

Course Title

Contemporary Dance I

Programme of study valid from academic year: 2025/2026

Field of study: Acting

Mode of study: Full-time studies

Year and semester: Year II / Semester III

Level of education: Long-cycle Master's studies

Profile: Practical

Module: Major (core) subjects

Course status: Mandatory

Teaching format

Form of classes	Hours	ECTS	Assessment
Workshops	45	2	Graded assessment
Total (contact hours)	45		
Independent study	5		
Total workload	50		

Prerequisites

Completion of the course *Body Awareness* in Semester II.

Course objectives

- To familiarize students with various forms and techniques of contemporary dance, methods of working on movement compositions, and basic knowledge of dance history, with particular emphasis on modern and postmodern dance as well as contemporary dance theatre.
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Learning outcomes

Knowledge

The student:

- has knowledge of leading pioneers and choreographers of contemporary dance and is familiar with basic contemporary dance techniques.
(Reference: EUK7_W1, EUK7_W2, EUK7_W3)
Assessment method: participation in discussions
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Skills

The student:

- is able to translate theoretical knowledge into practical movement activities
- consciously applies contemporary dance techniques in movement compositions
- uses the body in a safe, efficient, and conscious way
- communicates using basic dance terminology

(Reference: EUK7_U1, EUK7_U4, EUK7_U5, EUK7_U6, EUK7_U9, EUK7_U10)

Assessment methods: observation of progress, practical exam, discussion

Social competences

The student:

- acquires basic choreographic tools enabling communication with choreographers and directors
- consciously develops individual movement expression and works effectively in a group

(Reference: EUK7_KS1–EUK7_KS6)

Assessment method: observation of student work

Course content

No.	Topic	Hours
1	Developing body awareness	4
2	Methods supporting the actor/dancer's body and safe execution of exercises	5
3	Choreography – technique and development of movement memory	4
4	Contemporary dance techniques and basic movement compositions (impulse, intention, isolation, movement qualities)	4
5	Dance theory as a tool for creating original movement sequences	4

No.	Topic	Hours
6	Improvisation as a process and tool in contemporary dance theatre	4
7	Movement exploration – relationship with space, partner and time; visual culture as inspiration	5
Total		30

Teaching methods

Workshops:

- **Expository methods:** lecture, explanation, demonstration with commentary, multimedia presentations
 - **Activating methods:** discussions, brainstorming, group work, individual and group improvisations, physical and breathing exercises, partner work, short scenes, analysis and interpretation, simulations, emotional exercises, work with props and space, reflection and feedback
 - **Programmed instruction:** structured exercises, progressive movement tasks, teamwork, corrections and feedback
 - **Practical methods:** technical exercises, movement training, rehearsals, movement projects, recordings, guided improvisations, project-based learning
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Assessment criteria

- Final performance / group movement presentation
 - Attendance and active participation
 - Completion of tasks and exercises
 - Continuous assessment (progress)
 - Engagement in the creative process
 - Professional attitude (punctuality, discipline, safety, respect)
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Grading scale

- **6 – excellent:** outstanding artistic maturity, full awareness, high independence
 - **5 – very good:** high level of performance and consistent development
 - **4.5 – good plus:** strong performance with minor imperfections
 - **4 – good:** solid and reliable work
 - **3.5 – satisfactory plus:** basic level with noticeable gaps
 - **3 – satisfactory:** minimum requirements met
 - **2 – fail:** requirements not met
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Student workload (independent study)

Activity	Hours
Preparation for classes	5
Practice after classes	10
Learning choreography	10
Preparation for performance	7
Required reading	3
Additional materials (video/articles)	3
Final presentation preparation	7
Total	45

Required reading

- Wojciech Klimczyk, *Wizjonerzy ciała*, Kraków, 2010
 - Jadwiga Majewska (ed.), *Świadomość ruchu*, Kraków, 2013
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Recommended reading

- Sally Banes, *Terpsichore in Sneakers: Postmodern Dance*, Kraków, 2013
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Additional materials

- Video recordings and articles provided during the course