

SYLLABUS

SUBJECT ...DANCING.....

TEACHER ...KAROLINA PRZEDNOWEK MSC.....

COURSE DESCRIPTION

The aim of the course is to acquaint students with modern forms dance. In the course shall be pursued methodological bases of teaching, working with the music, technology steps, choreography, design and selection of exercises based on the chosen form of dance. It aims to prepare students for the use of dance in tourism and recreation as a valuable middle order to achieve the objective of raising the efficiency of the organism and motor coordination

ECTS 1

LEARNING OUTCOMES

After this course students will be able to organize lessons of functional dance. They know the rules for the selection dance, elements or strengthening exercises to build lessons and teaching methods based on the motion to implement a particular form of dance.

GRADING POLICY

1. Attendance at all classes
2. Performance of the two dances –polonaise, cha-cha-cha.
- 3 Theoretical project.

TIMETABLE

NUMBER	TOPIC OF STUDIES	HOURS
1.	National Polish Dances. Regional Dances.	4
2.	Latin American and standard dances.	3
3.	Rhythmic play and exercises. Motor coordination.	3
4.	Modern and integrational dances.	4
5.	Credit agreement.	1

TEXTBOOK AND REQUIRED MATERIALS

1. Moore A.: *Ballroom Dancing*. Black, 1987
2. Cantell M., Clements P.: *Teach Yourself Latin American Dancing*. McGraw-Hill, 1999.
3. Borrows F.: *Theory and Technique of Latin-American Dancing*. Read Books Design, 2010.
4. Silvester V., Silvester T.: *Modern ballroom dancing*. Trafalgar Square Pub., 2005.
5. Kuźmińska O. : *Taniec w teorii i praktyce*. Poznań 2002.
6. Kuźmińska O. : *Taniec – Rytm – Muzyka*, Wyd. AWF, Warszawa 1995.
7. Wojtuń – Sikora B. : *Technika taneczna wolna*, Wyd. UR, Rzeszów 2005.

PREREQUISITES:

No special prerequisites despite of average level of physical fitness.