

**STUDIUM WYCHOWANIA FIZYCZNEGO I SPORTU  
SUBJECT CARD**

**Name of subject in Polish:** TANIEC TOWARZYSKI  
**Name of subject in English:** BALLROOM DANCING  
**Profile:** academic, practical  
**Level and form of studies:** 1<sup>st</sup> level, full-time  
**Kind of subject:** optional, university-wide  
**Subject code:** SWF000-S03083  
**Group of courses:** NO

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		30			
Number of hours of total student workload (CNPS)		30			
Form of crediting		Crediting with grade			
For group of courses mark (X) final course					
Number of ECTS points		0			
including number of ECTS points for practical (P) classes		0			
including number of ECTS points for direct teacher-student contact (BK) classes		0			

**PREREQUISITES RELATING TO KNOWLEDGE, SKILLS AND OTHER COMPETENCES**

1. Absence of medical contraindications to participate actively in the course.
2. Suitable outfit and clean sport shoes.

**SUBJECT OBJECTIVES**

- C1: Popularization of ballroom dance as a form of aesthetic education, improving culture level and customs of life.  
 C2: Implementation of health movement aspects to counter civilization threats.  
 C3: Fostering fondness for all forms of activity especially with the participation of music used for ballroom dancing.

**SUBJECT EDUCATIONAL EFFECTS**

**Relating to knowledge:**

- PEU\_W01: Students have awareness of music elements in terms of time and also sees the relationship between the rhythm, pace of a dance and music.  
 PEU\_W02: Student can recognize the melodies of individual dances.  
 PEU\_W03: Student have basic knowledge of ballroom dancing techniques.

**Relating to skills:**

- PEU\_U01: Student can build a dance posture and lead a partner in dance  
 PEU\_U02: Student can follow the next few basic steps in known dances and use correct dancing technique.

**Relating to social competences:**

- PEU\_K01: Students have awareness of physical activity importance for health and mental condition.  
 PEU\_K02: Students promote proper patterns for fun and relaxation among young generation..  
 PEU\_K03: Students can cooperate with partner during dancing lessons.

<b>PROGRAMME CONTENT</b>		
<b>Classes</b>		<b>Number of hours</b>
Cl. 1	Presentation of conditions for passing the course, safety rules, required outfit and dance class program. Learning the English Waltz.	2
Cl. 2	Introduction to basic concepts of dance: CBM, CBMP, footwork, dance frame. Savoir vivre in dance. Tempo exercises in the English Waltz and the Blues dance.	2
Cl. 3-4	Latin American dances. Learning the Cha-cha-cha..Improving the English Waltz and the Blues dance. Learning partnering, cooperation rules during dance lessons.	4
Cl. 5-7	Learning selected Latin American dances – Samba and Salsa dance. Improving known dances.	6
Cl. 8-10	Learning selected standard dances. Learning Quickstep, Argentine tango and/or Viennese waltz.	6
Cl. 11	Learning selected dances of other nations Integration dances.	2
Cl. 12	Learning Rock and roll or Jive dancing technique	2
Cl. 13-14	Perfecting learned ballroom dances	4
Cl. 15	Ballroom dancing tournament. Refereeing rules	2
<b>Total hours</b>		<b>30</b>

<b>TEACHING TOOLS USED</b>
N1. Practical exercises N2. Demonstration N3. Lecture

#### **EVALUATION OF SUBJECT LEARNING OUTCOMES ACHIEVEMENT**

<b>Evaluation:</b> F – forming (during semester), C – concluding (at semester end).	Learning outcomes code	Way of evaluating learning outcomes achievement
F1	PEU_W01, W02, W03	Oral answer, demonstration
F2	PEU_U01, U02	Demonstration
F3	PEU_K01, K02, K03	Observation, oral answer
P: Attendance, activity and attitude in classes and average of F1,F2 i F3.		

<b>PRIMARY AND SECONDARY LITERATURE</b>
<b>PRIMARY LITERATURE:</b> [1] <i>The Ballroom Technique</i> . ISTD 1994 [2] Laird W.: <i>Technique Latin Dancing</i> . IDTA 1994.
<b>SECONDARY LITERATURE:</b> [1] Bussoletti L., Vulic T.: <i>Viennese Waltz</i> . WDSF 2011. [2] <i>Latin American, Samba, Rumba Cza-Cza, Paso Doble, Jive</i> . ISTD 1999.
<b>SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)</b>
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