

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORT  
SUBJECT CARD**

**Name in Polish** : TANIEC  
**Name in English** : DANCE  
**Level and form of studies** : 1<sup>st</sup> level, full-time  
**Profile** : academic, practical  
**Kind of subject** : optional, university-wide  
**Subject code** : WFW033082C  
**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 SOCIAL COMPETENCES**

1. Absence of medical contraindications to participate actively in physical education classes.
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 dancing.

**SUBJECT EDUCATIONAL EFFECTS**

**Relating to knowledge:**

- PEK\_W01: Students have awareness of music elements in terms of time and also sees the relationship between the rhythm of a dance and music.  
 PEK\_W02: Students have basic knowledge of ballroom dancing techniques.

**Relating to skills:**

- PEK\_U01: Students can build a dance posture and lead a partner in dance.  
 PEK\_U02: Students can analyze a piece of music and apply a correct dance technique.

**Relating to social competences:**

- PEK\_K01: Students have awareness of physical activity importance for health and mental condition  
 PEK\_K02: Students promote proper patterns for fun and relaxation among young generation.

<b>PROGRAMME CONTENT</b>		
<b>Form of classes - lecture</b>		<b>Number of hours</b>
Cl. 1-2	Introduction to basic concepts of dance: CBM, CBMP, footwork, types of turnovers.	4
Cl. 3-5	Learning basic techniques in the field of ballroom dancing	6
Cl. 5-6	Education of music awareness, musical aesthetics of movement, spatial intelligence.	4
Cl. 7-15	Improving dance elements in pairs. Crediting.	16
<b>Total hours</b>		<b>30</b>

<b>TEACHING TOOLS USED</b>
N1. Practical exercises. N2. Teacher's demonstration (student). N3. Film presentation. N4. Lecture.

<b>EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT</b>		
<b>Evaluation:</b> F – forming (during semester), C – concluding (at semester end).	<b>Educational effect number</b>	<b>Way of evaluating educational effect achievement</b>
F1	PEK_W01, W02	Oral answer, demonstration.
F2	PEK_U01, U02	Demonstration.
C: Attendance, activity and attitude in classes.		

<b>PRIMARY AND SECONDARY LITERATURE</b>
<p><b><u>PRIMARY LITERATURE:</u></b>            [1] <i>The Ballroom Technique</i>. ISTD 1994            [2] Laird W.: <i>Technique Latin Dancing</i>. IDTA 1994.</p> <p><b><u>SECONDARY LITERATURE:</u></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.</p>

<b>SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)</b>
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