Jan Amos Komeński STATE UNIVERSITY OF APPLIED SCIENCES in Leszno

Funded by the European Union

Course syllabus for ERASMUS+ incoming students

Course Title	
RHYTHM & DANCE	
Academic Teacher	Ph Katarzyna Stachowiak
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ECTS credits	5
Number of hours	120
Course code	INT-IZKFWF-RD-26
Course description	
Knows the exercises, games, and teaching methods used in dance instruction, as well as the basic steps of selected ballroom, modern, and integrative dances. **Possesses the competencies** required to organize physical activity and independently modify and create various forms of physical activity, including different dance-based activities, adapting them to environmental and climatic conditions.	
Efekty kształcenia - tematyka zajęć / Learning outcomes - course content	
• **Methodology of teaching the basic steps** of selected ballroom and modern dances. • **Basic concepts of music and rhythmics**, including counting and timing of dance steps. • **Isolation and rhythmic exercises** aimed at developing coordination, body awareness, and musicality. • **Learning partner-leading techniques**, with particular emphasis on leading a dance partner. • **Basic steps and figures of the Latin American dance Merengue**, including technique, rhythm, and practical application in partner dancing. **Characteristics of correct dance posture** in Latin American and Standard ballroom dances, including principles of partner connection and leading/following techniques. • **Learning the basic figures and turns of the Latin American dance Cha-Cha**, with emphasis on proper technique, rhythm, coordination, and partner work. • **Learning the basic steps of the Latin American dance Rumba**, with emphasis on rhythm, technique, body movement, and partner coordination.	

- **Learning the basic steps of integrative dances**, focusing on group participation, cooperation, coordination, and social interaction through movement.
- **Learning the basic step of the Latin American dance Salsa**, with emphasis on rhythm, timing, footwork technique, and partner coordination. **Ballroom Dance Tango.** Learning the basic techniques, posture, movement characteristics, and fundamental steps of the ballroom dance **Tango, English walz, vieden walz**.
- **Refinement of previously learned basic steps** of ballroom dances with emphasis on technique, rhythm, partner work, and movement quality.
- **Learning the basic steps and figures of the Latin American dance Jive**, with emphasis on rhythm, footwork technique, coordination, dynamic movement, and partner interaction.

Opis pracy własnej studenta / Student workload (self-study description)

- **Development and improvement of dance skills**.
- **Teaching and presentation of choreographic routines** prepared by students, based on selected modern dance styles.
- Reading assigned literature

Literatura / Literature

1. Homeschoolers of Maine (2026): Rhythm, Movement and history: a dance across time, Independently published.
2. Kuźmińska, O. (2002). *Dance in Theory and Practice*. Poznań: Academy of Physical Education, Textbook Series No. 54.
3. Jacqui Greene Haas (2011), Muza Publishing House.