Interpretation (III)

workshops

2 ECTS

Teaching methods

workshop method / group work

Method of verifying education

demonstration class / activity during classes

OBJECTIVES

Improvement of movement quality, increasing individual mobility and body flexibility; Developing sensitivity to music and to changes in tempo, character, and rhythm; Increasing muscular strength and endurance of the whole body; Preparing students for independent work in classical dance.

COURSE CONTENT

- Flic-flac en tournant en dehors and en dedans from position to position at 45° and 90° at the barre.
- Battement développé with quick demi-rond en dehors and en dedans at 90° at the barre.
- Port de bras (with torso work) with the leg raised at 90°, en face, in poses and on demi-pointe at the barre.
- Pirouettes en dehors and en dedans sur le cou-de-pied, finishing with the toes touching the floor, at 45° and 90° at the barre.
- Pirouettes tire-bouchon en dehors and en dedans, starting from 90° positions and finishing in a large pose.
- Pirouettes en dehors and en dedans sur le cou-de-pied, finishing with the toes on the floor, at 45° and 90° in the center.
- Tour fouetté at 90° from position to position at the barre and in the center.
- Grand fouetté en tournant en dedans in third arabesque and en dehors in a croisé forward pose.
- Tour fouetté at 45°, increasing the number of rotations.
- Grand temps lié with pirouette sur le cou-de-pied, tire-bouchon from fifth position
- Tours en dehors and en dedans in all directions and large poses from fourth and second positions.
- Sissonne tombée en tournant en dehors and en dedans in all directions and small jump poses.
- Temps lié en tournant en dehors and en dedans with the leg in sur le cou-de-pied.
- Pas ballotté at 90° in jumps.
- Pas jeté passé at 45° and 90° forward and backward; pas de poisson with a jump and flight.
- Pas de bourrée – all types on pointe.
- Sissonne ouverte at 45° in poses on pointe.
- Relevé on one leg in poses with the other leg raised at 45° and 90° on pointe.
- Preparation for pirouettes from fifth and fourth positions en dehors and en dedans on pointe (one turn at the discretion of the instructor).
- Pas ballonné with traveling in effacé and croisé poses forward and backward.
- Grand sissonne ouverte in all directions and poses without travel on pointe.
- Temps sauté in fifth position and changement de pieds on pointe.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge: Possesses in-depth knowledge of the subject area, which can be developed and applied in their own artistic exploration; Possesses a developed artistic personality enabling the realization and expression of their own artistic concepts; Possesses extended knowledge of classical dance.

In terms of skills: Has skills related to the theoretical and practical application of classical dance; Can independently correct mistakes in themselves and others; Can select appropriate methods for their own development and improvement.

In terms of social competencies: Is ready to continuously improve professional skills in artistic work. Demonstrates professionalism in dance practice. Is ready to continuously improve professional skills in artistic work.

Contemporary Dance Techniques (III)

workshops

2 ECTS

Teaching methods

workshop method / exercises / discussions

Method of verifying education

exam / practical exam / activity during classes

OBJECTIVES

The aim of the course is to introduce students to the world of contemporary dance and to techniques that emerged in the 20th century and currently form the core of performance practices on the world's stages of dance theatres and contemporary dance companies.

COURSE CONTENT

- Discussion of principles concerning body awareness, space, and time. Execution of tasks related to movement analysis according to Rudolf von Laban's concept.
- Discussion of the history of the technique, the biography of its creator, and principles of execution based on Martha Graham's technique.
- Discussion of the history of the technique, the biography of its creator, and principles of execution based on José Limón's technique.
- Discussion of the history of the technique, the biography of its creator, and principles of execution based on Merce Cunningham's technique.
- Discussion of principles of execution based on release technique and floorwork methods.
- Execution of exercises based on elements of Graham, Limón, Cunningham, and release techniques, combined into dance combinations. Creation and presentation by the student of their own dance combinations.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Has knowledge of various dance techniques, styles, and forms.
- Knows professional terminology related to the art of dance.

In terms of skills:

- Can realize creative dance projects and possesses the skills needed to express them using different dance techniques.
- Uses their own kinesthetic and anatomical abilities in dance tasks in combination with knowledge of practical choreology.

In terms of social competencies:

- Demonstrates the ability to collect, analyze, and interpret information and to develop ideas.

Characteristic Dances and Musical Interpretation I

workshops

1 ECTS

Teaching methods

workshop method / individual and group work

Method of verifying education

demonstration class / activity during classes

OBJECTIVES

Advanced knowledge of the most characteristic dances of the world.

COURSE CONTENT

- General characteristics and introduction to the study of character dances.
- Selected character dances of Europe.
- Selected character dances of Asia.
- Selected character dances of Latin America.
- Dances of national minorities living in Poland.
- Character dance in ballet scenes – overview.
- Barre exercises in the styles of various world nations.
- Centre exercises in the styles of different national traditions.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Analysis of dances from different regions of the world – their characteristics, principles, and movement specificity.
- Knowledge of characteristic elements of dance and style of different countries.
- Has extended, practical knowledge of character dances, including their steps and figures.

In terms of skills:

- distinguish particular dances, their character and figures, and identify their origin,
- present character dances and their stage adaptations both theoretically and practically,
- demonstrate a developed artistic personality enabling the creation, realization, and expression of their own artistic concepts.

In terms of social competencies:

- is aware of their knowledge and skills,
- understands the need for professional development and lifelong learning,
- demonstrates the ability of self-assessment and self-criticism.

Choreography Laboratory (I)

workshops

2 ECTS

Teaching methods

workshop method / project method / consultations

Method of verifying education

colloquium / activity during classes

OBJECTIVES

Independent and supervised implementation of the production process of a choreographic stage work. Demonstrating in practice creative, performance, and organizational skills in the preparation and public presentation of a choreographic stage piece. Creating independently and in consultation with instructors specializing in selected elements of a choreographic stage work

COURSE CONTENT

- Conducting and consulting task plans and procedures for the production and presentation of a choreographic stage work.
- Implementing planned activities and verifying artistic and organizational tasks; fulfilling one's own responsibilities (self-monitoring).
- Cooperation with an artistic team of creators and performers in preparing and presenting a choreographic stage work.
- Collaboration with the production team and coordination of external crews and production workshops.
- Preparing substantive content for communication with media and audiences and adapting it for publication.
- Individual and group work during artistic rehearsals.
- Synchronizing all elements of the choreographic stage work during rehearsals.
- Conducting a closed dress rehearsal.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Knows what organizational actions to undertake in the production and presentation of a premiere choreographic stage work.
- Knows what artistic tasks to undertake in the preparation and presentation of a choreographic stage work.
- Knows how to shape their own creative and organizational work in collaboration with co-creators and performers. Understands how to implement and optimize artistic concepts in relation to personal, temporal, and infrastructural constraints during the preparation and presentation of a choreographic stage work.

In terms of skills:

- carry out organizational and informational tasks in the production process of a choreographic stage work with independent decision-making and responsibility, as well as within frameworks agreed upon with collaborators,
- use human and infrastructural resources necessary for preparing and staging a choreographic work; is able to take creative risks,
- apply appropriate formal and conceptual choreographic tools, build repertoire, and use acquired knowledge and creative personality to express their own artistic ideas in stage choreography.

In terms of social competencies:

- is capable of creative and interactive collaboration in both organizational and artistic fields with others involved in the production of a choreographic stage work,

Movement Improvisations (I)

workshops

1 ECTS

Teaching methods

workshop method / exercises / didactic discussion

Method of verifying education

assignment / activity during classes

OBJECTIVES

Demonstrating the value of improvisation as a fundamental tool in the creative work of a dancer and choreographer. Familiarizing students with the concepts and methods of improvisation. Developing an individual, creative artistic attitude based on courage, independence, and openness in thinking, aimed at exploring new possibilities and original solutions in creative expression. Acquiring the ability to compose movement on a given theme in real time and space.

COURSE CONTENT

- Discussion and execution of improvisational tasks on the following topics: presence in space, place, the body as space, body peripheries, size and weight of movement, time, sound layer, speech, body sounds; object, prop; abstraction, reality, staging; imitative gesture; intentional movement.
- Discussion and execution of improvisational tasks on the following topics: precise and conventional form; content as a tool for organizing movement; emotion as inspiration for creation; inspiration from image, sound, and literary text.
- Discussion and execution of improvisational tasks on the following topics: group work, relational behavior, partner as object/prop, partner as partner; free improvisation based on associations and reflections on key words; thematic improvisation inspired by the surrounding world.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Knows the principles of movement improvisation.
- Knows the principles of dance improvisation for stage purposes.
- Knows professional terminology in the field of dance improvisation.

In terms of skills:

- Can create and realize creative projects.
- Can collaborate with others in team-based work.

In terms of social competencies:

- Is ready to think flexibly and entrepreneurially, going beyond established patterns.

Jazz Dance Technique

workshops

2 ECTS

Teaching methods

workshop method / simulations / individual work

Method of verifying education

exam / assignment / activity during classes

OBJECTIVES

Expansion of knowledge of jazz exercises at the barre; Improvement of coordination skills.

COURSE CONTENT

- Learning variations of battement tendu (brush) exercises.
- Learning variations of jazz port de bras exercises.
- Learning combinations of demi pli  and grand pli  with table top.
- Table top within combinations.
- Learning variations of combinations including brush jet , rond de jambe par terre, and fondu.
- Contraction–release–deep release with variations in arm work and turns at the barre.
- Developing coordination combinations with progressive difficulty from easier to more complex.
- Variations of adagio and grand battement exercises.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Knows what formal and aesthetic qualities should be identified and developed in barre exercises.
- Knows methodological principles of teaching barre exercises.
- Knows which motor abilities are developed through barre exercises.

In terms of skills:

- Can correctly perform barre exercises.
- Can independently create jazz dance barre combinations.
- Can apply principles of graded difficulty when performing and designing barre exercises.

In terms of social competencies:

- Recognizes the appropriate level of difficulty of exercises and adapts them to different age groups.
- Can use creativity to encourage participants to engage in self-correction during barre exercises.
- Can cooperate with participants to prepare a demonstration lesson.

Choreographic work in large performing ensembles

workshops

2 ECTS

Teaching methods

workshop method / problem-solving / case study

Method of verifying education

exam / assignments / activity during classes

OBJECTIVES

Structuring a choreographic work for a large ensemble of dance performers.

COURSE CONTENT

- Ability to select performers for the realization of a choreographic work.
- Execution of movement-based artistic tasks for soloists and duets in synchronization with the group.
- Ability to apply compositional knowledge when working with large ensembles (directions, levels, planes of movement, and time).
- Managing group movement in space; use of compositional tools such as spatial drawings, symmetry, and asymmetry.
- Choreographic tasks based on aesthetic, emotional, and dramatic content.
- Movement analysis in terms of strength, time, and movement actions.
- Analysis of open and closed stage positions; identification of strong and weak stage points.
- Choreographic interpretation of a musical work for a large ensemble.

DESCRIPTION OF THE EXPECTED LEARNING RESULTS

In terms of knowledge:

- Knows how to select cast and distribute artistic tasks among performers.
- Knows how to synchronize the work of soloists, duets, and groups.
- Knows how to organize movement tasks in space and time.

In terms of skills:

- Can determine the symbolism and style of a choreographic work and select the necessary means for its realization.
- Can use choreographic compositional tools within solo, duet, and group structures.
- Can compose choreographic spatial patterns (formations) and knows methods of their transformation and movement.

In terms of social competencies:

- Is ready to communicate dramaturgical content, context, and conceptual assumptions of a choreographic work.
- Is able to analytically assign tasks to individuals and groups and synchronize them in an optimal and comprehensible way for performers.
- Can encourage performers and co-creators to engage in creative collaboration.