

**Subject: Dancing****I. General information**

Organization unit	Faculty of Physical Education Chair: Gymnast, Combat sports and Weight Lifting Supervisor: dr.hab. prof. Marek Kruszewski
Course name	Dancing
Subject code	23/1/I/PE
Teaching language	English
Type of subject (obligatory/ facultative)	facultative
Level of studies (eg. bachelor, master)	bachelor
Study year	I
Semester	I
ECTS points	2
Teacher/ e- mail	Agieszka Dąbrowska-Perzyna/ agnieszka.dabrowska@awf.edu.pl
Studies program in which the subject is realized	PHYSICAL EDUCATION
Method of realization (stationary/ distance learning)	stationary
Prerequisites	none

II. Detailed Information**Course aims and objectives**

A1	To know several rhythm structures in polish nationals and regionals dance and modern dances
A2	To know basic steps of Krakowiak, different regional polkas, to know regionals differences
A3	To know basic steps and moves of Jazz and contemporary dance and differences
A4	To know how to teach basic steps of Jazz, modern dances and polish regional dances and make short dance etudes

Learning outcomes

Learning outcome	Subject's learning outcomes
Knowledge	
<p>K_W01- Familiarity and comprehension of the basics of functioning of human organism with the focus on the movement mechanics and the movement organs and the basic physiological and biochemical processes occurring in the organism of a sportsperson.</p> <p>K_W08- Familiarity with the course and importance of impact of diverse forces on the motor system during movement activity. Comprehension of the meaning of neuromuscular coordination in the process of movement learning.</p> <p>K_W17- Acquired rudimentary knowledge of music and rhythmic exercises and methodology of teaching selected dances. Comprehension of the importance of music, rhythm, and pace in human education.</p>	<p>Student knows simple steps and rules of making short dance etudes</p>
<p>K_W06- Familiarity and comprehension of reasons and conditions underlying physical education targets and behavioural patterns in relation to the human body. Comprehension of the meaning of cultural competence in education with respect to diverse meanings of the value assigned to human body.</p> <p>K_W08- Familiarity with the course and importance of impact of diverse forces on the motor system during movement activity. Comprehension of the meaning of neuromuscular coordination in the process of movement learning.</p> <p>K-W09- Familiarity with the basic evaluation methods and rules for correcting basic postural defects and the corrective- compensation exercises. Comprehension of the necessity of preventive measures in creating the correct posture.</p> <p>K-W17- Acquired rudimentary knowledge of music and rhythmic exercises and methodology of teaching selected dances. Comprehension of the importance of music, rhythm, and pace in human education.</p>	<p>Student knows different polkas dances and basic styles of modern dances and Jazz dance and know how to teach it</p>
<p>K_W05- Familiarity with basic concepts, theories and stages of human development and the meaning of cognitive social and motivational processes in planning and implementation of</p>	<p>Student understand utility of music in teaching steps and moves, knows how to make short dance etudes</p>

<p>educational processes.</p> <p>K_W07- Familiarity with genetic, environmental and physical conditions of mobility, its basic concepts and measurement methods.</p> <p>Comprehension of the meaning of particular stages of movement development in ontogenesis in the learning and teaching process.</p> <p>K_W08- Familiarity with the course and importance of impact of diverse forces on the motor system during movement activity.</p> <p>Comprehension of the meaning of neuromuscular coordination in the process of movement learning.</p> <p>K_W17- Acquired rudimentary knowledge of music and rhythmic exercises and methodology of teaching selected dances. Comprehension of the importance of music, rhythm, and pace in human education.</p>	
Skills	
<p>K_U16- Ability to make use of music and rhythmic exercises in activities and teach selected dances (national, regional, ballroom, modern) and organize dancing events</p> <p>K_U17- Ability to present the technique, secure and correctly implement the teaching methodology for selected team and individual sports in different age groups and groups at diverse advance levels. Ability to safely organize and hold selected individual and team sport activities in the form of educational and sports and recreation events.</p>	<p>Student is able to use acquired skills to work with kids and adults</p>
<p>K_U16- Ability to make use of music and rhythmic exercises in activities and teach selected dances (national, regional, ballroom, modern) and organize dancing events</p> <p>K_U17- Ability to present the technique, secure and correctly implement the teaching methodology for selected team and individual sports in different age groups and groups at diverse advance levels. Ability to safely organize and hold selected individual and team sport activities in the form of educational and sports and recreation events.</p>	<p>Student can plan and organize simple dance lessons to the music with kids and adults</p>
Social Competences	
<p>K_K02-</p> <p>K_K04-, Acting an inspiration and source of advice to others in terms of movement recreation and encourages to take up individual physical activity in different stages of life. The graduate is</p>	<p>Student will be willing to use dance as simple and attractive form of recreation and socialization</p>

ready to act as animator and create free time activities (associated with recreation and health events). K_K07- In implementation of individual and team events, acts in accordance with the law and cares about the safety and health of all the participants. Consciousness of responsibility for own safety and that of participants.	
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Syllabus contents

No	Title
Classes/ Practical classes	
SC1	Moves to the rythm, basic steps of poilsh regional dances and Krakowiak
SC2	Steps and moves of Jazz dance and modern dance
Lectures	

Assessment criterion:

- 1.The ability to dance simple steps and moves of Polish National Dance Krakowiak,
2. The ability to dance simple steps and moves of polka dance,
3. The ability to dance simple steps and moves of Jazz dance,
4. knowledge of nomenclature of Jazz dance and polish dances,
- 5.The ability to prepare short dance etudes

Obligatory literature:

1. Jazz Dance Training. Alain Bernard, Dorte Wessel-Therhorn (2000)

1ECTS point = 30 hours students work (contact + self study)

TYPES OF CLASSES	HOURS
Contact hours	30
Self study	25
Total = 55 hours = 2 ECTS	