

**DEPARTMENT: DANCE IN PHYSICAL EDUCATION**  
**the list of subjects for ERASMUS+ incoming students**



**ERASMUS+ PROGRAMME**  
**DEPARTMENT OF PHYSICAL EDUCATION, SPORT AND REHABILITATION OF AWF**  
**FIELD OF STUDY: DANCE IN PHYSICAL EDUCATION**  
**LIST OF SUBJECTS FOR WINTER OR SUMMER SEMESTER 2016/2017**

| No. | SUBJECT (each of 15 hours)                                                                                               | TEACHER                                                                                           | ECTS POINT | FORM OF PASSING |
|-----|--------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|------------|-----------------|
| 1.  | <b>Contemporary Dance (Taniec Współczesny)</b>                                                                           | Urszula Bernat-Jałocha,<br>Agnieszka Doberska,<br>Paulina Wycichowska -<br>Gogołek, Paweł Malicki | 4          | Exam            |
| 2.  | <b>The Basics of Classical Dance (Podstawy Tańca Klasycznego)</b>                                                        | Urszula Bernat-Jałocha                                                                            | 2          | Pass            |
| 3.  | <b>Physical Dance (Taniec Fizyczny)</b>                                                                                  | Paweł Malicki                                                                                     | 3          | Exam            |
| 4.  | <b>Dance Improvisation with Elements of Contact Improvisation (Improwizacja Tańca Z Elementami Kontakt Improwizacji)</b> | Agnieszka Doberska,<br>Paweł Malicki                                                              | 2          | Exam            |
| 5.  | <b>Etude – Short Forms of Dance Presentation (Etiuda)</b>                                                                | Urszula Bernat-Jałocha,<br>Agnieszka Doberska,<br>Paulina Wycichowska -<br>Gogołek, Paweł Malicki | 4          | Exam            |
| 6.  | <b>Dance Composition (Kompozycja Tańca)</b>                                                                              | Paulina Wycichowska -<br>Gogołek                                                                  | 4          | Exam            |
| 7.  | <b>Dance Theater (Teatr Tańca)</b>                                                                                       | Paulina Wycichowska -<br>Gogołek                                                                  | 2          | Pass            |
| 8.  | <b>Dance Theory (Teoria Tańca - Choreologia)</b>                                                                         | Paulina Wycichowska -<br>Gogołek                                                                  | 3          | Exam            |
| 9.  | <b>Repertoire (Repertuar)</b>                                                                                            | Urszula Bernat-Jałocha,<br>Agnieszka Doberska,<br>Paulina Wycichowska -<br>Gogołek, Paweł Malicki | 1          | Pass            |
| 10. | <b>Modern Dance Techniques (Techniki Modern)</b>                                                                         | Paulina Wycichowska -<br>Gogołek                                                                  | 3          | Exam            |
| 11. | <b>Barre au sol</b>                                                                                                      | Urszula Bernat- Jałocha                                                                           | 2          | Pass            |

## OBLIGATIONS

### Classes for ERASMUS Incoming Students

All Incoming Students are obliged to respect the following rules:

1. **Students should establish/update** the list of classes/lectures to attend (learning agreements) as soon as possible (within one month of their arrival to Poznań). Student must not make changes in this document during the semester or shortly before the exams because it is the basis for preparation of an Exam Card.
2. Student must not stop attending **classes/lectures during the course. Institutional and Departmental Coordinator and teacher responsible for it should be informed earlier.**
3. Students should come to classes run by Polish teachers **on time.**
4. Within every chosen course an Erasmus Student has the maximum of 15 class-hours of **lectures** (in English) and, besides that, participates in some practical classes together with the Polish students. We offer **a module of subjects in English** with our academic teachers who are responsible for the subject and are obliged to do their best to help students. The module is based on proposals from incoming students (their Learning Agreements). Whether a course will be offered in English is subject to student demand (min. 50% of incoming students). For financial reasons **we can offer a MAXIMUM of 14 subjects per semester from each faculty and 5 subject for physiotherapy students (no more).**
5. In order to receive credits for the courses an Erasmus Student should see the teachers and present the **Exams Card** available from the Institutional Coordinator at the Erasmus+ Programme Office. This form is the basis for the preparation of the Transcript of Records which **will be sent directly to the coordinator at the partner institution not earlier than one month after the end of semester.**
6. In case of **any problems** an Erasmus Student should immediately contact his/her Polish partner-student, the Institutional or Departmental Coordinator.
7. According to the Bilateral Agreement signed with your university, the IRO will confirm the real time of your study only.

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| <b>Subject</b>                             | <b>TANIEC WSPÓŁCZESNY</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|                                            | <b>CONTEMPORARY DANCE</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Unit of AWF</b>                         | <b>Pracownia Nauk o Tańcu / Department of Dance Studies</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Teacher's name</b>                      | <b>Agnieszka Doberska, Paweł Malicki, Urszula Bernat-Jałocha, Paulina Wycichowska-Gogołek</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>ECTS points</b>                         | <b>4</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Basic information about the subject</b> | <i>Student is introduced to characteristic of the contemporary dance and rules of exercises in the structure of the dance class. Student develops motoric skills referring to the knowledge in a kinesiology and a functional anatomy. Student develops awareness of the body as an instrument, flexibility and skills how to strengthen the body in the dance workout, extend the range of movement and increase an aerobic and anaerobic endurance. Student develops an artistic expression through a sensitivity to dance and music correlation.</i> |
| <b>Topics of the classes</b>               | <i>As a base for performative tasks and short forms of presentation students will be strengthened through the series of exercises in a horizontal plane, introduced to idea "leaning no pushing" of the weight of the body in partnering and encouraged to design own etudes based on several tasks such as the use of and yielding to gravity as well as two direction of support in partnering.</i>                                                                                                                                                   |
| <b>Literature</b>                          | <i>Material for the spine / Steve Paxton<br/>Performance Analysis An Introductory coursebook / Colin Counsell and Laurie Wolf<br/>Perform or else: from discipline to performance / Jon McKenzie<br/>Exhausting Dance: Performance and the politics of movement / Andre Lepecki</i>                                                                                                                                                                                                                                                                     |

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| Subject                             | <p>PODSTAWY TAŃCA KLASYCZNEGO</p> <hr/> <p>THE BASICS OF CLASSICAL DANCE</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Unit of AWF                         | Pracownia Nauk o Tańcu / Department of Dance Studies                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Teacher's name                      | Urszula Bernat-Jałocha                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| ECTS points                         | 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Basic information about the subject | <p><i>The course is designed for the beginner dancers with no previous experience or the dancers with little experience who want to improve their technique at a basic level.</i></p> <p><i>The main objectives of the course are:</i></p> <ul style="list-style-type: none"> <li>• <i>familiarise with the terminology used in the classical dance technique</i></li> <li>• <i>teach main ballet positions and exercises</i></li> <li>• <i>work on a correct body posture (alignment)</i></li> <li>• <i>provide knowledge base for the other dance techniques</i></li> </ul> |
| Topics of the classes               | <p><i>The course is designed for duration of 15 hours.</i></p> <p><i>Classes consist of:</i></p> <ul style="list-style-type: none"> <li>• <i>warm up</i></li> <li>• <i>basic barre exercises</i></li> <li>• <i>centre work</i></li> <li>• <i>allegro</i></li> <li>• <i>stretching</i></li> </ul> <p><i>Every class starts with repeating of material and introduces new exercise. During the last class entire material will be repeated.</i></p>                                                                                                                             |
| Literature                          | <p><i>Agrippina Vaganova, Basic Principles of Classical Ballet, Courier Corporation, 1969</i></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |

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| <b>Subject</b>                             | <b>TANIEC FIZYCZNY</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|                                            | <b>PHYSICAL DANCE</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Unit of AWF</b>                         | <b>Pracownia Nauk o Tańcu / Department of Dance Studies</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Teacher's name</b>                      | <b>Paweł Malicki</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>ECTS points</b>                         | <b>3</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Basic information about the subject</b> | <p><i>The technique is based on physicality on the body, its movement and endurance capabilities. Body and his physical abilities are infinite source of possibilities for movement and dance. Physical dance combines dynamics, extraordinary energy and inner strength that drives the body to exercise and external, giving vent to emotions in bodily expression. It is important here to understand the principles of functioning of the body from the inside, from its deepest muscle groups.</i></p> |
| <b>Topics of the classes</b>               | <p><i>The technique includes elements of gymnastics, acrobatics basis, exercises that build and strengthen muscle strength and using this specific type of motorics. The course is based on a technique of modern dance, uses elements of modern dance techniques, vital and sometimes animal movement and elements of floorwork. The classes are designed to prepare the body for use in the most demanding powerful types of movement and finding safe ways and methods to such activities.</i></p>       |
| <b>Literature</b>                          | <p><i>E. N. Franklin, Dynamic Alignment Through Imagery, Human Kinetics Europe, 1996</i><br/> <i>E. Lucille, D. Perkins, Modern Dance in Physical Education Professional Preparation in Dance, Physical Education, Recreation Education, Safety Education, and School Health Education, Aahper Publications, 1974</i><br/> <i>J. Kelleher,,N. Ridout, Contemporary Theatres in Europe: A Critical Companion, Routledgr, London, New York, 2006</i></p>                                                      |

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|                                            | <b>IMPROWIZACJA TAŃCA Z ELEMENTAMI KONTAKT IMPROWIZACJI</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Subject</b>                             | <b>DANCE IMPROVISATION WITH ELEMENTS OF CONTACT IMPROVISATION</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Unit of AWF</b>                         | <b>Pracownia Nauk o Tańcu / Department of Dance Studies</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Teacher's name</b>                      | <b>Paweł Malicki</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>ECTS points</b>                         | 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Basic information about the subject</b> | <p><i>Dance improvisation is the process of spontaneously creating movement. Development of improvised movement material is facilitated through a variety of creative explorations including body mapping through levels, shape and dynamics schema. Improvisation is a free, seemingly unstructured, less technically strict and impulsive form that draws inspiration from everyday dance practices and influences.</i></p> <p><i>Contact improvisation is a dance technique in which points of physical contact provide the starting point for exploration through movement improvisation. Contact Improvisation is a form of dance improvisation and is one of the best-known and most characteristic forms of postmodern dance. Improvisation and contact improvisation are used either as a dance practice end-to-itself or as a dance research methods for identifying new set choreography.</i></p> |
| <b>Topics of the classes</b>               | <p><i>The course includes movement excersises with different components of movement such as time, place, direction, value, levels of movements, pauses in moving, wieght.</i></p> <p><i>In contact improvisation parts there are no officially codified or standardized movements, but partners commonly lift, carry, fall onto or off of, caress, and lean on each other.</i></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Literature</b>                          | <p><i>E. N. Franklin, Dynamic Alignment Through Imagery, Human Kinetics Europe, 1996</i></p> <p><i>E. Lucille, D. Perkins, Modern Dance in Physical Education</i></p> <p><i>Lynne Anne Blom, L. Tarin Chaplin, The Moment Of Movement: Dance Improvisation, University of Pittsburgh Pre, 1988</i></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |

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| <b>Subject</b>                             | <b>ETIUUDA</b><br><b>ETUDE – SHORT FORMS OF DANCE PRESENTATION</b>                                                                                                                                                                                                                                                                                                                                    |
| <b>Unit of AWF</b>                         | <b>Pracownia Nauk o Tańcu / Department of Dance Studies</b>                                                                                                                                                                                                                                                                                                                                           |
| <b>Teacher's name</b>                      | <b>Agnieszka Doberska, Paweł Malicki, Urszula Barnat-Jalocha, Paulina Wycichowska</b>                                                                                                                                                                                                                                                                                                                 |
| <b>ECTS points</b>                         | 4                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Basic information about the subject</b> | <i>Student develops skills such as ability of the work with the body weight of oneself, ability of conscious work on the kinesphere of the body, mindfulness, work with a partner, management of the energy in dance, performative tasks; short forms of dance presentation</i>                                                                                                                       |
| <b>Topics of the classes</b>               | <i>As a base for performative tasks and short forms of presentation students will be strengthened through the series of exercises in a horizontal plane, introduced to idea "leaning no pushing" of the weight of the body in partnering and encouraged to design own etudes based on several tasks such as the use of and yielding to gravity as well as two direction of support in partnering.</i> |
| <b>Literature</b>                          | <i>Material for the spine / Steve Paxton<br/>Performance Analysis An Introductory coursebook / Colin Counsell and Laurie Wolf<br/>Perform or else: from discipline to performance / Jon McKenzie<br/>Exhausting Dance: Performance and the politics of movement / Andre Lepecki</i>                                                                                                                   |

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| <b>Subject</b>                             | <b>KOMPOZYCJA TAŃCA</b><br><b>DANCE COMPOSITION</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Unit of AWF</b>                         | <b>Pracownia Nauk o Tańcu / Department of Dance Studies</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Teacher's name</b>                      | <b>Paulina Wycichowska-Gogołek</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>ECTS points</b>                         | <b>4</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Basic information about the subject</b> | <p><i>Dance Composition subject is designed to provide a student with basic information about composing dance structures and phrases. The knowledge is presented in a form of lecture alternated by practical experiments involving individual and group movement work.</i></p> <p><i>The aim of the subject is to prepare a student for creative and collaborative work with a choreographer as well as composing articulate and expressive dance phrases on his own.</i></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Topics of the classes</b>               | <p><i>Main topics of study:</i></p> <ul style="list-style-type: none"> <li>- <i>Introduction to dance composition: practical construction within already known dance styles, techniques and conventions.</i></li> <li>- <i>Introducing choreology and dance history knowledge into dance composition.</i></li> <li>- <i>Preparation for creative collaboration as dance artist and taking a role as a choreographer.</i></li> <li>- <i>Movement structures as important building elements of dance. Components of dance piece.</i></li> <li>- <i>Individual work on preparation and presentation of solo piece of chosen theme.</i></li> </ul> <p><i>Exercises:</i></p> <ul style="list-style-type: none"> <li>- <i>Main structures of creative approach to composition. Means of expression in performance.</i></li> <li>- <i>Improvisation as creative method in composition: space, time and energy factors.</i></li> <li>- <i>Relationships between performers, objects and props present in dance composition.</i></li> <li>- <i>Audio and music factor in dance composition.</i></li> <li>- <i>Visual aspects in composition: scenography, visual art and multimedia.</i></li> <li>- <i>Searching for individual movement and composition code</i></li> </ul> |

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*Literatura podstawowa:*

*Humphrey Doris, The Art of Making Dances, Grove/ Atlantic, 1959.*  
*Lange Roderyk, O istocie tańca i jego przejawach w kulturze: perspektywa antropologiczna, PWM, Kraków 1988.*  
*Osiński Zbigniew, Jerzy Grotowski – Źródła, inspiracje, konteksty, Wydawnictwo Słowo, Obraz, Terytoria, Gdańsk 1998.*  
*Lange Roderyk, Znaczenie tańca we współczesnej kulturze europejskiej: przegląd ogólny, w: Taniec - choreologia - humanistyka. Tom jubileuszowy dedykowany Profesorowi Roderykowi Langemu, red. Dariusz Kubinowski, Poznań 2000.*  
*Turska Irena, Spotkanie ze sztuką tańca, PWM, Kraków 2000.*

*Literatura uzupełniająca:*

**Literature**

*Studia choreologica, Vol. XI - XV, Instytut Choreologii w Poznaniu, 2010, 2011, 2012, 2013, 2014 Polska*  
*Argyle Michael, Psychologia stosunków międzyludzkich, PWN, Warszawa 2002.*  
*Laban Rudolf, Mastery of Movement, wydanie czwarte, red. Lisa Ullman, Northcote House Publishers Ltd., Londyn 1980.*  
*Klimczak Wojciech, Wizjonerzy ciała, Wydawca: Korporacja Ha!Art, Kraków 2010.*  
*Komasa Wiesław, Mieć jak rzeka swoje źródło..., Centrum Animacji, Warszawa 1996.*  
*Stodelle Ernestine, The Dance Technique of Doris Humphrey and Its Creative Potential, Dance Books LTD, London 1979.*

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| <b>Subject</b>                             | <b>TEATR TAŃCA</b><br><b>DANCE THEATER</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Unit of AWF</b>                         | <b>Pracownia Nauk o Tańcu / Department of Dance Studies</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Teacher's name</b>                      | <b>Paulina Wycichowska-Gogołek</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>ECTS points</b>                         | <b>2</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Basic information about the subject</b> | <p><i>Dance Theater subject is designed to provide a student with basic information about dance and choreography practices in dance theatre genre. The knowledge is presented in a form of lecture alternated by practical experiments involving individual and group movement work.</i></p> <p><i>The aim of the subject is to prepare a student for creative and collaborative work with a choreographer as well as composing articulate and expressive dance statements on his own in relation to his acquired knowledge of composition, choreology and various conventions and styles of dance.</i></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Topics of the classes</b>               | <p><i>Main topics of study:</i></p> <ul style="list-style-type: none"> <li>- <i>Introduction to dance theatre genre: its characteristics and leading figures: Mary Wigman, Kurt Jooss, Pina Bausch, Johann Kresnik.</i></li> <li>- <i>Introducing choreology and dance history knowledge as well as other art forms into dance theatre creation.</i></li> <li>- <i>Choreographic tools in dance theatre: method of preparing creative process in collaboration with performers; the use of their improvisational skills.</i></li> <li>- <i>Dramaturgy as important factor in dance theatre creation. Components of dance theatre piece: relationship with music, space, stage set, architecture, video projection and interaction with the audience and new media.</i></li> <li>- <i>Group work on preparation and presentation of short dance theatre piece of chosen theme.</i></li> </ul> <p><i>Exercises:</i></p> <ul style="list-style-type: none"> <li>- <i>Movement intention tasks. Speech and body symbolism in dance theatre. Emotions and archetypical signals.</i></li> <li>- <i>Improvisation as creative method in dance theatre: space, time and energy factors, alternation of formal and everyday movement.</i></li> <li>- <i>Relationships between performers, objects and props present in dance theatre composition.</i></li> <li>- <i>Connecting speech, singing and movement.</i></li> <li>- <i>Process of preparation of short group dance theatre piece.</i></li> </ul> |

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*Literatura podstawowa*

*Rembowska Aleksandra* *Teatr Tańca Piny Bausch sny i rzeczywistość, Trio, lipiec 2009.*

*Lange Roderyk, O istocie tańca i jego przejawach w kulturze: perspektywa antropologiczna, PWM, Kraków 1988.*

*Osiński Zbigniew, Jerzy Grotowski – Źródła, inspiracje, konteksty, Wydawnictwo Słowo, Obraz, Terytoria, Gdańsk 1998.*

*Klimczak Wojciech, Wizjonerzy ciała, Wydawca: Korporacja Ha!Art, Kraków 2010.*

*Turska Irena, Spotkanie ze sztuką tańca, PWM, Kraków 2000*

**Literature**

*Literatura uzupełniająca:*

*Szymajda Joanna, Estetyka tańca współczesnego w Europie po roku 1990, Księgarnia Akademicka, Kraków 2012.*

*Argyle Michael, Psychologia stosunków międzyludzkich, PWN, Warszawa 2002.*

*Teatr – przestrzeń dialogu, red. Joanna Ostrowska i Juliusz Tysza, STUDIO 69, Szczecin 2002.*

*Barba Eugenio, Canoe z papieru, Instytut im. Jerzego Grotowskiego, Wrocław 2007.*

*Ziółkowski Grzegorz, Teatr bezpośredni Petera Brooka, wyd. Słowo, Obraz, Terytoria, Gdańsk 2000.*

*Lecoq Jacques, Ciało poetyckie, Instytut im. Jerzego Grotowskiego, Wrocław 2011.*

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| <b>Subject</b>                             | <b>TEORIA TAŃCA (CHOREOLOGIA)</b><br><b>Dance Theory</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Unit of AWF</b>                         | <b>Pracownia Nauk o Tańcu / Department of Dance Studies</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Teacher's name</b>                      | <b>Paulina Wycichowska-Gogołek</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>ECTS points</b>                         | 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Basic information about the subject</b> | <p><i>Dance Theory subject is designed to provide a student with basic information about choreology and its history, methods of examination and study. The knowledge is presented in a form of lecture alternated by practical experiments involving individual and group movement work.</i></p> <p><i>The aim of the subject is to develop student's awareness of body and movement as well as observational skills. This knowledge and skills are to be obtained through reference to structural model of choreological analysis of movement based on Rudolf Laban's theory, which can be useful for any dancer, dance teacher, choreographer or dance/movement therapist.</i></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Topics of the classes</b>               | <p><i>Main topics of study:</i></p> <ul style="list-style-type: none"> <li>- <i>Introduction to dance theory: presentation of dance as a field of study in relationship to history, anthropology and aesthetics.</i></li> <li>- <i>Rudolph Laban, his work and influence on the dance development.</i></li> <li>- <i>Choreological structural model for movement and dance analysis.</i></li> <li>- <i>Movement structures as a building elements of dance. Components of dance piece.</i></li> <li>- <i>Labanotation – introduction to dance notation.</i></li> </ul> <p><i>Exercises:</i></p> <ul style="list-style-type: none"> <li>- <i>Signals of non-verbal communication, everyday movement and formal, dance movement.</i></li> <li>- <i>Dynamics of movement: its rhythm, quality and phrasing.</i></li> <li>- <i>Movement in spatial context: direction, size, level, dimension, plane, axis and shape.</i></li> <li>- <i>Dance relationships, intention and context. Movement material transformation using choreological structures in practice.</i></li> <li>- <i>Choreological tools for dancer, dance teacher, choreographer and dance/movement therapis</i></li> </ul> |

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*Literatura podstawowa:*

*Turska Irena, Krótki zarys historii tańca i baletu, PWM, Kraków 1983.*  
*Lange Roderyk, O istocie tańca i jego przejawach w kulturze: perspektywa antropologiczna, PWM, Kraków 1988.*  
*Lange Roderyk, Podręcznik kinetografii według metody Labana-Knusta, Ars Nova, Poznań 1995.*  
*Lange Roderyk, Znaczenie tańca we współczesnej kulturze europejskiej: przegląd ogólny, w: Taniec - choreologia - humanistyka. Tom jubileuszowy dedykowany Profesorowi Roderykowi Langemu, red. Dariusz Kubinowski, Poznań 2000.*  
*Turska Irena, Spotkanie ze sztuką tańca, PWM, Kraków 2000.*

*Literatura uzupełniająca:*

**Literature**

*Studia choreologica, Vol. XI - XIV, Instytut Choreologii w Poznaniu, 2010, 2011, 2012, 2013 Polska*  
*Argyle Michael, Psychologia stosunków międzyludzkich, PWN, Warszawa 2002.*  
*Laban Rudolf, Mastery of Movement, wydanie czwarte, red. Lisa Ullman, Northcote House Publishers Ltd., Londyn 1980.*  
*Lange Roderyk, Tradycyjny taniec ludowy w Polsce i jego przeobrażenia w czasie i przestrzeni, Londyn 1978.*  
*Thornton Samuel, A movement perspective of Rudolf Laban, MacDonald & Evans Ltd., Londyn 1971.*  
*Newlove Jean, Dalby John, Laban dla wszystkich, Kined, Warszawa 2011.*

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|--------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Subject</b>                             | <b>REPERTUAR</b>                                                                                                                                                                                                                                                                                                                                    |
|                                            | <b>REPERTOIRE</b>                                                                                                                                                                                                                                                                                                                                   |
| <b>Unit of AWF</b>                         | <b>Pracownia Nauk o Tańcu / Department of Dance Studies</b>                                                                                                                                                                                                                                                                                         |
| <b>Teacher's name</b>                      | <b>Agnieszka Doberska, Paulina Wycichowska, Paweł Malicki, Urszula Barnat-Jalocha</b>                                                                                                                                                                                                                                                               |
| <b>ECTS points</b>                         | <b>1</b>                                                                                                                                                                                                                                                                                                                                            |
| <b>Basic information about the subject</b> | <i>Student is introduced to the several choreographic works of artists that worked with the faculty of the dance department. Student learns parts of the repertoire of Polish Dance Theatre as well as parts of choreographies of such artists as: Idan Cohen, Kuik Swee Boon, Uri Ivgi, Jacek Łumiński Sigríður Soffía Nielsdóttir, Viktor Ma.</i> |

**Topics of the classes** *Each class deals with the material and concept of the certain choreography that is taught to students by the member staff of the dance department. Choreography is introduced by the teacher. Video projection of the chosen choreography is given only to show the original result of the artist's work not for the working process with students.*

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## Literature

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|                                            | <b>TECHNIKI MODERN</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Subject</b>                             | <b>MODERN DANCE TECHNIQUES</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Unit of AWF</b>                         | <b>Pracownia Nauk o Tańcu / Department of Dance Studies</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Teacher's name</b>                      | <b>Paulina Wycichowska-Gogołek</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>ECTS points</b>                         | <b>3</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Basic information about the subject</b> | <i>Modern Dance Techniques subject is designed to provide a student with basic information about pioneering dance techniques created by Martha Graham, Merce Cunningham and José Limón. The class takes form of physical practice of main concepts of the mentioned techniques. Given exercises are inspired by original techniques but also developed further to serve contemporary dance purposes.</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Topics of the classes</b>               | <p><i>Main topics of study and exercise:</i></p> <ul style="list-style-type: none"> <li>- <i>Introduction to Martha Graham technique: floorwork, standing and travelling exercises.</i></li> <li>- <i>Introduction to Merce Cunningham technique: standing, travelling and jumping exercises.</i></li> <li>- <i>Introduction to José Limón technique: standing, travelling and jumping exercises.</i></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Literature</b>                          | <p><i>Literatura podstawowa:</i></p> <p><i>Turska Irena, Krótki zarys historii tańca i baletu, PWM Kraków 1983.</i></p> <p><i>Eric Franklin, Świadomość ciała, Kined, Warszawa 2007.</i></p> <p><i>Kuźmińska Olga, Taniec w teorii i praktyce AWF Poznań, 2002.</i></p> <p><i>Haas Greene Jacqui, Anatomia w tańcu, MUZA S.A., Warszawa 2011.</i></p> <p><i>Turska Irena, Spotkanie ze sztuką tańca, PWM S.A., Kraków 2000.</i></p> <p><i>Literatura uzupełniająca:</i></p> <p><i>Andrzejewska-Psarska Małgorzata, Więcej niż taniec, PWM S.A., Kraków 2003.</i></p> <p><i>Freedman Russel, Martha Graham a Dancer's Life, Clarion Books, Nowy Jork 1998.</i></p> <p><i>Horosko Marian, Martha Graham: The Evolution of Her Dance Theory and Training, University Press of Florida, 2002</i></p> <p><i>Szymajda Joanna, Estetyka tańca współczesnego w Europie po roku 1990, Księgarnia Akademicka, Kraków 2012.</i></p> <p><i>Dunbar June, Jose Limon: An Artist Re-viewed (Choreography and Dance Studies Series), Routledge, 2002</i></p> |

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|-----------------------|-------------------------------------------------------------|
| <b>Subject</b>        | <b>BARRE AU SOL</b>                                         |
|                       | <b>BARRE AU SOL</b>                                         |
| <b>Unit of AWF</b>    | <b>Pracownia Nauk o Tańcu / Department of Dance Studies</b> |
| <b>Teacher's name</b> | <b>Urszula Bernat-Jałocha</b>                               |
| <b>ECTS points</b>    | <b>2</b>                                                    |

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| <b>Basic information about the subject</b> | <p><i>Barre au sol (floor barre) is a stretching technique with all exercises carried out on floor. The barre au sol exercises allow to acquire flexibility, strenght, energy and coordiation.</i></p> <p><i>The main objectives of the course are:</i></p> <ul style="list-style-type: none"> <li>• <i>familiarise with the basic concept of the barre au sol technique</i></li> <li>• <i>stretching and strenghtening of various parts of the body, muscles and joins</i></li> <li>• <i>teach main structures of the bare au sol excercises</i></li> <li>• <i>work on a correct body posture (alignment)</i></li> <li>• <i>stablisation of the body centre</i></li> </ul> |
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| <b>Topics of the classes</b> | <p><i>The course is designed for duration of 15 hours.</i></p> <p><i>Classes consist of:</i></p> <ul style="list-style-type: none"> <li>• <i>warm up</i></li> <li>• <i>basic excercises</i></li> <li>• <i>streching</i></li> </ul> <p><i>Every class starts with repeating of material and introduces new exercise. During the last class entire material will be repeated.</i></p> |
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| <b>Literature</b> | <i>E. N. Franklin, Dynamic Alignment Through Imagery, Human Kinetics Europe, 1996</i> |
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