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| Course title | Rhythm and dance | Instructor | Determined later |
| | | Instructor's email address | |
| Semester | 1 | ECTS credits | 3 |
| Academic year | 2019/2020 | Contact hours | 30 |
| Level | 1-Bachelor | Language of instruction | English |

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| Learning outcomes and competences |
| <p>At the end of the course the learner is expected to be able to:</p> <ul style="list-style-type: none"> • Knows the systematics of rhythmic exercises, music and movement and various dance figures of selected dances and the technique of their implementation. • Mastered technical and methodical skills of rhythmic, musical and movement exercises and selected dances. • Can create his own dancing system of the chosen dance. • Can conduct dance and movement classes with pre-school children and in the first and second stages of education. • Independently performs the tasks assigned to him and properly organizes his own work, is able to cooperate in a team. |

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| Course contents |
| <ul style="list-style-type: none"> • Rhythmic and musical-movement exercises and games. • Dance and staged fun. • Polish regional dances based on simple forms of movement (gait, running, jumping, dumbing, turnover). • Polish regional dances based on the step of polka and waltz. • Polish national dances - characteristics, technique of individual dances and composition of dance systems (show and integration). • Ballroom dances - characteristics, technique and composition of simple standard and Latin American dances. • Running by students selected exercises, games and dances with a training group. Presentations of acquired skills during the course of classes. |

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| Recommended reading |
| <ul style="list-style-type: none"> • Ballroom dancing. Anna Willman. 2015. • Dance in theory and practice. Olga Kuźmińska. 2002. |

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| Teaching and learning methods |
| <ul style="list-style-type: none"> • Work in groups and pairs |



Assessments methods

- Practical credit - preparation and conducting classes (selected exercises, games and dances).
- Presentation of selected dances.