

Subject: DANCING

GENERAL INFORMATION

Organization unit	Faculty of: Physical Education Chair of :Individual Sports Chairman: Prof. Dariusz Boguszewski
Course name	Dancing
Subject code	WFI-17
Teaching language	English
Type of subject (obligatory/ facultative)	facultative
Level of studies (eg. bachelor, master)	bachelor
Study year	I
Semester	I
ECTS points	2
Professor	Agnieszka Dąbrowska-Farbiś
Studies program in which the subject is realized	Physical Education
Method of realization (stationary/ distance learning)	stationary
Prerequisites	none

DETAILED INFORMATION

Course aims and objectives

To know several rhythm structures in polish nationals and regionals dance, to know basic steps of national and regional polish dances, to know how to teach basic steps of polish dances and conducting dances in various conditions, with different social and age groups.

Main topics

No	Topic
Lectures/classes	
1.	Organizational matters. Familiarization with the specifics of the subject

2.	Technique exercises that shape the dance posture and the form and characteristics of the movement
3.	Music and dance rhythm exercises
4.	Krakowiak. Basic steps. Themes and routines combining basic steps and figures
5.	Krakowiak. Basic steps. Themes and routines combining basic steps and figures
6.	Polka. Basic steps. Selected regional dances. Themes and routines combining basic steps and figures
7.	Polka. Basic steps. Selected regional dances. Themes and routines combining basic steps and figures
8.	Kujawiak. Basic steps. Themes and routines combining basic steps and figures
9.	Regional Waltz. Basic steps. Themes and routines combining basic steps and figures
10.	Regional Waltz. Basic steps. Themes and routines combining basic steps and figures
11.	Polonaise. Walking steps, polonaise, bows. Themes and arrangements combining basic steps and figures.
12.	Polonaise. Walking steps, polonaise, bows. Themes and arrangements combining basic steps and figures.
13.	Mazur. Basic steps. Themes and routines combining basic steps and figures
14.	Mazur. Basic steps. Themes and routines combining basic steps and figures
15.	Pass. Demonstration of practical ability to perform simple dance routines. Attendance and active participation in classes

CONDITIONS FOR PASSING CLASSES:

The condition for admission to the credit is attendance at classes. The obligation to make up all arrears resulting from absence from classes. The credit for the grade includes practical tests. Practical tests verify technical skills, coordination and memory capabilities. The condition for obtaining a positive final grade is obtaining at least satisfactory grades from all credits. In the case of excused absence, it is possible to take the practical test at another time or during consultations.

1 ECTS point =2..... hours students work (contact + self study)

TYPES OF CLASSES	HOURS
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1. Contact classes	30
2. Students' preparations of the presentations	20
3. Self study as preparation to the written exam	
4. Self study as reading text prepared by the teacher	
Total = 50 hours- ECTS points2.....	

Author of the class card:	Name, surname and email
Date:	Agnieszka Dąbrowska-Farbiś