

Faculty of Physical Education and Tourism

Course Unit					Rhythm and Dancing		
Bachelor in Physical Education					Code: I/K/28		
Year of study	Semestr	Type	Workload (hours)		Contacts hours	ECTS credits	Language of instruction
I	I	semestral	50	Lectures	0	2	1. Polish 2. Polish with additional English suport for foreign students
				Problem solving	30		
Name (s) of lecturer (s)							
e-mail:							
Prerequisites: Before the course unit the learner is expected to: 1. know the value of notes and pauses, understand the concept of rhythm. 2. be able to improvise steps, movements, changes in musical pace							
Learning outcomes and competences At the end of the course unit the learner is expected to: 1. Know the basic assumptions of rhythm according to its creator Emile Jaques Dalcroze. 2. Understand the importance of music, rhythm and pace in human education; understand the importance of physical play in the process of social, mental and physical development of a human being in recreation and sport.. 3. Know the basic information in the field of music and rhythmic exercises as well as teaching methodology of selected national and folk dances. 4. Be able to create dance choreographies. 5. Be able to work with a group and mobilize a group to cooperate and willingly take part in classes. 6. Be able to inspire and motivate people to constantly develop their own skills, develop their passions for their own development.							
Course contents (lectures): 1. Learning to dance: Polka, Salsa, Viennese Waltz, Polonez, Rock'nRoll. 2. Introduction of dance figures combined into a dance choreography. 3. Rhythmics, dance history.							
Course contents (problem solving):							

1. Learning Polka - dance figures, choreography, simple dance routines.
2. Sala - rhythmic, dance history; character and origin of dance. Learning the basic steps and basic actions in the body (hips, knees, hands)..
3. Viennese Waltz – straight ahead steps, steps in quarter turns and half turns..
4. Polonez – rhythmic, dance history. Walking steps, bows, holds, dance processions, Polonez figures.
5. Rock'n'Roll – figures (slow step (so called kick), combining the learned elements into a dance routine.

Teaching and learning methods:

Methods based on students' practical activity of direct and indirect nature (performing didactic tasks in a specific school, simulation method, drama).

Assessment methods:

1. Continuous evaluation
2. Practical Work

Recommended reading

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| 1. | <i>Bogdanowicz E., Rytmika Emila Jaques-Dalcroze'a w edukacji i terapii dzieci z symptomami nadpobudliwości psychoruchowej, Wydawnictwo Uniwersytetu Śląskiego, 2015.</i> |
| 2. | <i>Fredyk A., Taniec rytm muzyka w nauce i praktyce, AWF Katowice, 2014.</i> |
| 3. | <i>Peterson Royce A., Antropologia tańca, przeł. Jacek Łumiński, Wydawnictwo Uniwersytetu Warszawskiego, Warszawa 2014</i> |
| 4. | <i>Podolska B., Rytmika dla dzieci, 2014.</i> |
| 5. | <i>Bennett J.P., Coughenour Riemer P., (2006) Rhythmic Activities and Dance, Human Kinetics.</i> |

Authorisation – course coordinator and course teachers (signatures):