

Course Title

Contemporary Dance II

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 IV

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 *Contemporary Dance I* (Semester III).

Course objectives

- To develop and refine students' previously acquired movement methods, compositional principles, and various contemporary dance techniques.
 - To apply knowledge of dance theory and history in the creation of movement etudes.
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Learning outcomes

Knowledge

The student:

- knows methods of working with music, image, photography, and text, and applies them in movement/dance practice
- understands the fundamentals of dance composition and recognizes different contemporary dance techniques

Assessment methods: discussion, final performance

Skills

The student:

- consciously applies various contemporary dance techniques
- recognizes and intentionally transforms stylistic elements of leading pioneers and choreographers of dance theatre in creating original movement etudes
- understands dramaturgy and applies it in movement and choreography
- uses tools enabling the creation of simple choreographies and movement studies

(Reference: EUK7_U4, EUK7_U5, EUK7_U6, EUK7_U9)

Assessment methods: observation of progress, final performance

Social competences

The student:

- communicates effectively with the instructor, choreographer, and peers
- performs creative movement tasks and works effectively in a group

(Reference: EUK7_KS1–EUK7_KS6)

Assessment method: observation of student work

Course content

No.	Topic	Hours
1	Work with the center, conscious use of body weight, breath work, expanding movement range	5
2	Choreography – refinement of technical elements, improvisation, and stage expression	10
3	Using text or cultural material as a starting point for solo movement etudes	2
4	Development of individual movement language and movement quality	5
5	Opposition and counterpoint – building dramaturgy in dance	3

No.	Topic	Hours
6	Expression in movement and dance	3
7	Dance theatre, new choreography, and dance film as sources of inspiration	2
Total		30

Teaching methods

Workshops:

- **Expository methods:** lecture, explanation, demonstration with commentary, multimedia presentations
 - **Activating methods:** discussions, brainstorming, group work, individual and group improvisation, 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, feedback and correction
 - **Practical methods:** technical exercises, movement training, rehearsals, movement projects, recordings, guided improvisations, group tasks, project-based learning
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Assessment criteria

- Practical assessment: solo choreographic etude
 - Theoretical assessment: discussion, oral responses
 - Completion of tasks and exercises
 - Attendance and active participation
 - 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:** very high level of performance and consistent development
 - **4.5 – good plus:** high level 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	5
Learning choreography and etudes	10
Preparation for performance	10
Additional materials (videos/articles)	5
Preparation for final presentation	10
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 regularly during the course