

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

Name in Polish : CUBAN SALSA FIT
Name in English : CUBAN SALSA FIT
Level and form of studies : 1st level, full-time
Profile : academic, practical
Kind of subject : optional, university-wide
Subject code : WFW033087C
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 take active part in physical education activities.

SUBJECT OBJECTIVES

- C1: Familiarisation with movement patterns, improvement of quality of movement and own body awareness.
 C2: Mastering nerve - muscle coordination.
 C3: Improving the functioning of cardiovascular system.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: a student knows the main idea of Caribbean dances.

PEK_W02: a student knows the names of salsa steps, dance nomenclature and types of Caribbean dances.

Relating to skills:

PEK_U01: a student is able to improve himself through dance and physical exercises.

PEK_U02: a student can express emotions through movement and dance.

Relating to social competences:

PEK_K01: a student appreciates the value of dance for human life.

PEK_K02: a student is aware of importance of sport and physical activity for the whole life.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1	Introduction of grading rules and safety rules. The features of Caribbean dances, the origin of salsa.	2
Cl. 2	Clave – the basic rhythm in salsa. The features of the music from Caribbean Sea region.	2
Cl. 3	Learning the basic salsa step, counting steps, different sequences based on a basic salsa step.	2
Cl. 4	The dance posture, mastering the work of arms and steps.	2
Cl. 5	Learning isolation of particular parts of the body.	2
Cl. 6	Learning turns in salsa.	2
Cl. 7	Mastering already known steps, combining work of arms and legs.	2
Cl. 8	Exercises mastering the work of legs based on classical technique.	2
Cl. 9	Learning basic steps of rumba, merengue, bachata. merengue, bachaty.	2
Cl. 10	Learning advanced salsa steps.	2
Cl. 11	Mastering the movement in space- changes in choreography.	2
Cl. 12	Reegeton. Choreography.	2
Cl. 13	The final sequences in the form of the dance battle.	2
Cl. 14	Own sequence of steps - group work.	2
Cl. 15	Summing up the semester. Course completion.	2
Total hours		30

TEACHING TOOLS USED
N1. Practical exercises. N2. Show. N3. Demonstration. N4. Group work.

EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT		
Evaluation: F – forming (during semester), C – concluding (at semester end).	Educational effect number	Way of evaluating educational effect achievement
F1	PEK_W01,W02	Demonstration.
F2	PEK_U01,U02	Demonstration, group work.
C: Attendance, participation and attitude in class.		

PRIMARY AND SECONDARY LITERATURE
<u>PRIMARY LITERATURE:</u> [1] Kubinowski D.: <i>Taniec we współczesnej kulturze i edukacji</i> . Lublin: Wydawnictwo Uniwersytetu Marii Curie-Skłodowskiej, 1998. [2] <i>Materiały szkoleniowe z kursu instruktorskiego: Cuban Salsa Fit</i> . Wrocław, 2013.
<u>SECONDARY LITERATURE:</u> [1] http://www.torres.com.pl [2] http://www.salsainfo.pl

SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)
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